



## **2<sup>nd</sup> Degree Black Belt Double Ssahng Jeol Bong Form**

June Bee by showing 1<sup>st</sup> the R SJB, then the L SJB, step to R to ready position

R foot steps back to B stance – R triangle

L foot steps to NE short front stance – R/L double triangle

R foot steps to NE short front stance – R/L double triangle

No step – R/L double triangle

R foot steps back to SW short front stance – R/L double triangle

L foot steps to NW, short front stance – R/L double triangle

R foot steps to NW, short front stance – R/L double triangle

No step – R advanced triangle left triangle

R foot steps back to SE, short front stance – R/L double triangle

L foot steps to SW, short front stance – R/L double triangle

L foot steps to SW, short front stance – flip flops X3, R hand low first

R foot steps back to NE, short front stance – Flip Flops X3

No step – Diagonals X3, L hand coming across body

L foot steps to SE, short front stance, L/R double triangle

R foot steps to SE, short front stance – Diagonals X3, R hand coming across body

No step- Diagonals X3 – L hand coming across body

R foot steps back to NW, back stance – R triangle w/Twirl up

No step – R hand 360 hand twirl

L foot steps to E, back stance – L triangle twirl up

R foot jumps to E, X stance – R triangle twirl up

Unwind by turning to L to face E again, back stance

#3 L jumping front kick, land in back stance {Kihap}

R foot steps to middle stance – Leg stalls X3

Double step to L to middle stance – Leg Stalls X3

Double Step to R Middle Stance

Bing Bongs starting R Hand Low

Alternating upper arm stalls X3 (R hand low first) while stepping back to W, L, R,  
L finishing in back stance  
R hand Arm Stalls X2  
Both hands Arm Stalls X2

R foot steps right to W (body now faces west), back stance – R triangle  
L foot jumps to W, X stance – L triangle  
Unwind by turning to R to face W again, back stance  
#3 R jumping front kick, land in back stance {Kihap}

L foot steps to middle stance – drill #1 X3  
Double step to R to middle stance – drill #1 X3

Double step to L to middle stance  
Drill #8 starting L hand low

Alternating upper arm stall X3 (L hand low first) while stepping back to E, R, L, R,  
finishing in back stance  
L hand Arm Stall X2  
Both hands Arm Stalls X2

L foot steps left to E (body now faces east), back stance – L triangle  
Right Triangle while stepping into middle stance  
R foot steps to middle stance – Leg Stalls X3  
R foot steps to closed stance – Arm Stalls X2

R foot steps to middle stance – V-Strike  
R foot steps to closed stance – Arm stalls X2  
R foot steps to middle stance – V-strike  
R foot steps to closed stance – Arm Stalls x2

R foot steps to middle stance – Inside/outside twirl ups  
R foot steps to closed stance – Arm stall  
R foot steps to middle stance – Inside/outside twirl ups  
R foot steps to closed stance – Arm Stall

R foot steps to middle stance – Triangles X5  
Finish with both SJBs on shoulders

Feet Together under arm catch Bow twirl up shoulder load.

L foot steps to NE, kneel on R knee – R triangle  
Leave L SJB on shoulder, catch R SJB in front with L hand and place on L knee  
Pick up L SJB – L triangle  
Catch L SJB in front with R hand and place on L knee

At set:  
Pick up both SJBs in R hand and return to attention stance