



Black Belt Single Bahng Mahng Ee Form

<https://youtu.be/tBHpMatSmsg>

June-bee - Right foot steps to Single Bahng Mahng Ee Ready Position

1st Half	Technique	Direction	Stance
Segment 1	1. Right BME Guard Position (Slow)	East	Sparring
Segment 2	2. Right #1 Line (Slow)	East	Fighting
	3. Right #2 Line (Slow)	East	Sparring
	4. Right #3 Line (Slow)	East	Fighting
	5. Right #4 Line (Slow)	East	Sparring
Segment 3	6. Right #6 Strike	West	Combat
	7. Right #5 Line	West	Fighting
	8. Right BME Guard Position (Slow)	West	Sparring
Segment 4	9. Right High #9 Heel Strike, Pull Through	East	Combat, Rear
	10. Right Overhead Fan Strike, Pull Through	East	Combat, Rear
	11. Right BME Guard Position	East	Sparring
Segment 5	12. Right Palm Push, Right #1 Line (Ki-hap)	East	R/L Front
	13. Right #4 Line (Slow)	East	Left Front
Segment 6	14. Right #4 Block	Southeast	Middle
	15. Right Vertical Strike	Southeast	Middle
	16. Right Snake Disarm	East	Right Rear
	17. Right High #9 Heel Strike	East	Fighting
Segment 7	18. Right #2 Round Kick (Mid/High)	East	
	19. Right Overhead Fan Strike, Pull Through	East	Combat, Rear
Segment 8	20. Right Vertical Fan Strike	East	Left Rear
	21. Backward Roll To Right Wing Block	East	Left Rear
	22. Slow Forward Roll to Right BME Guard Position	East	Sparring
Segment 9	23. Left Low Deflecting Pass	East	Combat
	24. Right #5 Strike	East	Left Rear
	25. Right #4 Block	Southeast	Middle
Segment 10	26. Right Vertical Strike, Hand Check	Southeast	Middle
	27. Right Digging Disarm	East	Right Rear
	28. Right #1 Line (Ki-hap)	East	Left X
	29. Right High #9 Thrust (Slow) (Ki-hap)	East	Left X
Segment 11	30. Right Sliding Overhead Fan Strike, Pull Through	West	Combat, Rear
	31. Right Sliding Overhead Fan Strike, Pull Through	West	Combat, Rear
Segment 12	32. Right High Block	West	Combat
	33. Left Hand Clear	West	Combat
	34. Right #1 Strike (Ki-hap)	West	Sparring

2nd Half	Technique	Direction	Stance
Segment 13	35. Switch to Left BME Guard Position (Slow)	West	Sparring
Segment 2 Opposite	36. Left #1 Line (Slow)	West	Fighting
	37. Left #2 Line (Slow)	West	Sparring
	38. Left #3 Line (Slow)	West	Fighting
	39. Left #4 Line (Slow)	West	Sparring
Segment 3 Opposite	40. Left #6 Strike	East	Combat
	41. Left #5 Line	East	Fighting
	42. Left BME Guard Position (Slow)	East	Sparring
Segment 4 Opposite	43. Left High #9 Heel Strike, Pull Through	West	Combat, Rear
	44. Left Overhead Fan Strike, Pull Through	West	Combat, Rear
	45. Left BME Guard Position	West	Sparring
Segment 5 Opposite	46. Left Palm Push, Left #1 Line (Ki-hap)	West	L/R Front
	47. Left #4 Line (Slow)	West	Right Front
Segment 6 Opposite	48. Left #4 Block	Southwest	Middle
	49. Left Vertical Strike	Southwest	Middle
	50. Left Snake Disarm	West	Left Rear
	51. Left High #9 Heel Strike	West	Fighting
Segment 7 Opposite	52. Left #2 Round Kick (Mid/High)	West	
	53. Left Overhead Fan Strike, Pull Through	West	Combat, Rear
Segment 8 Opposite	54. Left Vertical Fan Strike	West	Right Rear
	55. Backward Roll To Left Wing Block	West	Right Rear
	56. Slow Forward Roll to Left BME Guard Position	West	Sparring
Segment 9 Opposite	57. Right Low Deflecting Pass	West	Combat
	58. Left #5 Strike	West	Right Rear
	59. Left #4 Block	Southwest	Middle
Segment 10 Opposite	60. Left Vertical Strike, Hand Check	Southwest	Middle
	61. Left Digging Disarm	West	Left Rear
	62. Left #1 Line (Ki-hap)	West	Right X
	63. Left High #9 Thrust (Slow) (Ki-hap)	West	Right X
Segment 11 Opposite	64. Left Sliding Overhead Fan Strike, Pull Through	East	Combat, Rear
	65. Left Sliding Overhead Fan Strike, Pull Through	East	Combat, Rear
Segment 12 Opposite	66. Left High Block	East	Combat
	67. Right Hand Clear	East	Combat
	68. Left #1 Strike (Ki-hap)	East	Sparring
Segment 13 Opposite	69. Switch to Right BME Guard Position (Slow)	East	Sparring

Bah-ro - Right foot steps to Single Bahng Mahng Ee Ready Position