



Color Belt Double Bahng Mahng Ee Form

<https://youtu.be/O0lpXgi2anY>

So Woong 2 - Indomitable spirit, great leadership, high integrity

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

Section	Technique	Direction	Stance
Section 1	https://youtu.be/y1CpWqQ1Jsl		
	1. Left High Block	Northeast	Left Front
	2. Right #1 Strike, Right #6 Strike	Northeast	Left Front
	3. Left #1 Strike, Right #5 Strike, Left #6 Strike	Northeast	Right Front
	4. Right #1 Strike	Northeast	Left Front
	5. Slow Right High/Left Low Block (Statue Block)	Northeast	Right Rear
	6. Right High Block	Southwest	Right Front
	7. Left #1 Strike, Left #6 Strike	Southwest	Right Front
	8. Right #1 Strike, Left #5 Strike, Right #6 Strike	Southwest	Left Front
	9. Left #1 Strike	Southwest	Right Front
	10. Slow Left High/Right Low Block (Statue Block)	Southwest	Left Rear
	11. Left #1 Line	Southwest	Left Rear
	12. Slow Right #9 Strike (Long Ki-hap)	East	Left Back
Section 2	https://youtu.be/Y2zD4aZnrM		
	13. Left #1 Strike, Right #6 Strike, Left #2 Strike	Southeast	Left Back
	14. Right #1 Strike, Left #6 Strike, Right #2 Strike	Southeast	Left Back
	15. Twin Scissor Strike	Southeast	Left Front
	16. Twin Forward Roll	Southeast	Left Front
	17. Twin #9 Strike (Ki-hap)	Southeast	Right Front
	18. Right #1 Strike, Left #6 Strike, Right #2 Strike	Northwest	Right Back
	19. Left #1 Strike, Right #6 Strike, Left #2 Strike	Northwest	Right Back
	20. Twin Scissor Strike	Northwest	Right Front
	21. Twin Forward Roll	Northwest	Right Front
	22. Twin #9 Strike (Ki-hap)	Northwest	Left Front
Section 3	https://youtu.be/PJhXcc_GJ7Y		
	23. Right Inside Fan Strike	Southeast	Right Front
	24. Left #3 Strike	Southeast	Right Front
	25. Right #1 Line, Right #2 Line (X-Strike)	Southeast	Left Front
	26. Left #1 Line	Southeast	Right Front
	27. Guard Position (Long Ki-hap)	Southeast	Left Back

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