



1st Degree Black Belt

Single Sahang Jeol Bong Form

Charyot

Kyeungya

Present in right hand

Two Hand Hold in front

Bring back to right high load position / pressing knife hand

Triangle & Shuffle

Triangle & Shuffle

Triangle & Shuffle

360 degree horizontal twirls / Triangle out

V Strike

Lasso (Waist then Neck) Triangle into Underarm Pass

Jump and Spin with Propeller (Kihap) / Triangle out

High Load Position, Front Pass and Spin to High Load

Under arm Pass and Under Arm Pass (X Strike)

Triangle

Turn 180 degrees / pressing knife hand

Triangle & shuffle

Triangle & shuffle

Triangle & Shuffle

360 degree horizontal twirls / Triangle out

V Strike

Lasso (Waist then Neck) Triangle into Underarm Pass

Jump and Spin with Propeller (Kihap) / Triangle out

High Load Position, Front Pass and Spin to High Load

Under Arm Pass and Under Arm Pass (X Strike)

Triangle

Turn 180 degrees / pressing knife hand

Triangle

Front pass to Two Hand Hold.

Geuman

Kyeungya