

SHIM JUN POOME-SAE FIRST DEGREE BLACK BELT FORM

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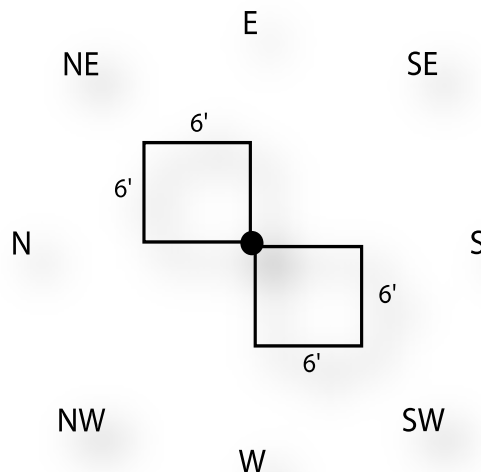
*Translates as "Begin Planting Seeds for the Future"
Interpretation is new role of loyalty through physical and mental training*

NEW KICKS:

Stomp Kick [8,24]
#1 Jump Hook Kick. [15,32]
Step Forward Spin Hook Kick. [47,67]
Step Forward #2 Jump Side Kick. [75]

NEW BLOCKS:

Nine Block. [16,33]
Square Block With Knifehand And Fist. [34,55]
Double Blocks With Knifehand And Fist. [54,74]
Advanced Double Blocks. [76,79]
(Final position same as regular, but motion is similar to single blocks.)
Advance Double Knifehand Block. [6,22]



TYPE OF MOVEMENT:

Tension movement. [13,30,45,65] (5 seconds in duration.)
Slow movement. [46,51,66,71] (2 seconds in duration.)
Circular movement in double blocks. [7, 23,78,81]
Single-arm blocks and strikes. [2-4,9,13,18-20,25,30,36,38-41,43-46,48-50,57,59-62,65,66, 68-70,77,80] (Opposite arm remains at side.)
*All strikes and single blocks in Shim Jun are 'Single Hand' unless otherwise noted as 'Double Hand'.

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

All open hand techniques start closed and end open. **Exceptions: #35, #43, #46, #56, #66**

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

June Bee - Half command stance.

1. Left foot steps east to middle stance (right heel pivots first, stance is with right heel and left toe on east-west line); **Left Double Inner Forearm Block.**
2. No step, **Right Upset Punch** with retraction to high section
3. No step, **Left Palm Upset Block** to high section (*starts from previous ending position*)
4. No step, **Right Punch** to mid section
5. No step, **Left Punch** (Double Hand) to mid section
6. Left foot shifts to right back stance to east, **Advanced Double Knifehand Block.**
7. No step, **Circular Low Double Knifehand Block.**

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8. **Right #2 Stomp Kick** landing forward in middle stance facing north, eyes to east.
9. No step, **Right Back Fist** to east high section
10. Left foot steps to closed stance, **Right #3 Side Kick** to east mid or high section

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

11. Right foot lands to left foot in closed stance facing north (right foot at east point). **Right High/Low Block.**
12. No step, **Left High/Low Block.**
13. Right foot steps north to left rear stance, **Right Knifehand Low Block** with tension (5 seconds)
14. **Right #1 Front Kick** to north mid or high section Land in middle stance facing west, eyes to north.
15. Left foot steps to closed stance. **Right #1 Jump Hook Kick** to north mid or high section
16. Land in right sparring stance to north, **Right "9" Block** to north (right foot on northeast point).

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

17. Double step west to middle stance with right toe and left heel on east-west line, **Right Double Inner Forearm Block.**
18. No step, **Left Upset Punch** with retraction to high section
19. No step, **Right Palm Upset Block** to high section (*starts from previous ending position*)
20. No step, **Left punch** to mid section
21. No step, **Right Punch** (Double Hand) to mid section. **KI-HAP**
22. Right foot shifts to left back stance to west, **Advanced Double Knifehand Block.**
23. No step, **Circular Low Double Knifehand Block.**
24. **Left #2 Stomp Kick** landing forward in middle stance facing north, eyes to west.
25. No step, **Left Back Fist** to west high section.
26. Right foot steps to closed stance, **Left #3 Side Kick** to west mid or high section
27. Left foot lands to right foot in closed stance (left foot at north point), **Low X-Block** facing north. (left hand on top)
28. Same stance, **Twin Palm Head Grab** to north high section
29. **Right Knee Strike.** Step down to left foot.

