

CHUNG SAN POOME-SAE THIRD DEGREE BLACK BELT

7/22/09 3:52 pm

Translates as "Peace of Mind and Tranquility"

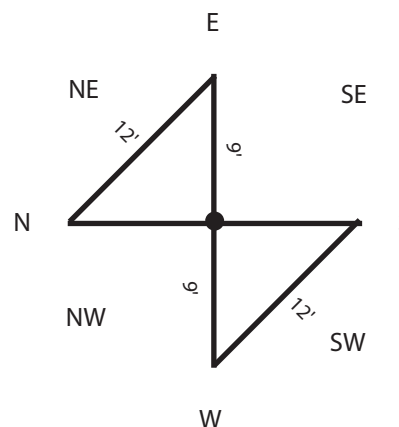
NEW KICKS: Outer crescent kick. [36,56]
Spin outer crescent kick. [37,57]
Step spin heel kick. [69]
Jump reverse side kick. [70]
Lockout round kick. [16,75]
(Held at extension for a given time period.)

NEW BLOCKS: High-low ridgehand block. [35,55]
Downward outer forearm block. [46]
Advanced double ridgehand block. [82,23]
Circle double ridgehand low block. [17,76]
Twin knifehand block. [38,58]
Nine block. [29,49]
(Right hand low is right nine block, etc.)
High low block with inner forearms. [34,54]
(Hands in fists.)
Low open hand sweeping block to side. [47]

NEW STRIKES: Long fist strike. [2,8]
Twin elbow strikes to sides. [28]
Twin hammerfist to sides. [68]
Two finger strike. [24,83]
Upset fingertip thrust. [39,59]
Circle double downward hammerfist strike. [45,65]
Twin vertical palm heel strike. [13,72]
*All strikes and single blocks are "Single Arm" unless noted.

NEW STANCES: Half sparring stance. [46]
(Rear stance length with feet angled as in sparring stance.)
Front/rear stance. [29,49]
(Rear stance with rear foot pointed forward.)

TYPES OF MOVEMENT: Skip step: Similar to a #3 jump front kick without the kick. [49]
Long distance jump kick. The "Long Distance" kick adds "2 stances" of additional forward movement. [26,67]
(The longest Songahm form steps are one front or sparring stance length.)



Form should take about 2:05 to 2:10 minutes from attention to final bow

All advanced open hand techniques begin in a closed hand position

CHUNG SAN POOME-SAE

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(fist)

READY STANCE: Left knifehand 1/2 command stance

I June Bee - Half command stance.

- 6 1. No step, right circular upset knifehand block to high section.
2. No step, left long fist strike to neck.
3. Left front kick; don't step down.
4. Face north, left knifehand strike to north middle section.
5. Left side kick to north.
6. Left slow side kick to north.
- 6 7. Face east, step down to right foot, in double stepping motion, right steps to parallel stance, left circular upset knifehand block to high section.
8. No step, right long fist strike to neck.
9. Right front kick to east; don't step down.
10. Face south, right knifehand strike to south middle section.
11. Right side kick to south.
12. Right slow side kick to south.

---(Direction Change on Line Corner)---

- 6 13. Right foot steps back to left stance to east; twin vertical palm heel strike to rib cage.
14. Right foot pulls north to right back stance, advanced double knifehand block to high section.
15. #1 Left round kick. And...
16. In a continuous motion, repeat left round kick with 2- second "lockout".
17. Step down to right foot, right steps back (west) in double stepping motion to right back stance, circular double ridgehand low block.
18. No step, circular double knifehand block to high section.
- 6 19. Jump 1 stance length west while turning 180 degrees clockwise in air. (lift knees high) Land facing east in left stance, advanced double outer forearm block to east high section.
20. No step, left reverse punch (body turns toward east) to middle section.
21. No step, right hand punch to east middle section.
22. No step, right circular inner forearm block to high section.
23. Right foot pulls to left rear stance, advanced double ridgehand block to high section.
Kihap.
24. No step, right slow two finger strike to eyes to east and return to blocking position (right fingers stay as in strike); left hand stays in position.

