

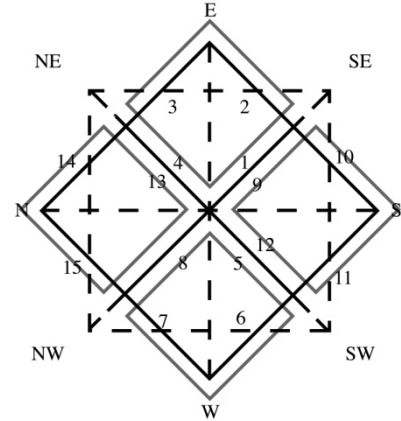
Revised 4/24/09

8DB FORM: JEONG SEUNG 正承 정승

Form Meaning: Continually moving forward toward the right ideal or vision

New Basics: 360 degree spin palm strike
 Half figure-8 block
 Upward back elbow strike

New Concept: Advanced simultaneous hand and kicking combinations



Ready Position: Right full command ready position (opposite of 7DB)

1. Step right foot $\frac{1}{2}$ step toward SE, then step left foot toward SE forming right back stance and execute a knifehand high/low block (left hand knifehand low block toward SE and right knifehand block toward SW)
2. Staying in place, execute left circular knifehand block
3. Staying in place, execute right circular knifehand high block
4. Step right foot to SE, forming cross stance, execute right horizontal elbow strike (while maintaining the knifehand high block position)...
5. And flow into 360 degree spin toward SE and execute a right palm strike to mid-section
6. Squat down (bending knees) then turn clockwise to left back stance and execute a downward double knifehand strike
7. Step left foot SE and turning clockwise execute a right side kick to NE while at the same time executing a right low block and left downward palm block
8. (From the right side kick) step down into a left back stance to NE and execute a #2 left front kick
9. (From the left front kick) step forward to NE and execute a #2 right round kick
10. (From the right round kick) step forward to NE into a left back stance and execute a double knifehand block
11. Step left foot to NW into a right uneven middle stance (60% of weight on right leg) and execute a two-handed elbow break (right hand pushes on "puncher's" wrist away from you and left palm pulls against "puncher's" upper arm towards you) and in continuous motion
12. Staying in place, shift weight into a left uneven middle stance (60% of weight on left leg) and execute a two-handed elbow break (left hand pushes on "puncher's" wrist away from you and right palm pulls against "puncher's" upper arm towards you)
13. Pick up left foot for a right one-legged stance and execute a high right reverse punch to NW
14. Switch feet quickly into a left back stance and execute a half figure 8 block (start with palms down) to NW
15. Staying in place, execute a high section right upper elbow strike (with palm open)
16. Step left foot forward into a middle stance and execute a mid-section side punch to NW

17. Staying in place, execute a right palm strike
18. Step right foot to SW into a right uneven middle stance (60% of weight on right leg) and execute a right elbow strike
19. Staying in place, shift weight into a left uneven middle stance (60% of weight on left leg) and simultaneously execute a left high block and a high section right palm heel strike
20. Pulling right foot back into a left rear stance, execute a high section left palm pushing block
21. Step right foot into a parallel stance and execute a left upward shoulder block
22. Staying in place, execute a tension (5 sec) right downward closed palm block (single middle knuckle extended)
23. Stepping left foot past (behind) right foot, execute a #3 right side kick toward SE
24. (From the right side kick) land toward SW and execute a #2 left round kick/side kick combo
25. (From the round/side kick combo) land with left leg forward, then step right past (behind) left foot and execute a #3 left side kick toward SE
26. Land the left foot into a right back stance and execute a double knifehand block
27. Execute a #2 right round kick to SE and keep right knee up on rechamber
28. Looking to the SW and execute a left circular knifehand cutting strike **KIHAP**
29. step right foot onto NW line into a left front stance and execute a right reverse horizontal elbow strike into left palm
30. Slide right foot onto line and pull left foot back into a right rear stance and execute a twin inner forearm block (left knifehand and right fist)
31. Staying in place execute a #1 left round kick
32. (From the left round kick) cross left foot in front of right and execute a low (to the knee) #2 right side kick landing in a middle stance
33. Step left foot into a middle stance onto NW line facing SE executing a right downward punch
34. Stepping the right foot halfway to the left, step left foot to middle stance and execute a mid-section right back elbow and simultaneously execute a left punch (over right shoulder to target's face)
35. Staying in place, execute a right hammerfist to groin and simultaneously execute a left high block
36. Staying in place, execute a left mid-section back elbow strike
37. Staying in place, execute a right mid-section back elbow strike
38. Staying in place, execute a left mid-section back elbow strike
39. While stepping the right foot, execute a right high upward back elbow strike
40. Land with the right foot into a middle stance and execute a right downward punch
41. Step left foot to a right back stance on SE line and execute a right backfist strike and in a continuous motion
42. Execute a right inner forearm strike
43. Execute a #2 right front kick
44. (From the right front kick) land in a right front stance to SE and execute a right ridgehand block
45. Staying in place, execute a left reverse spearhand
46. Staying in place, execute a right spearhand

47. Step left foot to a right back stance (to SE), cross hand low with palms up and raise up hands to palms up and in a continuous motion
48. Execute a knifehand high/low block **KIHAP**

SHOULD BE AT CENTER POINT OF FORM DIAGRAM

CREATE 32 MOVES HERE (end on North point facing NW) **KIHAP** on move 68

81. (At North point facing NW) right front stance and execute a right low block
82. Lift right foot and while in a left one-legged stance execute a left reverse inner forearm block
83. Step right foot forward to a right front stance and execute a right lunge punch followed immediately by a left reverse punch
84. Step left foot to SW to left front stance and execute right reverse punch / left inner forearm block combo
85. Staying in place, execute a left punch / right reverse inner forearm block combo
86. Staying in place, execute a right reverse punch / left inner forearm block combo
87. Step right foot to NW into a middle stance and execute a right side punch
88. Step left foot to SE to right rear stance and execute a right augmented inner forearm block **KIHAP**
89. Slide left foot slightly forward to form a right back stance and execute a reverse high/low block (left high block/right low block)
90. Staying in place, execute a left circular knifehand block
91. Step right foot forward to a middle stance and execute a right horizontal elbow strike (into palm)
92. Staying in place, execute a right hammerfist to groin / left high block (to side) combo
93. Lift left foot and while in a right one-legged stance and execute a right inner forearm block
94. Step down left foot, look the other direction, pick up right foot to a left one-legged stance and execute a left inner forearm block
95. Step right foot down to a middle stance and execute a right side punch
96. Execute a #3 jump side kick (or a #3 side kick {your choice} and land one stance forward
97. (From the jump side kick) land in a middle stance and execute a twin low block
98. Step left foot forming a parallel stance and execute a small circle of hands up and down to a twin palm pressing block (raise heels up while pressing down and upon completion of the press, slowly lower heels to the floor)

(Cross arms for) BAHRO!

There are 18 moves pre-determined moves at the end of this form to match the number of moves in Songahm #1.