

# CHUNGHAE POOME-SAE FIFTH DEGREE BLACK BELT

revised: 7/31/00 Leader Camp

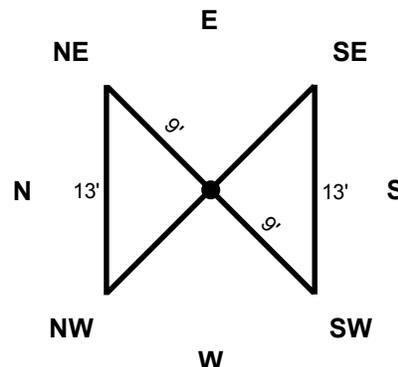
*Translates as "Mastered all kinds of knowledge and utilizes this to do many things."*

**NEW STANCE:** Short front stance. [15, 16, 92, 93]

**NEW BLOCKS:** Reverse inward hammerfist block. [1]  
Upper pressing block. [49, 79]  
Twin palm block. [34, 64]  
Twin pressing block. [53, 57]

**NEW STRIKES:** Bow wrist strike. [15, 92]  
Double hammerfist strike. [43, 73]

**NEW KICKS:** Stomping kick. [47, 77]  
Step jump spin hook kick. [17, 94]  
Step jump spin outer crescent kick. [22, 27]  
#3 Jump spin outer crescent kick. [51, 55]  
Hooking sweep. [44, 74]



**NEW PREPARATION TECHNIQUE:** One fist retracts to ribcage; other fist crosses chest at shoulder level, fist held palm down. [42, 72]

*Form should take about 2:10 to 2:15 minutes from attention to final bow  
All advanced open hand techniques begin in a closed hand position (fist)*

**READY STANCE:** Left full command stance; left foot steps to parallel stance, left arm is inside right; hands are in knifehand position.

☆ June Bee - Full command stance.

- |   |   |
|---|---|
| 3 | <ol style="list-style-type: none"> <li>1. Left foot triple steps northwest to right front stance to southeast, left reverse inward hammerfist block to middle section. (Left foot steps northwest ½ stance length, right foot steps past left a further ½ stance length, then left steps past right to form right front stance. Right foot is one stance length from center point).</li> <li>2. No step, right punch to high section.</li> <li>3. No step, left reverse punch to middle section.</li> </ol>   |
| 6 | <ol style="list-style-type: none"> <li>4. Left foot double steps southeast to right front stance, high knifehand X-block to southeast. (In double step, left foot comes to parallel stance, then right foot steps back to front stance, right foot on center point).</li> <li>5. #2 left front kick to southeast. And...</li> <li>6. In a continuous motion, left <b>side kick</b> to northwest. (Middle or High)</li> <li>7. Land in right back stance to northwest, circle low double knifehand low block to northwest.</li> <li>8. Double step northwest to middle stance, circle double knifehand strike to northwest middle section.</li> <li>9. No step, circle square block to northwest.</li> </ol> |

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- |   |   |
|---|---|
| 7 | <ul style="list-style-type: none"> <li>10. Left foot pulls back to parallel stance, left outer forearm pressing block to northwest.</li> <li>11. Turning counter clockwise, left foot steps southeast to middle stance (left foot on center point), right inner forearm low block to northwest.</li> <li>12. #3 right side kick to northwest. (Middle or High) And...</li> <li>13. In a fast, continuous motion, right hook kick to northwest. (Middle or High) And...</li> <li>14. In a fast, continuous motion, right round kick to northwest. (Middle or High)</li> <li>15. Land in right short front stance (<math>\frac{1}{2}</math> front stance) to northwest, right bow wrist strike to northwest high section.</li> <li>16. No step, left reverse palm heel strike to northwest high section.</li> </ul>   |
| 4 | <ul style="list-style-type: none"> <li>17. Left foot steps northwest <math>\frac{1}{2}</math> short front stance length past right for right jump spin hook kick to northwest.</li> <li>18. Land in right back stance to northwest, (cross arms only <math>\frac{1}{2}</math> way for preparation) advanced low double outer forearm block to northwest.</li> <li>19. Face southeast; shift in place to left back stance, slow circle double inner forearm block to southeast middle section.</li> <li>20. Moving the right foot <b>forward</b>, shift to a long stance, slow circle double low knifehand block to southeast.</li> </ul>  |
| 5 | <ul style="list-style-type: none"> <li>21. Right foot draws back to left foot, then steps southeast one sparring stance length; left foot steps southeast one sparring stance length; #3 left jump front kick to southeast. (right foot will land two stance lengths from where foot takes off, on center point)</li> <li>22. Left foot lands to southeast in left sparring stance, right foot steps forward <math>\frac{1}{2}</math> stance length for left jump spin outer crescent kick to southeast.</li> <li>23. Land in right sparring stance to southeast; right foot steps behind left to left X-stance, advanced double knifehand block to southeast middle section.</li> <li>24. Left foot steps northwest to left back stance to southeast; advanced double outer forearm block to southeast middle section.</li> <li>25. Turning clockwise, right foot steps northwest to right back stance, advanced double knifehand block to southeast middle section. (left foot on center point) Kihap.</li> </ul> |
| 5 | <ul style="list-style-type: none"> <li>26. Left foot draws back to right foot, then steps southeast one sparring stance length, right foot steps southeast one sparring stance length; #3 right jump front kick to southeast. (left foot will land two stance lengths from where foot takes off)</li> <li>27. Right foot lands to southeast in right sparring stance, left foot steps forward <math>\frac{1}{2}</math> stance length (to southeast point) for right jump spin outer crescent kick to southeast.</li> <li>28. Land in middle stance, X-knifehand low block to southwest.</li> <li>29. Shift in place to right back stance, slow circle double inner forearm block to southeast middle section.</li> <li>30. Moving the right foot <b>back</b>, shift to a long stance, slow circle double low knifehand block to southeast.</li> </ul>   |