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

30. Turn counterclockwise to right rear stance (right heel at north point), **Left Knifehand Low Block** with tension (5 seconds) to south.
31. **Left #1 Front Kick** to south mid or high section Land in middle stance facing west, eyes to south.
32. Right foot steps to closed stance. **Left #1 Jump Hook Kick** to south mid or high section.
33. Land in left sparring stance to south, **Left "9" Block** to south. (left toes at center point)

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34. Right foot steps south into left back stance, **Square Block** with left closed and right open. (eyes to south)
35. No step, eyes to east, **Right Upset Knifehand Strike** to east high section. Keep hand in high block.
36. Right foot shifts to right front stance, **Left Reverse Vertical Punch** to south mid section
37. **Right #3 Jump Front Kick** to south mid or high section
38. Land in right front stance, **Left Reverse Palm Heel Strike** to south high section
39. Right foot pulls to left in closed stance with body facing east, eyes to south. **Right Low Inward Inner Forearm Block** to south.
40. Left foot moves counterclockwise to middle stance facing west (left foot at south point), eyes to south, **Left Horizontal Back Elbow Strike** to south mid section.
41. No step, **Left Knifehand Strike** to south high section. **KI-HAP.**
42. Right foot steps to left foot to closed stance facing south (both feet at south point). **Knifehand High X-Block** to south. (left hand closest to head)
43. No step, **Left Knifehand Strike** to south high section.
44. **Left Knee Strike** to south mid section. (left palm strikes knee and stops) Step down to right foot.

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

45. Right foot steps west to left rear stance (left foot at south point); **Right Ridgehand Block** with tension (5 seconds) to high section. (left fist at left side during block)
46. No step, **Right Horizontal Spearhand Strike** to west high section, slow (2 seconds)
47. Left foot steps forward 1 rear stance length, **Right Spin Hook Kick** to west mid or high section
48. Land in middle stance facing north (right foot at south point), eyes to west, **Left Low Block** to west.
49. No step, **Left Circular Inner Forearm Block** to west high section
50. No step, **Left Punch** to west mid section
51. Right foot steps to closed stance, **Left #3 Side Kick** to west knee level, slow (2 seconds) And...
52. In a continuous motion **Left Round Kick** (ball of the foot) to mid section. And...
53. In a continuous motion, **Left Round Kick** (ball of the foot) to mid or high section.
54. Land in left sparring stance to west, **Low Double Outer Forearm Block** (left open/right closed) left foot on southwest point

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

55. Double step, turning 270 degree counterclockwise to right back stance to north (right foot at southwest point), eyes to north, **Square Block** with right closed and left open.
56. No step, eyes to east, **Left Upset Knifehand Strike** to east high section. Keep hand in high block.
57. Left foot shifts to left front stance to north, **Right Reverse Vertical Punch** to north mid section

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- 58. **Left #3 Jump Front Kick** to north mid or high section.
- 59. Land in left front stance, **Right Reverse Palm Heel Strike** to north high section.
- 60. Left foot pulls to right in closed stance with body facing east, eyes to north. **Left Low Inward Inner Forearm Block** to north.
- 61. Right foot moves clockwise to middle stance facing west (right foot at west point), eyes to north, **Right Horizontal Back Elbow Strike** to north mid section. **KL-HAP.**
- 62. No step, **Right Knifehand Strike** to north high section.
- 63. Left foot pulls to right, pivot counterclockwise to closed stance to south (right heel at west point), **Left Knifehand High/Low Block** to south.
- 64. No step, **Right Knifehand High/Low Block** to south.

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

- 65. Left foot steps east to right rear stance (right foot on west point); **Left Ridgehand Block** with tension (5 seconds) to high section (right fist is at right side during block)
- 66. No step, **Left Horizontal Spearhand Strike** to east high section, slow (2 seconds)
- 67. Right foot steps forward 1 rear stance length, **Left Spin Hook Kick** to east.
- 68. Land in middle stance facing north (left foot at west point), eyes to east, **Right Low Block** to east.
- 69. No step, **Right Circular Inner Forearm Block** to east high section.
- 70. No step, **Right Punch** to east mid section
- 71. Left foot steps to closed stance, **Right #3 Side Kick** to east knee level, slow. (2 seconds) And...
- 72. In a continuous motion, **Right Round Kick** (ball of the foot) to mid section. And...
- 73. In a continuous motion, **Right Round Kick** (ball of the foot) to mid or high section.
- 74. Land in right sparring stance to east, **Low Double Outer Forearm Block** (right open/left closed) right foot on center point
- 75. Left foot steps forward 1 sparring stance length, **Right #2 Jump Side Kick** to east mid or high section
- 76. Land in left back stance, **Advanced Double Outer Forearm Block** to east. Left foot lands where it took off from for jump kick
- 77. No step, **Left Reverse Punch** to east mid section
- 78. No step, **Circular Low Double Outer Forearm Block** to east.
- 79. Right foot steps back 180 degrees counterclockwise to right back stance (right foot at center point), **Advanced Double Outer Forearm Block** to east.
- 80. No step, **Right Reverse Punch** to east mid section
- 81. No step, **Circular Low Double Outer Forearm Block** to east.

