



1st Degree Black Belt Form

Shim Jun - *Begin planting seeds for the future.*

Black Belt - *The tree has reached maturity and has overcome the darkness. It must now begin to plant seeds for the future.*

New Techniques

Advanced Double Knifehand Block
Circular Low Double Knifehand Block
9-Block
Compound Square Block

Inward Inner Forearm Block
Compound Low Double Outer Forearm Block
Advanced Double Outer Forearm Block
Circular Low Double Outer Forearm Block

#2 Stomp Kick
#1 Jump Hook Kick
Step Spin Hook Kick
#2 Jump Side Kick

June-bee - Left foot steps to Left Half Command Position

Segment	Technique	Direction	Stance	Section
Segment 1	1. Left Double Inner Forearm Block	Southeast	Middle	High
	2. Right Upset Punch (Immediate Retraction)	Southeast	Middle	High
	3. Left Upset Palm Block	Southeast	Middle	Mid
	4. Right Punch	Southeast	Middle	Mid
	5. Left Punch (Double Arm Movement)	Southeast	Middle	Mid
Segment 2	6. Left Advanced Double Knifehand Block	East	Right Back	High
	7. Left Circular Low Double Knifehand Block	East	Right Back	Low
Segment 3	8. Right #2 Stomp Kick	East	Middle	Low
	9. Right Backfist Strike (Immediate Retraction)	East	Middle	High
	10. Right #3 Side Kick	East		Mid/High
	11. Right Front High/Low Block	North	Closed	High & Low
	12. Left Front High/Low Block	North	Closed	High & Low
	13. Right Knifehand Low Block (Tension)	North	Left Rear	Low
Segment 4	14. Right #1 Front Kick	North		Mid/High
	15. Right #1 Jump Hook Kick	North		Mid/High
	16. Right 9-Block	North	Right Sparring	Low & Mid
Segment 5	17. Right Double Inner Forearm Block	Southwest	Middle	High
	18. Left Upset Punch (Immediate Retraction)	Southwest	Middle	High
	19. Right Upset Palm Block	Southwest	Middle	Mid
	20. Left Punch	Southwest	Middle	Mid
	21. Right Punch (Double Arm Movement) (Ki-hap)	Southwest	Middle	Mid
Segment 6	22. Right Advanced Double Knifehand Block	West	Left Back	High
	23. Right Circular Low Double Knifehand Block	West	Left Back	Low
Segment 7	24. Left #2 Stomp Kick	West	Middle	Low
	25. Left Backfist Strike (Immediate Retraction)	West	Middle	High
	26. Left #3 Side Kick	West		Mid/High
	27. Left Low X-Block	North	Closed	Low
	28. Two Hand Head Grab	North	Closed	High
	29. Right Knee Strike	North		Mid
	30. Left Knifehand Low Block (Tension)	South	Right Rear	Low
Segment 8	31. Left #1 Front Kick	South		Mid/High
	32. Left #1 Jump Hook Kick	South		Mid/High
	33. Left 9-Block	South	Left Sparring	Low & Mid
Segment 9	34. Right Compound Square Block	South	Left Back	High
	35. Right Upset Knifehand Strike (Open To Open)	East	Left Back	High
	36. Left Reverse Vertical Punch	South	Right Front	Mid

Segment 10	37. Right #3 Jump Front Kick	South		Mid/High
	38. Left Reverse Palm Heel Strike	South	Right Front	High
	39. Right Inward Inner Forearm Block	South	Closed	Low
	40. Left Horizontal Back Elbow Strike	South	Middle	Mid
	41. Left Knifehand Strike (K-hap)	South	Middle	High
Segment 11	42. Left Knifehand High X-Block	South	Closed	High
	43. Left Knifehand Strike (Open To Open)	South	Closed	High
	44. Left Knee Strike	South		Mid
	45. Right Ridgehand Block (Tension)	West	Left Rear	High
	46. Right Horizontal Fingertip Thrust (Open To Open) (Slow)	West	Left Rear	High
Segment 12	47. Right Step Spin Hook Kick	West		Mid/High
	48. Left Low Block	West	Middle	Low
	49. Left Inner Forearm Block	West	Middle	High
	50. Left Punch	West	Middle	Mid
Segment 13	51. Left #3 Side Kick (Slow)	West		Low
	52. Left Round Kick	West		Mid
	53. Left Round Kick	West		Mid/High
	54. Left Compound Low Double Outer Forearm Block	West	Left Sparring	Low
Segment 14	55. Left Compound Square Block	North	Right Back	High
	56. Left Upset Knifehand Strike (Open To Open)	East	Right Back	High
	57. Right Reverse Vertical Punch	North	Left Front	Mid
Segment 15	58. Left #3 Jump Front Kick	North		Mid/High
	59. Right Reverse Palm Heel Strike	North	Left Front	High
	60. Left Inward Inner Forearm Block	North	Closed	Low
	61. Right Horizontal Back Elbow Strike (Ki-hap)	North	Middle	Mid
	62. Right Knifehand Strike	North	Middle	High
Segment 16	63. Left Front Knifehand High/Low Block	South	Closed	High & Low
	64. Right Front Knifehand High/Low Block	South	Closed	High & Low
	65. Left Ridgehand Block (Tension)	East	Right Rear	High
	66. Left Horizontal Fingertip Thrust (Open To Open) (Slow)	East	Right Rear	High
Segment 17	67. Left Step Spin Hook Kick	East		Mid/High
	68. Right Low Block	East	Middle	Low
	69. Right Inner Forearm Block	East	Middle	High
	70. Right Punch	East	Middle	Mid
Segment 18	71. Right #3 Side Kick (Slow)	East		Low
	72. Right Round Kick	East		Mid
	73. Right Round Kick	East		Mid/High
	74. Right Compound Low Double Outer Forearm Block	East	Right Sparring	Low
Segment 19	75. Right Step #2 Jump Side Kick	East		Mid/High
	76. Right Advanced Double Outer Forearm Block	East	Left Back	High
	77. Left Reverse Punch	East	Left Back	Mid
	78. Right Circular Low Double Outer Forearm Block	East	Left Back	Low
Segment 20	79. Left Advanced Double Outer Forearm Block	East	Right Back	High
	80. Right Reverse Punch	East	Right Back	Mid
	81. Left Circular Low Double Outer Forearm Block	East	Right Back	Low

Bah-ro - Left foot steps to Left Half Command Position