JUNG YUL POOME-SAE
SECOND DEGREE BLACK BELT FORM

Translates as “With your noble character, you will develop a new permanence in your life”

NEW KICKS:

#2 Outer Axe Kick [12,57]
Jump Reverse Inner Crescent Kick (Butterfly Kick)[43]

NEW BLOCKS:

Circular Hooking Block [9,10,54,55]
Side High Knifehand/Low Open Hand Block [17,62]
Reinforced Inner Forearm Block [18,63]
(Other hand on outer edge of blocking fist)
Downward Palm Block [26,71]
Inward Palm Block [28,73]
High Nine Block [40,42]
Circular Single Outer Knifehand Block [14,59]

NEW STRIKES:

Horizontal Elbow Strike, Vertical Back Elbow [1,3]
Horizontal Hammer Fist Strike [20,65]
Downward Elbow Strike [7,52]
Arc Hand Strike [15,60]
Downward Knifehand Strike (Single, Double, Circular)[31,39,41,46,76]
Twin Punch [5,50]

NEW STANCES:

X-Stance [6-8,18-20,31,51-53,63-65,76]
(Right foot flat, left behind = Right X-Stance)
One Leg Stance [15-17,60-62]

TYPE OF MOVEMENT:

Tension movement [2,4,5,50] (5 seconds in duration.)
Slow movement. [17,40,42,62] (2 seconds in duration.)
Circular movement [8,9,10,14,21,31,34,35,53,54,55,59,66,7679,80]
Single-arm blocks and strikes. [6,7,9-11,13-15,19,20,25-31,51,52,54-56,58-60,64,65,70-76,81,82]

*All strikes and single blocks in Jung Yul 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.

READY STANCE: Right half command stance (Right fist high, left at side) in parallel stance
JUNG YUL POOME-SAE
SECOND DEGREE BLACK BELT FORM

June Bee - Half command stance.

1. Right foot steps right to middle stance facing east (left foot at center point); Left Horizontal Elbow (left fist goes to right collarbone), Right Vertical Back Elbow.
2. No step, Square Block to north with tension (5 seconds)
3. Double step to left side to middle stance facing east (right foot at center point); Right Horizontal Elbow (right fist goes to left collar bone), Left Vertical Back Elbow.
4. No step, Square Block to south with tension (5 seconds)
5. Move left foot to right in closed stance to east (both feet on center point), Twin Punch with tension (5 seconds) hands end 1 fist length from forehead.

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

6. Step 1 Sparring stance length east to right X-stance, Right Punch to east high section.
7. No step, Right Downward Elbow Strike to east mid section.
8. No step, Circular Low Double Knifehand Block to east.

9. Left foot steps back to right front stance, Left Reverse Circular Hooking Block to east high section
And...
10. No step, Right Circular Hooking Block to east high section.
11. No step, Left Reverse Vertical Punch to east high section
12. Left #2 Outer Axe Kick to east mid or high section.
13. Land in left front stance, Left Knifehand Low Block to east.
14. No step, Right Reverse Circular Outer Knifehand Block to east high section.

15. Left foot moves south 1 shoulder width; right foot moves to shield left knee in left one-legged stance to east (left foot at east point), Left Arc Hand Strike to east high section. And...
16. No step, Right Reverse Upward Elbow to left palm, east high section. And...
17. No step, Left High Knifehand/Right Low Open Hand Block (palm faces back) to sides slow (2 seconds)(eyes to south)

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

18. Right foot steps south 1 sparring stance length, left foot steps behind to right X-stance; Right Reinforced Inner Forearm Block to south high section. And...
19. No Step, Right Back Fist to south high section. And...
20. No Step, Right Horizontal Hammerfist Strike to south high section.
21. Left foot steps back to left back stance (left foot at east point), Circular Double Knifehand Block to south.
JUNG YUL POOME-SAE
SECOND DEGREE BLACK BELT FORM

22. **Left #2 Inner Crescent Kick** to south mid or high section. *KI-HAP*. Step down to right foot in closed stance to north.
23. **Right Reverse Hook Kick** to south mid or high section. And...
24. In a continuous motion, **Right Round Kick** to south mid or high section.
25. Land in left back stance, **Right High Block** to south.
26. Right foot pulls back to left rear stance, **Right Downward Palm Block** to south.
27. Right foot steps south to middle stance (right foot at southeast point), **Right Punch** to south high section.

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

28. Left foot steps west 90 degrees counterclockwise to left back stance to east; **Right Inward Palm Block** to mid section.
29. No step, **Left Reverse Punch** to east high section.
30. No step, **Right Upset Knifehand Strike** to east high section.

31. Right foot steps behind left to left X-stance, **Right Circular Downward Knifehand Strike** to east high section. (collarbone level)
32. **Right #2 Front Kick** to east mid or high section. (hands stay in position).
33. Replace right foot back to left X-stance, hands to guard position; left foot steps west to middle stance (left foot at south point), **Right #1 Side Kick** to east mid or high section.
34. Land in middle stance, **Circular Low Double Outer Forearm Block** to east.
35. Left foot shifts to right back stance, **Circular Double Knifehand Block** to west.

