Black Belt Double Bahng Mahng Ee Form

https://youtu.be/oDnHVZTeMuE

June-bee - Left foot steps to Double Bahng Mahng Ee Ready Position

Segment	Technique	Direction	Stance
Segment 1	1. Right Circular Guard (Slow) (Ki-hap)	North	Right Back
	2. Right #5 Count	North	Right X
	3. Right Overhead Fan Strike, Right #1 Line	North	Right X
	4. Right Guard (Slow)	South	Right Back
	5. Right #5 Count	South	Right X
	6. Right Overhead Fan Strike, Right #1 Line	South	Right X
	7. Right Overhead Fan Strike, Right #1 Line	South	Right X
Segment 2	8. Right Block, Left #1 Line	East	Parallel
	9. Right Offensive #3 Count	East	Right Combat
	10. Left Offensive #3 Count	East	Left Combat
	11. Right Offensive #3 Count	East	Right Combat
Segment 3	12. Right #7 Count (Left One Leg Stance on Count 5)	East	Right Combat
	13. Right #1 Line (Start of Long Ki-hap)	East	Left Back
	14. Right Guard (Slow) (End of Long Ki-hap)	Southeast	Right Back
	15. Left Tap & Right Forward Roll	Southeast	Right Back
	16. Left Side High/Low Block (Slow)	Northwest	Middle
Segment 4	17. Right High/Low Strike	Northwest	Right X
	18. Left High/Low Strike	Northwest	Right X
	19. 4 X-Strikes (Left, Right, Left, Right) (Long Ki-hap)	Northwest	Parallel
	20. Left Block	Southwest	Parallel
	21. Right High/Low Strike	Southwest	Right X
	22. Left High/Low Strike	Southwest	Right X
Segment 5	23. High Horizontal Scissor Strike	Northwest	Right X
	24. Twin Low Strike	Northwest	Right X
	25. Twin Forward Roll (Tap Ground)	Northwest	Left Combat
	26. Twin Backward Roll	Northwest	Left Combat
Segment 6	27. Diagonal Scissor Strike (Start of Long Ki-hap)	North	Closed
	28. Right High #9 Strike (Slow) (End of Long Ki-hap)	North	Left Back
	29. Left Defensive #3 Count	North	Right Back
	30. Right Defensive #3 Count	North	Left Back
	31. Twin Low Block (Slow)	West	Right X
	32. Left Circular Guard (Slow)	South	Left Back
Segment 7	33. Left #5 Count	South	Left X
	34. Left Overhead Fan Strike, Left #1 Line	South	Left X
	35. Left Guard (Slow)	North	Left Back
	36. Left #5 Count	North	Left X
	37. Left Overhead Fan Strike, Left #1 Line	North	Left X
	38. Left Overhead Fan Strike, Left #1 Line	North	Left X

Segment	Technique	Direction	Stance
Segment 8	39. Left Side High/Low Block	West	Left One Leg
	40. Left Offensive #3 Count	West	Left Combat
	41. Right Offensive #3 Count	West	Right Combat
	42. Left Offensive #3 Count	West	Left Combat

Bah-ro - Left foot steps to Double Bahng Mahng Ee Ready Position