

SHIM JUN POOME-SAE FIRST DEGREE BLACK BELT FORM

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*Translates as "Begin Planting Seeds for the Future"
Interpretation is "A new role of loyalty through physical and mental training"*

NEW KICKS:

- Stomp Kick [8,24]
- #1 Jump Hook Kick [15,32]
- Step Forward Spin Hook Kick [47,67]
- Step Forward #2 Jump Side Kick [75]

NEW BLOCKS:

- Nine Block [16,33]
- Square Block with Knifehand And Fist [34,55]
- Double Blocks with Knifehand And Fist [54,74]
- Advanced Double Outer Forearm Blocks [76,79]
- Advanced Double Knifehand Block [6,22]

TYPE OF MOVEMENT:

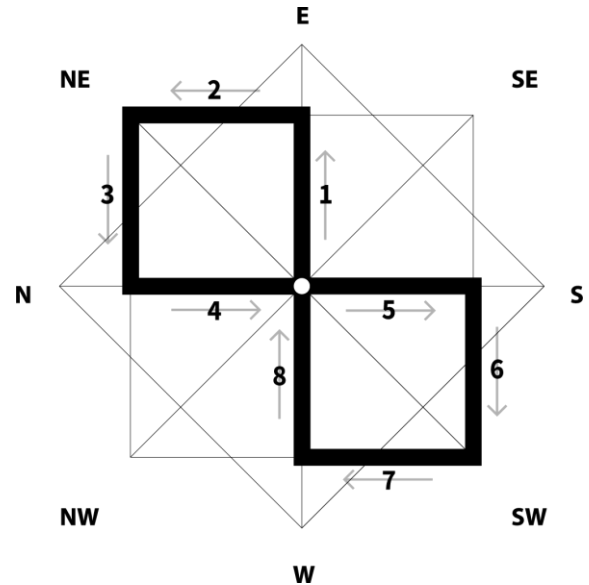
- Tension movement [13,30,45,65] (5 seconds in duration)
- Slow movement [46,51,66,71] (2 seconds in duration)
- Circular movement in double blocks [7, 23,78,81]
- Single-arm blocks and strikes [2-4,9,13,18-20,25,30,36,38-41,43-46,48-50,57,59-62,65,66, 68-70,77,80] (Opposite arm remains at side)
- *All strikes and single blocks in Shim Jun are 'Single Action' unless otherwise noted as 'Double Action'
- All open hand techniques start closed and end open. **Exceptions: #35, #43, #46, #56, #66**
- All Round Kicks are performed with the ball of the foot

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

READY STANCE: *Left half command stance (Left fist high, right at side) in parallel stance*

June Bee - Half command stance

1. Left foot steps to middle stance on northeast line; **Left Double Inner Forearm Block** to southeast high section
2. No step, **Right Upset Punch** with retraction to high section
3. No step, **Left Upset Palm Block** to high section (*starts from previous ending position*)
4. No step, **Right Punch** to mid-section
5. No step, **Left Punch** (Double Action) to mid-section
6. Left foot shifts to right back stance to east, **Left Advanced Double Knifehand Block** high section
7. No step, **Left Circular Double Knifehand Low Block**.



SHIM JUN POOME-SAE

FIRST DEGREE BLACK BELT FORM

일단

8. **Right #2 Stomp Kick** landing forward in middle stance facing north, eyes to east
9. No step, **Right Back Fist** with retraction to east high section
10. Left foot steps to closed stance, **Right #3 Side Kick** to east mid or high section

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

11. Right foot lands to left foot in closed stance facing north (right foot on east point), **Right High/Low Block**.
12. No step, **Left High/Low Block**
13. Right foot steps north to left rear stance, **Right Knifehand Low Block** with tension (5 seconds)
14. **Right #1 Front Kick** to north mid or high section, land in middle stance length facing west, eyes to north...and in continuous motion...
15. Left foot steps to closed stance. **Right #1 Jump Hook Kick** to north mid or high section
16. Land in right sparring stance to north, **Right "9" Block** to north (right foot on northeast point)

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

17. Double step to middle stance on to northwest line, **Right Double Inner Forearm Block** to southwest high section
18. No step, **Left Upset Punch** with retraction to high section
19. No step, **Right Upset Palm Block** to high section (*starts from previous ending position*)
20. No step, **Left punch** to mid-section
21. No step, **Right Punch** (Double Action) to mid-section. **KI-HAP**
22. Right foot shifts to left back stance to west, **Right Advanced Double Knifehand Block** high section.
23. No step, **Right Circular Double Knifehand Low Block**
24. **Left #2 Stomp Kick** landing forward in middle stance facing north, eyes to west
25. No step, **Left Back Fist** with retraction to west high section
26. Right foot steps to closed stance, **Left #3 Side Kick** to west mid or high section
27. Left foot lands to right foot in closed stance (left foot on north point), **Low X-Block** facing north. (left hand on top)
28. Same stance, **Twin Palm Head Grab** to north high section
29. **Right Knee Strike** mid-section. (hands pass knee) Step down to left foot

