CHOONGJUNG POOME-SAE #1
Advanced Form: Blue, Brown, Red

New Techniques

Blocks:	Palm Upset Block, Double Knifehand Low Block Side High/Low Knifehand Block, High X-Block, Low Double Outer Forearm Block
Strikes:	(Bent Arm) upset Ridgehand Strike, Palm Heel Strike
Kicks:	#3 Jump Outer Crescent Kick, #1 Jump Side Kick
Techniques:	Twin Palm Head Grab
Stance:	Rear Stance

Form

Ready Position: Left Regular Ready Position

1. Left foot steps north to middle stance, left palm upset block. And …
2. In continuous motion, right punch. And …
3. In continuous motion, left punch.
4. Left foot steps to right foot. Right foot steps to middle stance, right palm upset block. And …
5. In continuous motion, left punch. And …
6. In continuous motion, right punch.
7. Step right foot to west 90° to right back stance, double knifehand block facing east.
8. No step. Face west, right high/left low knifehand block to sides (tension movement).
9. #1 right side kick.
10. Right foot steps down; move left foot counterclockwise to right back stance (facing west), right high/left low knifehand block to both sides.
11. Double step to south 90° to left front stance, right tension punch while breathing out.
12. #2 right front kick. – Kihap And …
13. In continuous motion, right round kick.
14. Land in left back stance, double knifehand block.
15. No step. Right foot shifts into right front stance, left reverse upset knifehand strike to high section.
16. Step with left foot 90° to east into right rear stance, left (bent arm) upset ridgehand strike to middle section.
17. (To east) shift into right back stance, left horizontal spearhand strike to high section.
18. #3 left jump outer crescent kick (advance 1 front stance length), and …
19. In continuous motion, land in right back stance, right reverse palm heel strike to high section.
20. Move right foot into closed stance, high X-block with fists.
21. No step, right high knifehand strike to front and …
22. In continuous motion, left punch to middle section, **Kihap**.
23. Right foot steps 180° clockwise into middle stance, low double outer forearm block, facing north.
24. #1 right jump side kick (advance 1 front stance length).
25. Land in right sparring stance, double outer forearm block.
26. Step with left foot counterclockwise 180° into middle stance, low double outer forearm block, facing north.
27. #1 left jump side kick (advance 1 front stance length).
28. Land in left sparring stance, double outer forearm block

Form (cont'd)

29. Right foot steps clockwise 90 ° west to left rear stance, right (bent arm) upset ridgehand strike to middle section.
30. Shift to left back stance, right horizontal spearhand strike to high section.
31. #3 right jump outer crescent kick (advance 1 front stance length), and …
32. In continuous motion, land in left back stance, left reverse palm heel strike to high section, **Kihap**.
33. Step with left foot to closed stance, high X-block with fists.
34. Left knifehand strike to front high section, and …
35. In continuous motion, right punch to middle section.
36. Right front steps clockwise 270 ° to right front stance, left reverse tension punch while breathing out.
37. #2 left front kick, and …
38. In continuous motion, left round kick.
39. Land in right back stance, double knifehand low block.
40. Left foot shifts into left front stance, right reverse upset knifehand strike to high section.
41. Double step 90° east to left back stance, double knifehand block to west.
42. No step, left high/right low knifehand block to both sides in tension movement facing east.
43. #1 left side kick.
44. Left foot steps down, move right foot clockwise 180° into left back stance facing east, left high, right low knifehand block to both sides.

    Bahroh – Left foot steps forward to parallel stance, regular ready stance.