36. **Right #2 Round Kick** (ball of the foot) to west mid or high section. And moving counterclockwise...
37. In a continuous motion, **Right Round Kick** (ball of the foot) to south mid or high section. And...
38. In a continuous motion, **Right Round Kick** (ball of the foot) to east mid or high section.
39. Land in right sparring stance to north (left foot at south point), **Circular Downward Double Knifehand Strike** to north. (left hand vertical at solar plexus, right fingertips even with shoulder)

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

40. Right foot pulls to left rear stance, **Left High “9” Block** to north, slow (2 seconds)
41. Jump 180 degrees counterclockwise to left sparring stance to north. **Circle Downward Double Knifehand Strike** to north (right foot at south point). (right hand vertical at solar plexus, left fingertips even with shoulder)
42. Left foot pulls to right rear stance, **Right High “9” Block** to north, slow (2 seconds) *KI-HAP*
JUNG YUL POOME-SAE
SECOND DEGREE BLACK BELT FORM

43. *Right foot steps to form “T” at left toes, **Right Jump Reverse Inner Crescent Kick** (Butterfly) to north mid or high section. (gain 1 rear stance north) Land in middle stance.
44. **Left Reverse Side Kick** to north mid or high section. Land in left sparring stance to north.
45. **Right #2 Side Kick** to north mid or high section.
46. Land in right sparring stance to north (right foot at north point), **Circular Downward Double Knifehand Strike** to north. (left hand vertical at solar plexus, right fingers even with shoulder)

47. **Left #2 Round Kick** (ball of the foot) to north mid or high section. And moving clockwise...
48. In a continuous motion, **Left Round Kick** (ball of the foot) to east mid or high section. And...
49. In a continuous motion, **Left Round Kick** (ball of the foot) to south mid or high section.
50. Left foot lands to right facing west in closed stance (both feet at north point), **Twin Punch** with tension (5 seconds) hands end 1 fist length from forehead.

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

51. Step 1 sparring stance length west to left X-stance, **Left Punch** to west high section.
52. No step, **Left Downward Elbow Strike** to west mid section.
53. No step, **Circular Low Double Knifehand Block** to west.

54. Right foot steps back to left front stance, **Right Reverse Circular Hooking Block** to west high section.
55. No Step, **Left Circular Hooking Block** to west high section. And...
56. No Step, **Right Reverse Vertical Punch** to west high section.
57. **Right #2 Outer Axe Kick** to west mid or high section. And...
58. Land in right front stance, **Right Knifehand Low Block** to west. And...
59. No Step, **Left Reverse Circular Outer Knifehand Block** to west high section

60. Right foot moves south 1 shoulder width; left foot moves to shield right knee in right one legged stance to west (right foot at northwest point), **Right Arc Hand Strike** to west high section. And...
61. No step, **Left Reverse Upward Elbow** to right palm. And...
62. No Step, **Right High Knifehand/Low Open Hand Block** (palm faces back) to sides, slow (2 seconds)(eyes to south) **KI-HAP**

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

63. Left foot steps south 1 sparring distance length, right foot steps behind to left X-stance; **Left Reinforced Inner Forearm Block** to south high section.
64. No Step, **Left Back Fist** to south to high section.
65. No Step, **Left Horizontal Hammerfist Strike** to south to high section.
66. Right foot steps back to right back stance (right foot at northwest point), **Circular Double Knifehand Block** to south.
JUNG YUL POOME-SAE
SECOND DEGREE BLACK BELT FORM

67. **Right #2 Inner Crescent Kick** to south mid or high section. Step down to left foot in closed stance to north. And...
68. In a continuous motion, **Left Reverse Hook Kick** to south mid or high section. And...
69. In a continuous motion, **Left Round Kick** to south mid or high section.
70. Land in right back stance, **Left High Block** to south
71. Left pulls to right rear stance, **Left Downward Palm Block** to south.
72. Left steps south to middle stance (left foot at west point), **Left Punch** to south high section.

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

73. Right foot steps east 90 degrees clockwise to right back stance to west (left foot at west point); **Left Inward Palm Block** to west mid section.
74. No step, **Right Reverse Punch** to west high section.
75. No step, **Left Upset Knifehand Strike** to west high section.
76. Left foot steps behind right to right X-stance, **Left Circular Downward Knifehand Strike** to west high section. (collarbone level)
77. **Left #2 Front Kick** to west mid or high section. Hands stay in position.
78. Replace left foot back to right X-stance, hands to guard position; right foot steps east to middle stance (right foot at center point), **Left #1 Side Kick** to west mid or high section.
79. Land in middle stance, **Circle Low Double Outer Forearm Block** to west.
80. Right foot shifts to left back stance, **Circle Double Knifehand Block** to east.

81. Jump spin 180 degrees counterclockwise, **Left Knifehand Strike** while in air to east high section
82. Land in right back stance, **Right Reverse Punch** to east high section on landing. (left foot on center point)

Bah-ro - Right foot steps to end position.
Shi-uh - At ease position (about face, fix uniform, return to set position)
# JUNG YUL POOME-SAE
## SECOND DEGREE BLACK BELT FORM

<table>
<thead>
<tr>
<th>Stance</th>
<th>Section</th>
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</thead>
<tbody>
<tr>
<td>1. L Horizontal Elbow; R-Vertical Back Elbow</td>
<td>M M&amp;H</td>
<td>42. R High Nine Block - <strong>KI-HAP</strong> - Slow- 2 sec.</td>
<td>R H&amp;L</td>
</tr>
<tr>
<td>3. R Horizontal Elbow; L-Vertical Back Elbow</td>
<td>M M&amp;H</td>
<td>44.L Reverse Side Kick</td>
<td>-- M/H</td>
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<tr>
<td>6. R Punch</td>
<td>X H</td>
<td>47.L #2 Round Kick</td>
<td>-- M/H</td>
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<tr>
<td>8. R Circular Low Double Knifehand Block</td>
<td>X L</td>
<td>49.L Round Kick</td>
<td>-- M/H</td>
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<tr>
<td>10. R Circular Hooking Block</td>
<td>F H</td>
<td>51.L Punch</td>
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<td>S H</td>
<td>82.R Reverse Punch</td>
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