Bah-ro - Left foot steps back 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. L Double Inner Forearm Block	M	H	42. B Knifehand X-Block	C	H
2. R Upset Punch – w/ retraction	M	H	43. L Knifehand Strike	C	H
3. L Palm Upset Block	M	H	44. L Knee Strike	C	M
4. R Punch	M	M	45. R Ridgehand Block- Tension-5 sec	R	H
5. L Punch (double hand)	M	M	46. R Horizontal Spearhand Strike- Slow-2 sec	R	H
6. L Advanced Double Knifehand Block	B	H	47. R Step Spin Hook Kick	--	M/H
7. L Circular Low Double Knifehand Block	B	L	48. L Low Block	M	L
8. R #2 Stomp Kick	M	L	49. L Circular Inner Forearm Block	M	H
9. R Back Fist	M	H	50. L Punch	M	M
10. R #3 Side Kick	--	M/H	51. L #3 Side Kick – Slow-2 sec	--	L
11. R High/Low Block	C	H&L	52. L Round Kick	--	M
12. L High/Low Block	C	H&L	53. L Round Kick	--	M/H
13. R Knifehand Low Block – Tension-5 sec.	R	L	54. L Low Dbl. Outer Forearm Bl. (L-open, R-closed)	S	L
14. R #1 Front Kick	--	M/H	55. L Square Block (R-closed, L-open)	B	H
15. R #1 Jump Hook Kick	--	M/H	56. L Upset Knifehand Strike	B	H
16. R Nine Block	S	M&L	57. R Reverse Vertical Punch	F	M
17. R Advanced Double Inner Forearm Block	M	H	58. L #3 Jump Front Kick	--	M/H
18. L Upset Punch – w/ retraction	M	H	59. R Reverse Palm Strike	F	H
19. R Palm Upset Block	M	H	60. L Low Inward Inner Forearm Block	C	L
20. L Punch	M	M	61. R Horizontal Back Elbow Strike – KI-HAP	M	M
21. R Punch (double hand)– KI-HAP	M	M	62. R Knifehand Strike	M	H
22. R Double Knifehand Block	B	H	63. L Knifehand High/Low Block	C	H&L
23. R Circular Low Double Knifehand Block	B	L	64. R Knifehand High/Low Block	C	H&L
24. L #2 Stomp Kick	M	L	65. L Ridgehand Block- Tension-5 sec	R	H
25. L Back Fist	M	H	66. L Horizontal Spearhand Strike- Slow-2 sec	R	H
26. L #3 Side Kick	--	M/H	67. L Step Spin Hook Kick	--	M/H
27. B X-Block	C	L	68. R Low Block	M	L
28. B Head Grab	C	H	69. R Circular Inner Forearm Block	M	H
29. R Knee Strike	--	M	70. R Punch	M	M
30. L Knifehand Low Block- Tension-5 sec	R	L	71. R #3 Side Kick- Slow-2 sec	--	L
31. L #1 Front Kick	--	M/H	72. R Round Kick	--	M
32. L #1 Jump Hook Kick	--	M/H	73. R Round Kick	--	M/H
33. L Nine Block	S	M&L	74. R Low Dbl. Outer Forearm Bl. (R-open/L-closed)	S	L
34. R Square Block (L-closed, R-open)	B	H	75. R Step forward #2 Jump Side Kick	--	M/H
35. R Upset Knifehand Strike	B	H	76. R Advanced Double Outer Forearm Block	B	H
36. L Reverse Vertical Punch	F	M	77. L Reverse Punch	B	M
37. R #3 Jump Front Kick	--	M/H	78. R Cir. Low Double Outer Forearm Block	B	L
38. L Reverse Palm Strike	F	H	79. L Advanced Double Outer Forearm Block	B	H
39. R Low Inward Inner Forearm Block	C	L	80. R Reverse Punch	B	M
40. L Horizontal Back Elbow Strike	M	M	81. L Cir. Low Double Outer Forearm Block	B	L
41. L Knifehand Strike – KI-HAP	M	H			