



Level One SSJB Form -Eagle Form

1. Right Horizontal twirl and catch Right Leg Back
2. Step Right Foot Forward into eagle stance Look Left, Right, Front
3. Three right vertical spins to high load position
4. Three figure eights to armpit catch – left palm heel strike and **Kihap**
5. Right #9 strike with triangle (Single Spin Up)
6. One figure eight to thigh stall to behind the back catch (Single Spin Up)
7. One Left vertical spins up to the left high load position (pass to right hand)
8. One right vertical spins to high load position
9. Right #6
10. Behind the neck – pass to left hand
11. Left reverse triangle
12. Behind the back – pass to right hand
13. One right vertical spins
14. Triangle (Single Spin Up)
15. One figure eight to thigh stall (Single Spin Up)
16. Three figure eight , Underarm catch, (Single Spin Up)
17. Right horizontal twirl and catch while stepping back to Right – left pressing knifehand
18. Jump spin Kick (as per block) landing in right kneeling position
19. Right reverse thrust and **Kihap** (Slap and Trap)

Around The Mountain
Section