



Black Belt Single Ssahng Jeol Bong Form

https://youtu.be/fCScwDc_84s

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

<u>1st Half</u>	<u>Technique</u>	<u>Direction</u>	<u>Stance</u>
Segment 1	1. Right One Hand Ready Position	East	Right Back
Segment 2	2. Right Triangle Strike	East	Right Back
	3. Right Triangle Strike	East	Right Back
	4. Right Triangle Strike	East	Right Back
Segment 3	5. Right 360° Hand Roll, Right One Hand Ready Position	East	Right Back
	6. Right V-Strike	East	Right Back
Segment 4	7. Right #1 Line	East	Left Back
	8. Right - Left Behind The Back Pass, Left - Right Front Neck Circle	East	Left Back
	9. Right #2 Line, Right One Hand Ready Position	East	Right Back
Segment 5	10. Right - Left - Right Under Arm Swing	East	Right Back
	11. Right Triangle Strike	East	Right Back
Segment 6	12. Right Propeller Strike (Ki-hap)	East	
	Right Triangle Strike, Right High / Left Low Ready Position	East	Right Back
Segment 7	13. Left Side Block	East	Right Back
Segment 8	14. X-Strike, Left One Hand Ready Position	East	Right Back
	15. Left Triangle Strike	East	Right Back
	16. Left One Hand Ready Position	East	Right Back