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

30. Turn counterclockwise to right rear stance (right heel on north point), **Left Knifehand Low Block** with tension (5 seconds) to south
31. **Left #1 Front Kick** to south mid or high section, land in middle stance length facing west, eyes to south...and in continuous motion...
32. Right foot steps to closed stance. **Left #1 Jump Hook Kick** to south mid or high section
33. Land in left sparring stance to south, **Left "9" Block** to south (left toes on center point)

SHIM JUN POOME-SAE

FIRST DEGREE BLACK BELT FORM

일단

34. Right foot steps south into left back stance, **Right Square Block** high section with left closed and right open. (eyes to south)
35. No step, eyes to east, **Right Upset Knifehand Strike** (Do not close hand) to east high section. Keep hand in high block
36. Right foot shifts to right front stance, **Left Reverse Vertical Punch** to south mid-section

37. **Right #3 Jump Front Kick** to south mid or high section
38. Land in right front stance, **Left Reverse Palm Heel Strike** to south high section
39. Right foot pulls to left in closed stance with body facing east, eyes to south. **Right Low Inward Inner Forearm Block** to south
40. Left foot moves counterclockwise to middle stance facing west (left foot on south point), eyes to south, **Left Horizontal Back Elbow Strike** to south mid-section
41. No step, **Left Knifehand Strike**, with full range of motion, to south high section. **KI-HAP**

42. Right foot steps to left foot to closed stance facing south (both feet on south point). **Knifehand High X-Block** to south. (left hand closest to head)
43. No step, **Left Knifehand Strike** (Do not close hand) to south high section
44. **Left Knee Strike** to south mid-section. (left palm strikes knee and stops) Step down to right foot

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

45. Right foot steps west to left rear stance (left foot at south point); **Right Ridgehand Block** with tension (5 seconds) to high section. (left fist at left side during block)
46. No step, **Right Horizontal Spearhand Strike** (No retraction before or after) to west high section, slow (2 seconds)

47. Left foot steps forward 1 rear stance length, **Right Step Spin Hook Kick** to west mid or high section
48. Land in middle stance facing north (right foot on south point), eyes to west, **Left Low Block** to west.
49. No step, **Left Circular Inner Forearm Block** to west high section
50. No step, **Left Punch** to west mid-section

51. Right foot steps to closed stance, **Left #3 Side Kick** to west knee level, slow (2 seconds) And...
52. In a continuous motion **Left Round Kick** (ball of the foot) to mid-section. And...
53. In a continuous motion, **Left Round Kick** (ball of the foot) to mid or high section
54. Land in left sparring stance to west, **Left Double Outer Forearm Low Block** (left open/right closed) left foot on southwest point

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

55. Double step, turning 270 degree counterclockwise to right back stance to north (right foot on southwest point), eyes to north, **Left Square Block** high section with right closed and left open
56. No step, eyes to east, **Left Upset Knifehand Strike** (Do not close hand) to east high section. Keep hand in high block

57. Left foot shifts to left front stance to north, **Right Reverse Vertical Punch** to north mid-section

SHIM JUN POOME-SAE

FIRST DEGREE BLACK BELT FORM

일단

58. **Left #3 Jump Front Kick** to north mid or high section
59. Land in left front stance, **Right Reverse Palm Heel Strike** to north high section
60. Left foot pulls to right in closed stance with body facing east, eyes to north. **Left Low Inward Inner Forearm Block** to north
61. Right foot moves clockwise to middle stance facing west (right foot on west point), eyes to north, **Right Horizontal Back Elbow Strike** to north mid-section. **KI-HAP**
62. No step, **Right Knifehand Strike**, with full range of motion, to north high section

63. Left foot pulls to right, pivot counterclockwise to closed stance to south (right heel on west point), **Left Knifehand High/Low Block** (close to open) to south
64. No step, **Right Knifehand High/Low Block** (close to open) to south

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

65. Left foot steps east to right rear stance (right foot on west point); **Left Ridgehand Block** with tension (5 seconds) to high section (right fist is at right side during block)
66. No step, **Left Horizontal Spearhand Strike** (No retraction before or after) to east high section, slow (2 seconds)

67. Right foot steps forward 1 rear stance length, **Left Step Spin Hook Kick** to east mid or high section
68. Land in middle stance facing north (left foot on west point), eyes to east, **Right Low Block** to east
69. No step, **Right Circular Inner Forearm Block** to east high section
70. No step, **Right Punch** to east mid-section

71. Left foot steps to closed stance, **Right #3 Side Kick** to east knee level, slow (2 seconds) And...
72. In a continuous motion, **Right Round Kick** (ball of the foot) to mid-section. And...
73. In a continuous motion, **Right Round Kick** (ball of the foot) to mid or high section
74. Land in right sparring stance to east, **Right Double Outer Forearm Low Block** (right open/left closed) right foot on center point

75. Left foot steps forward 1 sparring stance length, **Right #2 Jump Side Kick** to east mid or high section
76. Land in left back stance, **Right Advanced Double Outer Forearm Block** to east high section. Left foot lands where it took off from for jump kick
77. No step, **Left Reverse Punch** to east mid-section
78. No step, **Right Circular Double Outer Forearm Low Block** to east

79. Right foot steps back 180 degrees counterclockwise to right back stance (right foot on center point), **Left Advanced Double Outer Forearm Block** to east high section
80. No step, **Right Reverse Punch** to east mid-section
81. No step, **Left Circular Double Outer Forearm Low Block** to east

Bah-ro - Left foot steps back to end position.

