SHIM JUN POOME-SAE
FIRST DEGREE BLACK BELT FORM

Translates as “Begin Planting Seeds for the Future”
Interpretation is a 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]
  *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.**
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)

--- *(Direction Change on Line Corner)*---
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
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. *KI-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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FIRST DEGREE BLACK BELT FORM

1. L. Double Inner Forearm Block
2. R. Upset Punch – w/ retraction
3. L. Palm Upset Block
4. R. Punch
5. L. Punch (double hand)
6. L. Advanced Double Knifehand Block
7. L. Circular Low Double Knifehand Block
8. R. #2 Stomp Kick
9. R. Back Fist
10. R. #3 Side Kick
11. R. High/Low Block
12. L. High/Low Block
14. R. #1 Front Kick
15. R. #1 Jump Hook Kick
16. R. Nine Block
17. R. Advanced Double Inner Forearm Block
18. L. Upset Punch – w/ retraction
19. R. Palm Upset Block
20. L. Punch
21. R. Punch (double hand)– KI-HAP
22. R. Double Knifehand Block
23. R. Circular Low Double Knifehand Block
24. L. #2 Stomp Kick
25. L. Back Fist
26. L. #3 Side Kick
27. B. X-Block
28. B. Head Grab
29. R. Knee Strike
30. L. Knifehand Low Block - Tension-5 sec
31. L. #1 Front Kick
32. L. #1 Jump Hook Kick
33. L. Nine Block
34. R. Square Block (L-closed, R-open)
35. R. Upset Knifehand Strike
36. L. Reverse Vertical Punch
37. R. #3 Jump Front Kick
38. L. Reverse Palm Strike
39. R. Low Inward Inner Forearm Block
40. L. Horizontal Back Elbow Strike
41. L. Knifehand Strike – KI-HAP

1. M H
2. M H
3. M H
4. M M
5. M M
6. B H
7. B L
8. M L
9. M H
10. -- M/H
11. C H&L
12. C H&L
13. R L
14. -- M/H
15. -- M/H
16. S M&L
17. M H
18. M H
19. M H
20. M M
21. M M
22. B H
23. B L
24. M L
25. M H
26. -- M/H
27. C L
28. C H
29. -- M
30. R L
31. -- M/H
32. -- M/H
33. S M&L
34. B H
35. B H
36. F M
37. -- M/H
38. F H
39. C L
40. M M
41. M H
42. B C H
43. L C H
44. L C M
45. R R H
46. R R H
47. -- M/H
48. L M L
49. L M H
50. L M M
51. -- L
52. -- M
53. -- M/H
54. L S L
55. L B H
56. L B H
57. F M
58. -- M/H
59. F H
60. C L
61. M M
62. R M H
63. L C H&L
64. R C H&L
65. R R H
66. R R H
67. -- M/H
68. L M L
69. M H
70. M M
71. -- L
72. -- M
73. -- M/H
74. S L
75. -- M/H
76. B H
77. B M
78. B L
79. B H
80. B M
81. B L

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6210 Baseline Rd. Little Rock, Arkansas 72209 / 866-568-8721