CHOONGJUNG POOME-SAE #2
Advanced Form: Blue, Brown, Red

New Techniques

Blocks:	Double Inner Forearm Block, Double Knifehand Low Block, Knifehand High X-Block
Strikes:	Long Upset Ridgehand Strike, Reverse Upset Punch, Palm Heel Strike
Kicks:	#3 Jump Round Kick, Reverse Hook Kick

Form

Ready Position: Right Regular Ready Position

1. Right foot steps south to left back stance, knifehand square block (tension movement).
2. Shift into right back stance, knifehand square block (tension movement).
3. Double step right foot to left, left foot steps 90° to east to right back stance, left low block, and …
4. In continuous motion, right reverse punch to middle section.
5. Step forward to left back stance, right low block, and …
6. In continuous motion, left reverse punch to middle section.
7. #2 left round kick to north, and ...
8. In continuous motion, left side kick to north.
9. Land in left front stance, double inner forearm block to north.
10. No step, right reverse upset punch.
11. Left foot steps over to line (north - south), then right foot steps forward to left back stance, right palm heel strike to north high section, **Kihap**.
12. No step, left reverse palm heal strike to west high section.
13. #2 left front kick to north, step down to right foot.
14. Right foot steps clockwise 270° to west to middle stance, right horizontal elbow to right side high section.
15. Shift right foot to form left back stance to west, knifehand square block.
16. Jump 180° clockwise to right back stance, double outer forearm block.
17. #3 left jump round kick to west (advance 1 front stance length).
18. Land in left sparring stance to west, double outer forearm block.
19. Right foot steps clockwise 90° to left rear stance to south, double knifehand low block.
20. Right foot shifts south to middle stance, right long upset ridgehand to middle section.
21. Left reverse hook kick to south, **Kihap**, and …
22. Land in right back stance to south, right reverse to middle section.
23. Left ridgehand to high section.
24. #2 right round kick to south, and …
25. In continuous motion, right side kick to south.
26. Land in right front stance, double inner forearm block to south.
27. Left reverse upset punch.
28. Right foot step to line (north-south), then left foot steps forward to right back stance, left palm heel to south high section, and…
29. In continuous motion, right palm heel strike to west.

Form (cont'd)

30. #2 right front kick to south, step down to left foot.
31. Left foot steps east to middle stance, left horizontal elbow to left side high section, **Kihap**.
32. Left foot shifts to right back stance, knifehand square block.
33. Jump counterclockwise 180° to land in left back stance to east, double outer forearm block.
34. #3 right jump round kick to east (advance 1 front stance length).
35. Land in right sparring stance, double outer forearm block.
36. Left foot steps to form right rear stance to north, double knifehand low block.
37. Left foot shifts north to middle stance, left long punch upset ridgehand strike to middle section.
38. Right reverse hook kick to north.
39. Land in left back stance to north, left reverse punch to middle section.
40. Right ridgehand to high section.
41. Left foot steps to right foot, turn clockwise to east, in double step motion, right foot steps west to left front stance to east, low X-block with fists.
42. #2 right front kick to east.
43. Land in left front stance, high X-block with knifehands.
44. Left foot steps back to form front stance (facing east), low X-block with fists.
45. #2 left front kick to east.
46. Land in right front stance, high X-block with knifehands.

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