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

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- 12
31. Right foot steps to left foot (to southeast point), turning counter clockwise, left foot steps west to right rear stance, advanced double inner forearm block to west middle section.
  32. Left foot steps west to right back stance, left punch to west high section.
  33. No step, right reverse upset punch to west middle section.
  34. Right foot steps west one sparring stance length, left foot steps behind to right X-stance (south side center point), high twin palm block to west.
  35. Left foot steps east to middle stance, right ridgehand strike to west high section.
  36. Left foot steps behind right to right X-stance, right circle hammerfist strike to west middle section.
  37. No step, face east; circle knifehand square block to east.
  38. Pivoting counterclockwise in place (lift both heels) to left X-stance to west, left advanced double knifehand block to west middle section.
  39. Right foot steps west in front of left foot to right X-stance, right low double knifehand block to east low section.
  40. Right side kick to east. (High or Middle)
  41. Turning counter clockwise, right foot lands in middle stance to west (left foot on south center side point), left spin heel kick to west.
  42. Left foot lands to east in middle stance (left foot on south center side point). Left fist moves (slow) to left ribcage, as right forearm moves (slow) to horizontal position in front of chest with **palm facing down**.
- 8
43. Double step west to middle stance (right foot on southwest point), circle double hammerfist strike to west middle section.
  44. Right hooking sweep moving into left X-stance.
  45. Right reverse ridgehand strike downward from left X-stance (as to fallen opponent). Kihap.
  46. No step, left downward punch (as to fallen opponent).
  47. #2 right stomping kick to west (as to fallen opponent). Right foot steps down to west ½ stance length (as though stepping over fallen opponent, left foot on southwest point). Left foot skips into left one leg stance in preparation for...
  48. Right side kick to east low section (as to fallen opponent). Right foot retracts.
- (Direction Change on Line Corner)---
- 3
49. Right upper pressing block to northeast in left one leg stance.
  50. No step, look southwest for left reinforced inner forearm block to west middle section.
  51. Right foot steps northeast one sparring stance length, left foot steps northeast one sparring stance length for left #3 jump spin outer crescent kick to southwest. Land in middle stance. (Right foot lands on center point, body facing southeast).
  52. Turning counter clockwise, right jump reverse inner crescent kick to southwest. (Left foot gains 1½ sparring stance lengths; left foot lands ½ stance southwest of center point).
  53. Land in middle stance; twin pressing block to low section. (Right hand to right side; left hand to front of body).

# CHUNGHAE POOME-SAE

## FIFTH DEGREE BLACK BELT

- 4
- 54. Left foot lifts to right knee cap; right reinforced inner forearm block to southwest middle section.
  - 55. Left foot steps northeast one sparring stance length, right foot steps northeast one sparring stance length for right #3 jump spin outer crescent kick to southwest. Land in middle stance (body facing northwest).
  - 56. Turning clockwise, left jump reverse inner crescent kick to southwest. (Right foot gains 1½ sparring stance lengths).
  - 57. Land in middle stance; (left foot on center point) twin pressing block to low section. (Left hand to left side, right hand to front of body).

