



ITP, JTI DOUBLE STICK FORM

(Bahng Mahng Ee)

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|-----|------------|---|
| 1. | R | Offensive Three High , High , Low |
| 2. | L | Offensive Three High , High , Low |
| 3. | R | Offensive Three High , High , Low |
| 4. | Twin | Single Left Over Reverse Figure 8 |
| 5. | Twin | Double Roll Down |
| 6. | R | Hit Left Stick and Turn |
| 7. | L | Side High Low – Slow |
| 8. | R | Offensive Five, Drum Beat, High High Low |
| 9. | L | Offensive Three –High High Low Kihap |
| 10. | Step Twin | X Strike |
| 11. | Step Twin | Double Roll Down Hit Floor -- on right knee |
| 12. | L | One Legged 9 Angle Thrust to Face |
| 13. | R | Offensive Three High, High Low |
| 14. | R | Fan Attack |
| 15. | R | Power Strike |
| 16. | R | Defensive Three Low, Middle, Down |
| 17. | L | Defensive Three Low, Middle, Down |
| 18. | Dual | Double Single Press – Continuous Movement |
| 19. | Turn L | Clearing High Block and Down Strike |
| 20. | R | Clearing High Block and Down Strike |
| 21. | Step | Look with Right |
| 22. | Spin | Power 2 count -- Kihap |
| 23. | Retreating | Defensive 5 Count Low, Middle, Down, Low, Low |
| 24. | R | Fan Attack |
| 25. | R | Power Strike |
| 26. | L | Retreating Offensive Three, High, High Low |
| 27. | L | Umbrella |
| 28. | Twin | Twin Circle |

Double Stick Flows

Offensive 3 Flow, Defensive 3 Flow, Offensive 5 Flow

Double Bahng Mahng Ee Basic 9

Offensive 3 + Flow	Defensive 5 + Flow	X strikes (Swish)
Defensive 3 + Flow	Wrist Roll Down Touch, Roll Up	Clear and Strike
Attack 5 + Flow	Weave and Roll Left Over, Right Over	Double Single Press