



Color Belt Mid-Range Jahng Bong Form

<https://youtu.be/Gpm3jK0whx4>

Baek Nong - Like sleeping lion, take action on loyalty and sacrifice to group who he belongs.

Techniques

Horizontal High Block	#4 Strike	#7 Strike	Circular Disarm
Overhead Low Block	#1 Strike	Overhead #1 Strike	Horizontal Thrust
Vertical Block	Circular #7 Strike (Curl)	#5 Strike	#9 Thrust
45° Angle High Block	Sweeping Strike		

June-bee - Left foot steps to Jahng Bong Ready Position

Section	Technique	Direction	Stance
Section 1	https://youtu.be/fhjUQsRWvB0		
	1. Horizontal High Block	Southeast	Left Rear
	2. #4 Strike	Southeast	Left Rear
	3. #1 Strike	Southeast	Right Front
	4. Circular #7 Strike (Curl)	Southeast	Left Rear
	5. Right Overhead Low Block	Southeast	Right Front
	6. Left Overhead Low Block	Northwest	Left Front
	7. Sweeping Strike	Northwest	Left Front
	8. #1 Strike	Northwest	Right Front
	9. #7 Strike	Northwest	Middle
	10. Circular Disarm (Clockwise)	Northwest	Middle
	11. Horizontal Thrust (Ki-hap)	Northwest	Middle
Section 2	https://youtu.be/lp727cAsl48		
	12. Vertical Block	Southeast	Right Front
	13. #4 Strike	Southeast	Left Rear
	14. #1 Strike	Southeast	Right Front
	15. Circular #7 Strike (Curl)	Southeast	Left Rear
	16. Right Overhead Low Block	Southeast	Right Front
	17. Left Overhead Low Block	Southeast	Right Front
	18. Sweeping Strike	Southeast	Parallel
	19. #1 Strike	Southeast	Right Front
Section 3	https://youtu.be/_TtcSh6_eP0		
	20. 45° Angle High Block	Southeast	Left Front
	21. Right Overhead Low Block	Southeast	Right Front
	22. Overhead #1 Strike	Southeast	Right Front
	23. #4 Strike	Southeast	Right Front
	24. #5 Strike	Southeast	Right Front
	25. #4 Strike	Southeast	Parallel
	26. #1 Strike	Southeast	Right Front
	27. #9 Thrust (Ki-hap)	Southeast	Right Long

Bah-ro - Left foot steps to Jahng Bong Ready Position