Shi-uh - At ease position (about face, fix uniform, return to set position)

SHIM JUN POOME-SAE

FIRST DEGREE BLACK BELT FORM

일단

	Stance	Section		Stance	Section
1. L Double Inner Forearm Block	M	H	42. B Knifehand High X-Block	C	H
2. R Upset Punch – w/ retraction	M	H	43. L Knifehand Strike	C	H
3. L Upset Palm Block	M	H	44. L Knee Strike	--	M
4. R Punch	M	M	45. R Ridgehand Block- Tension-5 sec.	R	H
5. L Punch (double action)	M	M	46. R Horizontal Spearhand Strike- Slow-2 sec.	R	H
6. L Advanced Double Knifehand Block	B	H	47. R Step Spin Hook Kick	--	M/H
7. L Circular Double Knifehand Low Block	B	L	48. L Low Block	M	L
8. R #2 Stomp Kick	M	L	49. L Circular Inner Forearm Block	M	H
9. R Back Fist – w/ retraction	M	H	50. L Punch	M	M
10. R #3 Side Kick	--	M/H	51. L #3 Side Kick – Slow-2 sec.	--	L
11. R High/Low Block	C	H&L	52. L Round Kick	--	M
12. L High/Low Block	C	H&L	53. L Round Kick	--	M/H
13. R Knifehand Low Block – Tension-5 sec.	R	L	54. L Dbl. Outer Forearm Low Bl. (L-open, R-closed)	S	L
14. R #1 Front Kick	--	M/H	55. L Square Block (R-closed, L-open)	B	H
15. R #1 Jump Hook Kick	--	M/H	56. L Upset Knifehand Strike	B	H
16. R Nine Block	S	M&L	57. R Reverse Vertical Punch	F	M
17. R Double Inner Forearm Block	M	H	58. L #3 Jump Front Kick	--	M/H
18. L Upset Punch – w/ retraction	M	H	59. R Reverse Palm Heel Strike	F	H
19. R Upset Palm Block	M	H	60. L Low Inward Inner Forearm Block	C	L
20. L Punch	M	M	61. R Horizontal Back Elbow Strike – KI-HAP	M	M
21. R Punch (double action)– KI-HAP	M	M	62. R Knifehand Strike	M	H
22. R Advanced Double Knifehand Block	B	H	63. L Knifehand High/Low Block	C	H&L
23. R Circular Double Knifehand Low Block	B	L	64. R Knifehand High/Low Block	C	H&L
24. L #2 Stomp Kick	M	L	65. L Ridgehand Block- Tension-5 sec.	R	H
25. L Back Fist – w/ retraction	M	H	66. L Horizontal Spearhand Strike- Slow-2 sec.	R	H
26. L #3 Side Kick	--	M/H	67. L Step Spin Hook Kick	--	M/H
27. B Low X-Block	C	L	68. R Low Block	M	L
28. B Twin Palm Head Grab	C	H	69. R Circular Inner Forearm Block	M	H
29. R Knee Strike	--	M	70. R Punch	M	M
30. L Knifehand Low Block- Tension-5 sec.	R	L	71. R #3 Side Kick- Slow-2 sec.	--	L
31. L #1 Front Kick	--	M/H	72. R Round Kick	--	M
32. L #1 Jump Hook Kick	--	M/H	73. R Round Kick	--	M/H
33. L Nine Block	S	M&L	74. R Dbl. Outer Forearm Low Bl. (R-open/L-closed)	S	L
34. R Square Block (L-closed, R-open)	B	H	75. R Step forward #2 Jump Side Kick	--	M/H
35. R Upset Knifehand Strike	B	H	76. R Advanced Double Outer Forearm Block	B	H
36. L Reverse Vertical Punch	F	M	77. L Reverse Punch	B	M
37. R #3 Jump Front Kick	--	M/H	78. R Cir. Double Outer Forearm Low Block	B	L
38. L Reverse Palm Heel Strike	F	H	79. L Advanced Double Outer Forearm Block	B	H
39. R Low Inward Inner Forearm Block	C	L	80. R Reverse Punch	B	M
40. L Horizontal Back Elbow Strike	M	M	81. L Cir. Double Outer Forearm Low Block	B	L
41. L Knifehand Strike – KI-HAP	M	H			