

CHUNG SAN POOME-SAE THIRD DEGREE BLACK BELT FORM

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Translates as "Peace of Mind and Tranquility"

NEW KICKS:

- Spin Outer Crescent Kick [37,57]
- Step Spin Heel Kick [69]
- Jump Reverse Side Kick [70]
- Lockout Round Kick (using Instep) [16,75]
(Held at extension for 2 seconds using instep)

NEW BLOCKS:

- Ridgehand High/Low Block [35,55]
- Downward Outer Forearm Block [46]
- Advanced Double Ridgehand Block [23,82]
- Circular Double Ridgehand Low Block [17,76]
- Twin Outer Knifehand Block [38,58]
- Inner Forearm High/Low Block [34,54]
- Low Open Hand Sweeping Block [47]

NEW STRIKES:

- Long Fist Strike [2,8]
- Twin Back Elbow Strikes to Sides [28]
- Twin Horizontal Hammerfist to Sides [68]
- Two Finger Strike [24,83]
- Upset Spearhand Strike [39,59]
- Circular Double Downward Hammerfist Strike [45,65]
- Twin Vertical Palm Heel Strike [13,72]

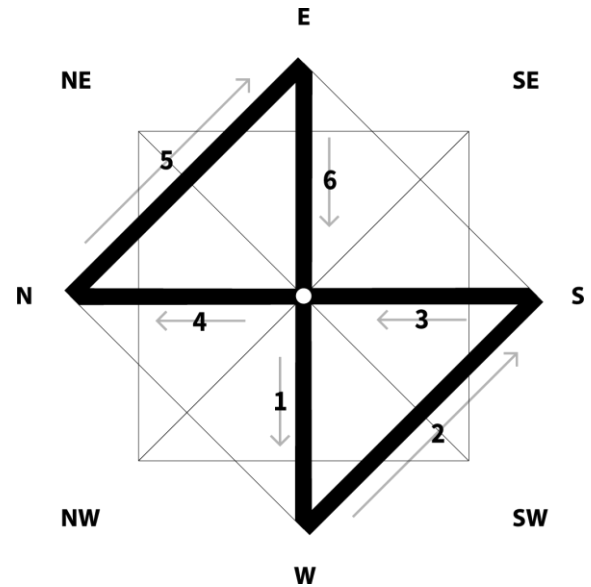
NEW STANCES:

- Half Sparring Stance [46] (Rear stance length with feet angled as in sparring stance.)
- Front/Rear Stance [29,49] (Rear stance with both feet pointed forward like Front stance.)

TYPES OF MOVEMENT:

- Skipping Double Step: A quick double stepping motion [49]
- Long Distance Jump Kick adds "2 stances" of additional forward movement. [26,67]
- All strikes and single blocks are 'Single Action' unless otherwise noted as 'Double Action'
- All Round Kicks are performed with the ball of the foot except [16,75]
- All open hand techniques start closed and end open.

Form should take about 2:05 to 2:10 minutes from attention to final bow



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READY STANCE: Left knifehand half command stance (Left knifehand high, right at side) in parallel stance

June Bee - Half command stance.

1. No step, **Right Circular Upset Knifehand Block** to east high section
2. No step, **Left Long Fist Strike** to east high section
3. **Left Front Kick** to east mid or high section (hold knee in re-chamber position)
4. **Left Knifehand Strike** to north mid-section
5. **Left Side Kick** to north mid or high section
6. In continuous motion, **Left Side Kick** to north mid or high section, slow (2 seconds)

7. Face east, step down to right foot, in double stepping motion, right foot steps to parallel stance, **Left Circular Upset Knifehand Block** to east high section
8. No step, **Right Long Fist Strike** to east high section
9. **Right Front Kick** to east mid or high section (hold knee in re-chamber position)
10. **Right Knifehand Strike** to south mid-section
11. **Right Side Kick** to south mid or high section
12. In continuous motion, **Right Side Kick** to south mid or high section, slow (2 seconds)