- 3
- 58. Left foot steps northeast past right foot to right X-stance, left advanced double knifehand block to southwest middle section.
  - 59. Right foot steps northeast to right back stance, advanced double outer forearm block to southwest middle section.
  - 60. Left foot steps northeast to left back stance, (left foot on northeast point) advanced double knifehand block to southwest middle section.

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

- 12
- 61. Right foot steps to east-west line to left rear stance, advanced double inner forearm block to west middle section.
  - 62. Right foot steps west to left back stance, right punch to west high section.
  - 63. No step, left reverse upset punch to west middle section.
  - 64. Left foot steps west one sparring stance length, right foot steps behind to left X-stance, (north side center point) high twin palm block to west.
  - 65. Right foot steps east to middle stance, left ridgehand strike to west high section. Kihap.
  - 66. Right foot steps behind left to left X-stance, left circle hammerfist strike to west middle section.
  - 67. No step, face east; circle knifehand square block to east.
  - 68. Pivoting clockwise in place (lift both heels) to right X-stance to west, right advanced double knifehand block to west middle section.
  - 69. Left foot steps west in front of right foot to left X-stance, left low double knifehand block to east low section.
  - 70. Left side kick to east. (Middle or High)
  - 71. Turning clockwise, left foot lands in middle stance to west, right spin heel kick to west.
  - 72. Right foot lands to east in middle stance. Right fist moves (slow) to right ribcage, as left forearm moves (slow) to horizontal position in front of chest with **palm facing down**

- 8
- 73. Double step west to middle stance (left foot on northwest point), circle double hammerfist strike to west middle section.
  - 74. Left hooking sweep moving into right X-stance.
  - 75. Left reverse ridgehand strike downward from right X-stance (as to fallen opponent).
  - 76. No step, right downward punch (as to fallen opponent).

## CHUNGHAE POOME-SAE FIFTH DEGREE BLACK BELT

- 8
77. #2 left stomping kick to west (as to fallen opponent). Left foot steps down to west ½ stance length (as though stepping over fallen opponent, right foot on northwest point). Right foot skips into right one leg stance in preparation for...
78. Left side kick to east low section (as to fallen opponent). Left foot retracts.
- (Direction Change on Line Corner)---
79. Left upper pressing block to southeast in right one leg stance.
80. No step, right outer forearm block to northwest middle section.
- 6
81. Left foot steps down to southeast in right back stance, high knifehand X-block to southeast.
82. #2 right front kick to southeast. And...
83. In a continuous motion, right back kick to northwest. (Middle or High)
84. Land in left back stance to southeast, circle low double knifehand low block to southeast.
85. Double step southeast to middle stance (right foot on center point), circle double knifehand strike to southeast middle section. Kihap.
86. No step, circle square block to southeast.
- 7
87. Right foot pulls back to parallel stance, right outer forearm pressing block to southeast.
88. Turning clockwise, right foot steps northwest to middle stance, left inner forearm low block to southeast.
89. #3 left side kick to southeast. (Middle or High) And...
90. In a fast, continuous motion, left hook kick to southeast. (Middle or High) And...
91. In a fast, continuous motion, left round kick to southeast. (Middle or High)
92. Land in left short front stance (½ front stance) to southeast, left bow wrist strike to southeast high section.
93. No step, right reverse palm heel strike to southeast high section.
- 2
94. Right foot steps southeast to ½ short front stance length past left (to center point) for left jump spin hook kick to southeast.
95. Land in left back stance (right foot on center point) to southeast, (cross arms only ½ way for preparation) advanced low double outer forearm block to southeast.

Bah-ro - Left foot steps to end position.

