



Black Belt Double Ssahng Jeol Bong Form

https://youtu.be/eN8dzMk5_JM

June-bee - Right foot steps to Double Ssahng Jeol Bong Ready Position

Segment	Technique	Direction	Stance
Segment 1	1. Twin High #9 Strike, Circle Up	East	Parallel
	2. Two #7 Counts	Northeast	Right Back
	3. Two #7 Counts	Northeast	Right Front
	4. Two #7 Counts	Northeast	Right Back
Segment 2	5. Two #7 Counts	Northwest	Right Back
	6. Two #7 Counts	Northwest	Right Front
	7. One #9 Count, One #7 Count	Northwest	Right Back
Segment 3	8. Two #7 Counts	Southwest	Right Back
	9. Four #5 Counts	Southwest	Right Front
	10. Four #6B Counts	Southwest	Right Back
Segment 4	11. Two #7 Counts	Southeast	Right Back
	12. Four #5 Counts	Southeast	Right Front
	13. Four #6A Counts	Southeast	Right Back
Segment 5	14. Right 360° Hand Roll, Waist Swing, Circle Up	East	Right Back
	15. Left Triangle Strike, Circle Up	East	Right Back
Segment 6	16. Right Triangle Strike, Circle Up	East	Right X
	17. Twin Circle Underarm Catch	East	Right Back
	18. Left #3 Jump Front Kick (Ki-hap)	East	
Segment 7	19. Twin Circle Up	East	
	20. Three #1 Counts	East	Middle
	21. Three #1 Counts	East	Middle
	22. Two 8A Counts	East	Middle
Segment 8	23. Three #5 Counts	East	
	24. Two Right #7 Strikes, Circle Up	East	Right Back
	25. Two Twin #7 Strikes, Circle Up	East	Right Back
	26. Right Triangle Strike, Circle Up	West	Left Back
Segment 6 Opposite	27. Left Triangle Strike, Circle Up	West	Left X
	28. Twin Circle Underarm Catch	West	Left Back
	29. Right #3 Jump Front Kick (Ki-hap)	West	
Segment 7 Opposite	30. Twin Circle Up	West	
	31. Three #1 Counts	West	Middle
	32. Three #1 Counts	West	Middle
	33. Two 8B Counts	West	Middle
Segment 8 Opposite	34. Three #5 Counts	West	
	35. Two Left #7 Strikes, Circle Up	West	Left Back
	36. Two Twin #7 Strikes, Circle Up	West	Left Back
	37. Left Triangle Strike, Circle Up	East	Right Back
Segment 9	38. Right Triangle Strike, Circle Up	East	Middle
	39. Three #1 Counts	East	Middle
	40. Two #2 Counts	East	Closed
	41. Two #3 Counts	East	Closed
	42. Two #4 Counts	East	Middle
	43. Three #7 Counts	East	Middle

Bah-ro - Right foot steps to Parallel Stance, Twin Circle Underarm Catch

Shi-uh - Twin Circle Finger Catch to At Ease Position