---(Direction Change on Line Corner) ---

13. Right foot steps back to left front stance to east; **Twin Vertical Palm Heel Strike** to east mid-section. (left foot on center point)
 14. Right foot pulls north to right back stance, **Left Advanced Double Knifehand Block** to east high section.
 15. **Left #1 Round Kick** to east mid or high section (ball of the foot)
 16. In a continuous motion, **Left Round Kick** to east mid or high section. Lockout (2 seconds) with Instep
 17. Step down to right foot, right foot steps back (west) in double stepping motion to right back stance, **Left Circular Double Ridgehand Low Block** to east
 18. No step, **Left Circular Double Knifehand Block** to east high section

 19. Jump 1 stance length west while turning 180 degrees' clockwise in air (lift knees high) land facing east in left back stance, **Right Advanced Double Outer Forearm Block** to east high section. (left foot on west point)
 20. No step, **Left Reverse Punch** to east mid-section
 21. No step, **Right Punch** to east mid-section
 22. No step, **Right Circular Inner Forearm Block** to east high section
 23. Right foot pulls to left rear stance, **Right Advanced Double Ridgehand Block** to east high section.
- KL-HAP**
24. No step, **Right Two Finger Strike** to east high section (eyes), slow (2 seconds) and return to blocking position (right fingers stay in striking position); left hand stays in blocking position

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25. Lift right leg to left one-leg stance; pivot 45 degrees to southeast diagonal while doing **Right Downward Palm Block** low section, slow (2 seconds)
26. Without stepping down, **Left Jump Inner Crescent Kick** to southeast mid or high section, striking right palm. Land in middle stance with left foot 2 middle stance lengths forward.
27. In a continuous motion, **Left Jump Reverse Inner Crescent Kick** to southwest mid or high section, striking right palm. (gain 4 feet on jump)
28. Landing in middle stance, **Twin Horizontal Back Elbow Strike** to sides, shoulder level. Fists are palm down. Eyes to southwest. (left foot on south point)

---(Direction Change on Line Corner) ---

29. Right foot steps clockwise 45 degrees to right front/rear stance (front heel up) facing north, **Right "9" Block** (R-knifehand, L-fist) to north, slow (2 seconds)
30. **Right #1 Front Kick** to north mid or high section
31. Land in right front stance, **Right Circular Ridgehand Block** to north high section
32. No step, **Left Reverse Two Finger Strike** to north high section (eyes)
33. **Right #3 Jump Front Kick** to north mid or high section
34. Land in parallel stance, **Right High/Low Inner Forearm Block** to north (bottom hand palm up)
35. No step, **Left High/Low Ridgehand Block** to north
36. **Right Outer Crescent Kick** to north mid or high section
37. In a continuous motion, touching down behind left foot one back stance length, **Right Spin Outer Crescent Kick** to north mid or high section
38. Land in right back stance, **Twin Outer Knifehand Block** to north high section
39. Right foot steps north one sparring stance length, left foot steps behind to right X-stance; **Left Upset Spearhand Strike** to north high section; right hand pulls palm towards chest (hips and shoulders face north)
40. Left foot steps south to right back stance, **Right Hammerfist Strike** to north low section (groin)
41. No step, **Right Reinforced Vertical Back Elbow Strike** to north mid-section (left hand flat on right fist)
42. **Left Reverse Hook Kick** to north mid or high section
43. In a continuous motion, **Left Round Kick** (ball of the foot) to north mid or high section. **KL-HAP**
44. In a continuous motion, **Left Side Kick** to north mid or high section
45. Land in left sparring stance, **Left Circular Downward Double Hammerfist Strike** to north (Right hand vertical at solar plexus, left hand even with shoulder), slow (2 seconds) (left foot on center point)
46. Left foot pulls back to left half sparring stance, **Left Downward Outer Forearm Block** to north belt level
47. Left foot pulls to right foot to closed stance to northeast, **Left Low Open Hand Sweeping Block** to north
48. Left foot steps to left sparring stance, **Left Backfist Strike** to north high section with retraction
49. Skipping double step to left front/rear stance, **Left "9" Block** (L-knifehand, R-fist) to north, slow (2 seconds)