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---(Direction Change on Line Corner)---

- 4
- 25. Lift right leg to left one - leg stance; pivot 45 degrees to southeast diagonal while doing slow right downward palm block.
 - 26. Without stepping down, jump left inner crescent kick to southeast, striking right palm. Land in middle stance with left foot 2 middle stance lengths forward (see note at end of form). And...
 - 27. In a continuous motion, left jump reverse inner crescent kick to southwest, striking right palm. (gain 4 feet in jump)
 - 28. Left jump middle stance, twin elbow strike to sides, shoulder level. Fists are palm down in front of chest. Face southwest. (to front of stance)

---(Direction Change on Line Corner)---

- 7
- 29. Right foot steps clockwise 45 degrees to left front/rear stance facing north, slow right nine block with right knifehand and left fist.
 - 30. Right front kick to north.
 - 31. Land in right front stance to north, right circular ridgehand block to high section.
 - 32. No step, left reverse two finger strike to eyes.
 - 33. #3 Right jump front kick to north high section.
 - 34. Land in parallel stance to north, Right high left low block with inner forearms.
 - 35. No step, Left high, Right low ridgehand block.

- 6
- 36. Right outer crescent kick to north high section. And...
 - 37. In a continuous motion, touching down behind left foot one back stance length, right spin outer crescent kick to north high section.
 - 38. Land in right back stance, twin knifehand block to north high section.
 - 39. Right foot steps north one sparring stance length, ball of foot steps behind to right X-stance; left upset spearhand strike to neck; right fist pulls to left shoulder, palm up.
 - 40. Left foot steps back to right back stance, right hammerfist strike to north groin level.
 - 41. No step, right back elbow strike to north middle section with left palm on right fist. (left wrist is flat on side rib cage with fingers cupping right fist)

- 4
- 42. Left reverse hook kick to north. And...
 - 43. In a continuous motion, left round kick to north. Kihap. And...
 - 44. In a continuous motion, left side kick to north.
 - 45. Land in left sparring stance to north, circle double downward hammerfist strike, slow, to collarbone level.

- 4
- 46. Left foot pulls back to right foot in right half sparring stance, left downward outer forearm block, belt level.
 - 47. Left foot pulls to right foot to closed stance to east, left low open hand sweeping block

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- to north.
48. Left foot steps to left sparring stance, left backfist strike to high section and pull back.
49. Skip step to right front/rear stance, slow left nine block with left knifehand and right fist.
- 6
50. Left front kick to north.
51. Land in left front stance to north, left circular ridgehand block to high section.
52. Right reverse two-finger strike to eyes.
53. #3 Left jump front kick to north high section.
54. Land in parallel stance to north, left high right low block with inner forearms.
55. No step, right high, left low ridgehand block.
- 6
56. Left outer crescent kick to north high section. And...
57. In a continuous motion, touching down behind right foot one back stance length, left spin outer crescent kick to north high section.
58. Land in left back stance, twin knifehand block to north high section.
- 6
59. Left foot steps north one sparring stance length, ball of right foot steps behind to left X-stance; right upset spearhand strike to neck; left fist pulls to right shoulder, palm up.
60. Right foot steps back to right back stance, left hammerfist strike to north, groin level.
61. No step, left back elbow strike to north with right palm on left fist. (right wrist is flat on side rib cage with fingers cupping right fist)
- 4
62. Right reverse hook kick to north. And...
63. In a continuous motion, right round kick to north. Kihap. And...
64. In a continuous motion, right side kick to north.
65. Land in sparring stance to north, circle double downward hammerfist strike, slow, collarbone level.
- (Direction Change on Line Corner)---
- 6
66. Lift left foot to right one-leg stance; pivot 45 degrees to southeast diagonal while doing slow left downward palm block.
67. Without stepping down, right jump inner crescent kick to southeast striking left palm. Land in middle stance with right foot two middle stance lengths forward. (see note at end of form)
- 6
68. Twin hammerfist strikes to both sides, shoulder level.
69. Left foot steps forward 1 sparring stance length, right spin heel kick to southeast. And...
70. In a continuous motion, touch down 1 sparring stance length behind left foot, and immediately execute right jump reverse side kick to southeast. (gaining 4 feet as in "new movement")
71. Land in right sparring stance, advanced double outer forearm block, high section.

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---(Direction Change on Line Corner)---

- 6
- 72. Left foot steps west to form right front stance to east, twin vertical palm heel strike to rib cage.
 - 73. Left foot pulls south to left back stance, advanced double knifehand block to high section.
 - 74. #1 Right round kick. And...
 - 75. In a continuous motion, repeat right round kick with 2-second "lockout".
 - 76. Step down to left foot, left foot steps back (west) in double stepping motion to left back stance, circular double ridgehand low block.
 - 77. No step, circular double knifehand block to high section.
- 6
- 78. Jump 1 stance length to west while turning 180 degrees counter clockwise in air. (lift knees high) Land facing east in right back stance, advanced double outer forearm block to east high section.
 - 79. No step, right reverse punch (body turns toward east) to middle section.
 - 80. No step, left hand punch to east middle section.
 - 81. No step, left circular inner forearm block to high section.
 - 82. Left foot pulls to right rear stance, advanced double ridgehand block to high section.
 - 83. No step, left slow two finger strike to eyes and return to blocking position (left hand stays as in strike); right hand stays in position.

