

# CHUNG SAN POOME-SAE THIRD DEGREE BLACK BELT FORM

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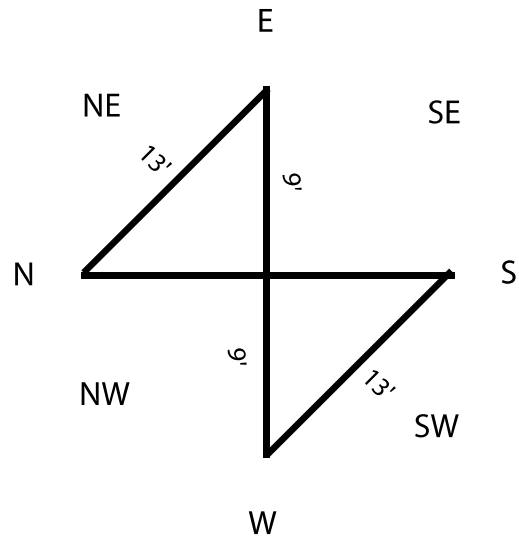
*Translates as "Peace of Mind and Tranquility"*

## NEW KICKS:

- Outer Crescent Kick. [36,56]
- Spin Outer Crescent Kick. [37,57]
- Step Spin Heel Kick. [69]
- Jump Reverse Side Kick. [70]
- Lockout Round Kick. [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 rear foot pointed forward.)

## TYPES OF MOVEMENT:

- Skip Step: Similar to a #3 jump front kick without the kick. [49]
- Long Distance Jump Kick adds "2 stances" of additional forward movement. [26,67]  
(The longest Songahm form steps are one front or sparring stance length.)
- \*All strikes and single blocks are "Single Arm" unless noted.

Form should take about 2:05 to 2:10 minutes from attention to final bow  
All open hand techniques start closed and end open.

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**READY STANCE:** *Left knifehand 1/2 command 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. And...
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. And...
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, **Advanced Double Knifehand Block** to east high section.
15. **Left #1 Round Kick** to east mid or high section. And...
16. In a continuous motion, **Left Round Kick** to east mid or high section. Lockout 2 sec. with Instep
17. Step down to right foot, right foot steps back (west) in double stepping motion to right back stance, **Circular Low Double Ridgehand Block** to east
18. No step, **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, **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, **Advanced Double Ridgehand Block** to east high section. ***KI-HAP.***
24. No step, **Right Two Finger Strike** to east high section (eyes) and return to blocking position (right fingers stay in striking position); left hand stays in blocking position.

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

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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**, slow (2 seconds)
26. Without stepping down, **Left Jump Inner Crescent Kick** to southeast, striking right palm. Land in middle stance with left foot 2 middle stance lengths forward (see note at end of form). And...
27. In a continuous motion, **Left Jump Reverse Inner Crescent Kick** to southwest, striking right palm. (gain 4 feet in jump)
28. Landing in middle stance, **Twin Horizontal Back Elbow Strike** to sides, shoulder level. Fists are palm down in front of chest. Eyes to southwest. (left foot on south point)

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

29. Right foot steps clockwise 45 degrees to left front/rear stance 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 high section.
34. Land in parallel stance, **Right Inner Forearm High/Low Block** to north
35. No step, **Left Ridgehand High/Low Block** to north
  
36. **Right Outer Crescent Kick** to north high section. And...
37. In a continuous motion, touching down behind left foot one back stance length, **Right Spin Outer Crescent Kick** to north 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
40. Left foot steps south to right back stance, **Right Hammerfist Strike** to north low section (groin)
41. No step, **Right Reinforced Back Elbow Strike** to north mid section (left wrist is flat on side of rib cage with fingers cupping right fist)
  
42. **Left Reverse Hook Kick** to north mid or high section. And...
43. In a continuous motion, **Left Round Kick** to north mid or high section. **KI-HAP**. And...
44. In a continuous motion, **Left Side Kick** to north mid or high section.
45. Land in left sparring stance, **Circle Double Downward Hammerfist Strike** to north. (Right hand vertical at solar plexus, left hand even with shoulder), slow (2seconds)(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.