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50. **Left #1 Front Kick** to north mid or high section
51. Land in left front stance, **Left Circular Ridgehand Block** to north high section
52. No step, **Right Reverse Two Finger Strike** to north high section (eyes)

53. **Left #3 Jump Front Kick** to north mid or high section
54. Land in parallel stance, **Left High/Low Inner Forearm Block** to north
55. No step, **Right High/Low Ridgehand Block** to north

56. **Left Outer Crescent Kick** to north mid or high section
57. In a continuous motion, touching down behind right foot one back stance length, **Left Spin Outer Crescent Kick** to north mid or high section
58. Land in left back stance, **Twin Outer Knifehand Block** to north high section

59. Left foot steps north one sparring stance length, right foot steps behind to left X-stance; **Right Upset Spearhand Strike** to north high section; left hand pulls palm towards chest. (hips and shoulders face north)
60. Right foot steps south to right back stance, **Left Hammerfist Strike** to north low section (groin)
61. No step, **Left Reinforced Vertical Back Elbow Strike** to north mid-section (right hand flat on left fist)

62. **Right Reverse Hook Kick** to north mid or high section
63. In a continuous motion, **Right Round Kick** (ball of the foot) to north mid or high section. **KI-HAP**
64. In a continuous motion, **Right Side Kick** to north mid or high section
65. Land in right sparring stance, **Right Circular Downward Double Hammerfist Strike** to north (Left hand vertical at solar plexus, right hand even with shoulder), slow (2 seconds) (right foot on north point)

- (Direction Change on Line Corner)---
66. Lift left leg to right one-leg stance; pivot 45 degrees to southeast diagonal while doing **Left Downward Palm Block** low section, slow (2 seconds)
67. Without stepping down, **Right Jump Inner Crescent Kick** to southeast mid or high section, striking left palm
68. Land in middle stance with right foot 2 middle stance lengths forward (see note at end of form). **Twin Horizontal Hammerfist Strikes** to both sides, shoulder level. Eyes to northeast

69. Left foot steps southeast 1 sparring stance length, **Right Spin Heel Kick** to southeast mid or high section
70. In a continuous motion, touch down 1 sparring stance length behind left foot, and immediately execute **Right Jump Reverse Side Kick** to southeast mid or high section traveling 1 foot forward...
71. Land in right sparring stance, **Right Advanced Double Outer Forearm Block** to southeast high section (right foot on east point)

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72. Left foot steps west to form right front stance, **Twin Vertical Palm Heel Strike** to east mid-section
73. Left foot pulls south to left back stance, **Right Advanced Double Knifehand Block** to east high section
74. **Right #1 Round Kick** (ball of the foot) to east mid or high section
75. In a continuous motion, **Right Round Kick** to east mid or high section. Lockout (2 seconds) with Instep

76. Step down to left foot, left foot steps back (west) in double stepping motion to left back stance, **Right Circular Double Ridgehand Low Block** to east
77. No step, **Right Circular Double Knifehand Block** to east high section

78. Jump 1 stance length west while turning 180 degrees counter clockwise in air (lift knees high) land facing east in right back stance, **Left Advanced Double Outer Forearm Block** to east high section. (right foot on center point)
79. No step, **Right Reverse Punch** to east mid-section
80. No step, **Left Punch** to east mid-section
81. No step, **Left Circular Inner Forearm Block** to east high section
82. Left foot pulls to right rear stance, **Left Advanced Double Ridgehand Block** to east high section
83. No step, **Left Two Finger Strike** to east high section (eyes), slow (2 seconds) and return to blocking position (left fingers stay in striking position); right hand stays in blocking position.

Bah-ro - Left foot steps to end position.