Bah-ro - Left foot steps to end position.

Shi-uh - At ease position

NOTE: Since the diagonals in the form are 13 "feet" long, stances and jumps must be the proper

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CHUNG SAN

I June Bee - Half Command Ready Position

	STANCE	SECTION		STANCE	SECTION
6	1. R Circular Upset Knifehand Block	P H	4	42. L Reverse Hook Kick	-- H
	2. L Longfist Strike	P H		43. L Round Kick (Continuous) - Kihap	-- H
	3. L Front Kick	-- H		44. L Side Kick (Continuous)	-- H
	4. L Knifehand Strike	OL M		45. L Cir Dbl Downward Hammerfist Strike	SH
	5. L Side Kick	-- M/H		46. L Downward Outer Forearm Block	HS L
	6. L Slow Side Kick	-- M/H		47. L Low Openhand Sweeping Block	C L
6	7. L Circular Upset Knifehand Block	P H	4	48. L Backfist Strike	S H
	8. R Longfist Strike	P H		49. L Slow 9 Block (L-Knifehand, R-Fist)F/R	L
	9. R Front Kick	-- H		50. L Front Kick	-- H
	10. R Knifehand Strike	OL M		51. L Circular Ridgehand Block	F
	11. R Side Kick	-- M/H		52. R Reverse Two Finger Strike	F H
	12. R Slow Side Kick	-- M/H		53. L #3 Jump Front Kick	-- H
6	13. B Twin Vertical Palmheel Strike	F M	6	54. B Inner Forearm High/Low Block	P H&L
	14. L Advanced Double Knifehand Block	B H		55. B Ridgehand High/Low Block	P H&L
	15. L #1 Round Kick	-- M		56. L Outer Crescent Kick	-- H
	16. L Repeat Round Kick	-- H		57. L Spin Outer Crescent Kick	-- H
	17. L Circular Double Ridgehand Low Block	B L		58. B Twin Knifehand Block	B H
	18. L Circular Double Knifehand Block	B H		59. R Upset Spearhand Strike	X H
6	19. R Advanced Double Outer Forearm Block	B H	6	60. L Hammer Fist	B L
	20. L Reverse Punch	B M		61. L Reinforced Back Elbow Strike	B M
	21. R Punch	B M		62. R Reverse Hook Kick	-- H
	22. R Circular Inner Forearm Block	B H		63. R Round Kick (Continuous) - Kihap	-- H
	23. R Adv Dbl Ridgehand Block - Kihap	R H		64. R Side Kick (Continuous)	-- H
	24. R Slow Two Finger Strike	R H		65. R Cir Dbl Downward Hammerfist Strike	SH
4	25. R Downward Palm Block	OL L	6	66. L Slow Downward Palm Block	OL L
	26. L Jump Inner Crescent Kick	-- H		67. R Jump Inner Crescent Kick	-- H
	27. L Butterfly Kick	-- H		68. B Twin Hammerfist Strike	M H
	28. B Twin Elbow Strike	M M		69. R Step Spin Heel Kick	-- H
	29. R Slow 9 Block (R-Knifehand, L-Fist)	F/R L		70. R Jump Reverse Side Kick	-- M
	30. R Front Kick	-- H		71. R Advanced Outer Forearm Block	S H
7	31. R Circular Ridgehand Block	F H	6	72. B Twin Vertical Palmheel Strike	F M
	32. L Reverse Two Finger Strike	F H		73. R Advanced Double Knifehand Block	B H
	33. R #3 Jump Front Kick	-- H		74. R #1 Round Kick	-- M
	34. B Inner Forearm High/Low Block	P H&L		75. R Repeat Round Kick	-- H
	35. B Ridgehand High/Low Block	P H&L		76. R Circular Dbl Ridgehand Low Block	B L
	36. R Outer Crescent Kick	-- H		77. R Circular Double Knifehand Block	B H
6	37. R Spin Outer Crescent Kick	-- H	6	78. L Advanced Dbl Outer Forearm Block	B H
	38. B Twin Knifehand Block	B H		79. R Reverse Punch	B M
	39. L Upset Spearhand Strike	X H		80. L Punch	B M
	40. R Hammer Fist	B L		81. L Circular Inner Forearm Block	B H
	41. R Reinforced Back Elbow Strike	B M		82. L Advanced Double Ridgehand Block	R H
					83. L Slow Two Finger Strike