



COLOR BELT STICK FORM

(Bahng Mahng Ee)

1. Step Back Right High Block
2. Angle 1 Strike
3. Angle 9c Strike Slow
4. Shuffle Step - Fan Strike
5. Power Strike Angle 1 "Kihap" turn 180
6. Step Forward Angle 1 Strike
7. Wing Block
8. Angle 8 Strike
9. Passing Block (Against Angle 4 Strike)
10. Scoop to Arm Breaker
11. Angle 2 Knee Strike
12. Heel Strike to Face
13. #3 Jump Front Kick
14. Low Inside Redirect
15. Step Spin - Twin Angle 4 Strike High Section "Kihap"
16. Turn 180 Degree and Slow Set
17. Step- Block (Blocking Angle 1 or 3)
18. Arm Wrap Disarm
19. Heel Strike to Face
20. Stick Neck Clinch
21. Knee Strike
22. Jump Reverse Side (Right Leg)
23. Angle 2 and Angle 1 Strike (X strike)
24. Set
25. Reverse Spin
26. Set
27. Double Step - Block (Blocking Angle 1 or 3)
28. Inside Wrist Strike
29. Scissor Disarm
30. Angle 2 Strike "Kihap"
31. Step Spin – Circle in Sand - Finish Set in Front