Shi-uh - At ease position (about face, fix uniform, return to set position)

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	Stance	Section		Stance	Section
1. R Circular Upset Knifehand Block	P	H	42. L Reverse Hook Kick	--	M/H
2. L Long Fist Strike	P	H	43. L Round Kick- KI-HAP	--	M/H
3. L Front Kick	--	M/H	44. L Side Kick	--	M/H
4. L Knifehand Strike	OL	M	45. L Cir. Down. Dbl. Hammerfist Strike – Slow-2 sec.	S	H
5. L Side Kick	--	M/H	46. L Downward Outer Forearm Block	HS	M/L
6. L Side Kick – Slow – 2 sec.	--	M/H	47. L Low Open Hand Sweeping Block	C	L
7. L Circular Upset Knifehand Block	P	H	48. L Back Fist Strike – with retraction	S	H
8. R Long Fist Strike	P	H	49. L 9 Block (L-Knifehand, R-Fist) – Slow – 2 sec.	F/R	M&L
9. R Front Kick	--	M/H	50. L #1 Front Kick	--	M/H
10. R Knifehand Strike	OL	M	51. L Circular Ridgehand Block	F	H
11. R Side Kick	--	M/H	52. R Reverse Two Finger Strike	F	H
12. R Side Kick – Slow – 2 sec.	--	M/H	53. L #3 Jump Front Kick	--	H
13. B Twin Vertical Palm Heel Strike	F	M	54. L Inner Forearm High/Low Block	P	H&L
14. L Advanced Double Knifehand Block	B	H	55. R Ridgehand High/Low Block	P	H&L
15. L #1 Round Kick	--	M/H	56. L Outer Crescent Kick	--	M/H
16. L Round Kick – Lockout – 2 sec. - Instep	--	H	57. L Spin Outer Crescent Kick	--	M/H
17. L Circular Double Ridgehand Low Block	B	L	58. B Twin Outer Knifehand Block	B	H
18. L Circular Double Knifehand Block	B	H	59. R Upset Spearhand Strike	X	H
19. R Advanced Double Outer Forearm Block	B	H	60. L Hammer Fist Strike	B	L
20. L Reverse Punch	B	M	61. L Reinforced Vertical Back Elbow Strike	B	M
21. R Punch	B	M	62. R Reverse Hook Kick	--	M/H
22. R Circular Inner Forearm Block	B	H	63. R Round Kick - KI-HAP	--	M/H
23. R Adv. Dbl. Ridgehand Block - KI-HAP	R	H	64. R Side Kick	--	M/H
24. R Two Finger Strike – Slow - 2 sec.	R	H	65. R Cir. Down. Dbl. Hammerfist Strike – Slow-2 sec.	S	H
25. R Downward Palm Block – Slow – 2 sec.	OL	L	66. L Downward Palm Block – Slow – 2 sec.	OL	L
26. L Jump Inner Crescent Kick	--	M/H	67. R Jump Inner Crescent Kick	--	M/H
27. L Butterfly Kick	--	M/H	68. B Twin Horizontal Hammerfist Strike	M	H
28. B Twin Horizontal Back Elbow Strike	M	M	69. R Step Spin Heel Kick	--	M/H
29. R 9 Block (R-Knifehand, L-Fist) – Slow – 2 sec.	F/R	M&L	70. R Jump Reverse Side Kick	--	M
30. R #1 Front Kick	--	M/H	71. R Advanced Outer Forearm Block	S	H
31. R Circular Ridgehand Block	F	H	72. B Twin Vertical Palm Heel Strike	F	M
32. L Reverse Two Finger Strike	F	H	73. R Advanced Double Knifehand Block	B	H
33. R #3 Jump Front Kick	--	M/H	74. R #1 Round Kick	--	M
34. R Inner Forearm High/Low Block	P	H&L	75. Round Kick – Lockout – 2 sec. - Instep	--	M/H
35. L Ridgehand High/Low Block	P	H&L	76. R Circular Double Ridgehand Low Block	B	L
36. R Outer Crescent Kick	--	M/H	77. R Circular Double Knifehand Block	B	H
37. R Spin Outer Crescent Kick	--	M/H	78. L Advanced Double Outer Forearm Block	B	H
38. B Twin Outer Knifehand Block	B	H	79. R Reverse Punch	B	M
39. L Upset Spearhand Strike	X	H	80. L Punch	B	M
40. R Hammer Fist Strike	B	L	81. L Circular Inner Forearm Block	B	H
41. R Reinforced Vertical Back Elbow Strike	B	M	82. L Advanced Double Ridgehand Block	R	H
			83. L Two Finger Strike – Slow – 2 sec.	R	H