Shi-uh - At ease position

# CHUNGHAE

☆ June Bee - Full Command Ready Position

		STANCE	SECTION			STANCE	SECTION		
3	1.	L	Reverse Inward Hammerfist Block	F	M	8	49. R Upper Pressing Block	OL	H
	2.	R	Punch	F	H		50. L Reinforced Inner Forearm Block	OL	M
	3.	L	Reverse Punch	F	M		51. L #3 Jump Spin Outer Crescent Kick	--	M
6	4.	B	High Knifehand X-Block	F	H	3	52. R Jump Reverse Inner Crescent Kick	--	H
	5.	L	#2 Front Kick	--	H		53. B Twin Pressing Block	M	L
	6.	L	Side Kick	--	M/H	54. R Reinforced Inner Forearm Block	OL	M	
	7.	L	Circular Double Knifehand Block	B	L	4	55. R #3 Jump Spin Outer Crescent Kick	--	H
	8.	L	Circular Double Knifehand Strike	M	M		56. L Jump reverse Inner Crescent Kick	--	H
	9.	B	Circle Square Block	M	M&H	57. B Twin Pressing Block	M	L	
7	10.	L	Outer Forearm Pressing Block	P	L	3	58. L Advanced Double Knifehand Block	X	M
	11.	R	Inner Forearm Low Block	M	L		59. L Advanced Double Outer Forearm Block	B	M
	12.	R	#3 Side Kick	--	M/H		60. R Advanced Double Knifehand Block	B	M
	13.	R	Hook Kick	--	M/H	61. R Advanced Double Inner Forearm Block	R	M	
	14.	R	Round Kick	--	M/H	62. R Punch	B	H	
	15.	R	Bow Wrist Strike	1/2F	H	63. L Reverse Upset Punch	B	M	
	16.	L	Reverse Palm Heel Strike	1/2F	H	64. B High Twin Palm Block	X	H	
4	17.	R	Jump Spin Hook Kick	--	H	12	65. L Ridgehand Strike - Kihap	M	H
	18.	L	Advanced Low Double Outer Forearm Block	B	L		66. L Circular Hammerfist Strike	X	M
	19.	R	Slow Circular Double Inner Forearm Block	B	M		67. B Circular Knifehand Square Block	X	M&H
	20.	R	Slow Circular Double Low Knifehand Block	L	L		68. R Advanced Double Knifehand Block	X	M
5	21.	L	#3 Jump Front Kick	--	H		69. L Double Low Knifehand Block	X	L
	22.	L	Jump Spin Outer Crescent Kick	--	H		70. L Side Kick	--	M/H
	23.	R	Advanced Double Knifehand Block	X	M		71. R Spin Heel Kick	--	H
	24.	R	Advanced Double Outer Forearm Block	B	M		72. B R- Fist to Hip, L- Forearm in front of chest	M	M
	25.	L	Advanced Double Knifehand Block - Kihap	B	M		73. L Circular Double Hammerfist Strike	M	M
5	26.	R	#3 Jump Front Kick	--	M/H		74. L Hooking Sweep	X	L
	27.	R	Jump Spin Outer Crescent Kick	--	M/H		75. L Reverse Downward Ridgehand Strike	X	L
	28.	B	Low X-Knifehand Block	M	L		8	76. R Downward Punch	X
	29.	L	Slow Circular Double Inner Forearm Block	B	M	77. L #2 Stomping Kick		--	L
	30.	L	Slow Circular Double Low Knifehand Block	L	L	78. L Side Kick	--	L	
12	31.	L	Advanced Double Inner Forearm Block	R	M	79. L Upper Pressing Block	OL	H	
	32.	L	Punch	B	H	80. R Outer Forearm Block	OL	M	
	33.	R	Reverse Upset Punch	B	M	81. B High Knifehand X-Block	B	H	
	34.	B	High Twin Palm Block	X	H	6	82. R #2 Front Kick	--	H
	35.	R	Ridgehand Strike	M	H		83. R Back Kick	--	M/H
	36.	R	Circular Hammerfist Strike	X	M	84. R Low Circular Double Knifehand Block	B	L	
	37.	B	Circular Knifehand Square Block	X	M&H	85. R Circular Double Knifehand Strike - Kihap	M	M	
	38.	L	Advanced Double Knifehand Block	X	M	86. B Circular Square Block	M	M&H	
	39.	R	Double Low Knifehand Block	X	L	87. R Outer Forearm Pressing Block	P	L	
	40.	R	Side Kick	--	M/H	88. L Inner Forearm Low Block	M	L	
	41.	L	Spin Heel Kick	--	H	89. L #3 Side Kick	--	M/H	
	42.	B	L- Fist to Hip, R- Forearm in front of chest	M	M	7	90. L Hook Kick	--	M/H
43.	R	Circular Double Hammerfist Strike	M	M	91. L Round Kick		--	M/H	
8	44.	R	Hooking Sweep	X	L	2	92. L Bow Wrist Strike	1/2F	H
	45.	R	Reverse Down Ridgehand Strike - Kihap	X	L		93. R Reverse Palm Heel Strike	1/2F	H
	46.	L	Downward Punch	X	L	94. L Jump Spin Hook Kick	--	H	
	47.	R	#2 Stomping Kick	--	L	95. L Advanced Double Outer Forearm Block	B	L	
	48.	R	Side Kick	--	L				