



Beginner and Intermediate Leadership
Double Sahng Jeol Bahng Basics

1. Leg stall- Twirl up
2. Arm stall- Twirl up
3. V strikes LRC (twirl inside or center)
4. Basic - Down Inside outside (Black belt/ Down Inside/Out 2X Inside/ out)
5. Flip Flops
6. Diagonals
7. Triangles
8. Bing Bongs (Alternating leg & arm stalls)
9. Advanced Triangle (twirl overhead)

Advanced and Expert Leadership
Double Ssahng Jeol Bong Leadership Weapons Form

1. Step left foot to north to middle stance – 2 leg stalls
2. Double step right to south in middle stance – 2 leg stalls
3. Step right foot to left foot into closed stance facing east – 2 arm stalls
4. Step left foot to east into middle stance – 2 V strikes facing south
5. Step right foot to left foot into closed stance facing east – 1 arm stall facing east
6. Step right foot to east into middle stance – 2 Basic Inside/outside facing north
7. Step left foot to right foot into closed stance – Left Hand Down – Count 7 single flip flops facing east
8. 7 single left side diagonals
9. 7 single right side diagonals
10. Right foot step backwards – right triangle
11. Left step backward – left triangle
12. Right step backward – right triangle
13. Left step backward – left triangle
14. Step R foot to south to middle stance – 1 bing bongs – footwork starts right side (R foot to L, L foot to north middle stance, L foot to Closed parallel stance)
15. Step out to Open parallel stance – 6 Single (or 3 sets) advanced triangles