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48. Left foot steps to left sparring stance, **Left Backfist Strike** to north high section with pull back.
49. Skip step to right front/rear stance, **Left "9" Block** (L-knifehand, R-fist) to north, slow (2 seconds)
  
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 high section.
54. Land in parallel stance, **Left Inner Forearm High/Low Block** to north
55. No step, **Right Ridgehand High/Low Block** to north
  
56. **Left Outer Crescent Kick** to north high section. And...
57. In a continuous motion, touching down behind right foot one back stance length, **Left Spin Outer Crescent Kick** to north 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.
60. Right foot steps south to right back stance, **Left Hammerfist Strike** to north low section (groin)
61. No step, **Left Reinforced Back Elbow Strike** to north mid section (right wrist is flat on side of rib cage with fingers cupping left fist)
  
62. **Right Reverse Hook Kick** to north mid or high section. And...
63. In a continuous motion, **Right Round Kick** to north mid or high section. **KI-HAP**. And...
64. In a continuous motion, **Right Side Kick** to north mid or high section.
65. Land in right sparring stance, **Circle Double Downward Hammerfist Strike** to north. (Left hand vertical at solar plexus, right hand even with shoulder), slow (2seconds)(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**, slow (2 seconds)
67. Without stepping down, **Right Jump Inner Crescent Kick** to southeast, 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. And...
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, **Advanced Double Outer Forearm Block** to southeast high section. (right foot on east point)

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

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, **Advanced Double Knifehand Block** to east high section.
74. **#1 Right Round Kick** to east mid or high section. And...
75. In a continuous motion, **Right Round Kick** to east mid or high section. Lockout 2 sec. with Instep
76. Step down to left foot, left foot steps back (west) in double stepping motion to left back stance, **Circular Low Double Ridgehand Block** to east
77. No step, **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, **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, **Advanced Double Ridgehand Block** to east high section.
83. No step, **Left Two Finger Strike** to east high section (eyes) 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

**NOTE:** Since the diagonals in the form are 13 “feet” long, stances and jumps must be the proper length to ensure the performer ends the form properly. On the first diagonal, No. 26, the jump inner crescent kick ends in a middle stance with the left foot landing six foot lengths (two middle stances) forward. The jump reverse inner crescent kick gains 4 foot lengths forward from the left foot when landing in a middle stance for twin elbow strike. So, the first jump gains six feet, the second four feet—and the final middle stance on landing results in 13 “feet” forward movement.

In the second “diagonal”, the right jump inner crescent kick gains six foot lengths; the spin heel kick has no change in distance; and the jump reverse side kick must gain four foot lengths; the final sparring stance gains the last three foot lengths.

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	Stance	Section		Stance	Section
1. R Circular Upset Knifehand Block	P	H	42. L Reverse Hook Kick	--	H
2. L Long Fist Strike	P	H	43. L Round Kick - <i>KI-HAP</i>	--	H
3. L Front Kick	--	H	44. L Side Kick	--	H
4. L Knifehand Strike	OL	M	45. L Cir. Dbl. Downward Hammerfist Strike	S	H
5. L Side Kick	--	M/H	46. L Downward Outer Forearm Block	HS	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	S	H
8. R Long Fist Strike	P	H	49. L 9 Block (L-Knifehand, R-Fist) – Slow – 2 sec.	F/R	L
9. R Front Kick	--	H	50. L # 1 Front Kick	--	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. B Inner Forearm High/Low Block	P	H&L
14. L Advanced Double Knifehand Block	B	H	55. B Ridgehand High/Low Block	P	H&L
15. L #1 Round Kick	--	M	56. L Outer Crescent Kick	--	H
16. L Round Kick – Lockout – 2 sec.	--	H	57. L Spin Outer Crescent Kick	--	H
17. L Circular Low Double Ridgehand 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 Back Elbow Strike	B	M
21. R Punch	B	M	62. R Reverse Hook Kick	--	H
22. R Circular Inner Forearm Block	B	H	63. R Round Kick - <i>KI-HAP</i>	--	H
23. R Adv. Dbl Ridgehand Block - <i>KI-HAP</i>	R	H	64. R Side Kick	--	H
24. R Two Finger Strike – Slow – 2 sec.	R	H	65. R Cir. Dbl. Downward Hammerfist Strike	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	--	H	67. R Jump Inner Crescent Kick	--	H
27. L Butterfly Kick	--	H	68. B Twin Horizontal Hammerfist Strike	M	H
28. B Twin Horizontal Back Elbow Strike	M	M	69. R Step Spin Heel Kick	--	H
29. R 9 Block (R-Knifehand, L-Fist) – Slow – 2 sec.	F/R	L	70. R Jump Reverse Side Kick	--	M
30. R #1 Front Kick	--	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	--	H	74. R #1 Round Kick	--	M
34. B Inner Forearm High/Low Block	P	H&L	75. R Round Kick – Lockout – 2 sec	--	H
35. B Ridgehand High/Low Block	P	H&L	76. R Circular Low Double Ridgehand Block	B	L
36. R Outer Crescent Kick	--	H	77. R Circular Double Knifehand Block	B	H
37. R Spin Outer Crescent Kick	--	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 Back Elbow Strike	B	M	82. L Advanced Double Ridgehand Block	R	H
			83. L Two Finger Strike – Slow – 2 sec.	R	H