

CHUNGHAE POOME-SAE FIFTH DEGREE BLACK BELT FORM

오단

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

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 Kick [44, 74]

NEW BLOCKS:

- Reverse Inward Hammerfist Block [1]
- Upward Pressing Block [49, 79]
- Twin Palm Block [34, 64]
- Twin Downward Pressing Block [53, 57]

NEW STRIKES:

- Bow Wrist Strike [15, 92]
- Horizontal Double Hammerfist Strike [43, 73]

NEW STANCES:

- Short Front Stance (half a front stance length with back heel off the ground) [15, 16, 92, 93]

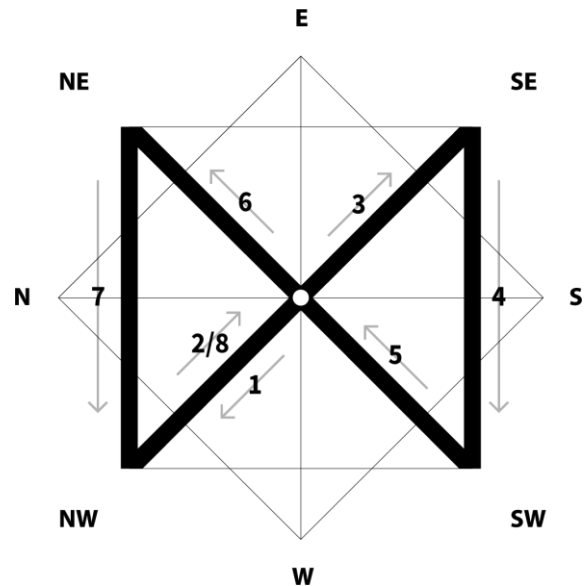
TYPES OF MOVEMENT:

- All strikes and single blocks are 'Single Action' unless otherwise noted as 'Double Action'
- All open hand techniques begin in closed position
- All Round Kicks are performed with the ball of the foot
- Form should take about 2:10 to 2:15 minutes from attention to final bow.

READY STANCE: Left knifehand full command stance (Left knifehand on inside) in parallel stance

June Bee - Full command stance.

1. Left foot triple steps northwest to right front stance to southeast, **Left Reverse Inward Hammerfist Block** to mid-section. (Left foot steps northwest ½ stance length, right foot steps past left a further ½ stance length, then left foot steps past right to form right front stance. Right foot is one stance length from center point)
2. No step, **Right Punch** to high section
3. No step, **Left Reverse Punch** (double action) to mid-section



CHUNGHAE POOME-SAE FIFTH DEGREE BLACK BELT FORM

오 단

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 to front stance, right foot on center point) (block begins with arms extend low to the side of body)
5. **Left #2 Front Kick** to southeast mid or high section. And...
6. In a continuous motion, **Left Side Kick** to northwest mid or high section
7. Land in right back stance, **Left Circular Double Knifehand Low Block** to northwest
8. Double step northwest to middle stance, **Left Circular Horizontal Double Knifehand Strike** to northwest mid-section
9. No step, **Left Circular Square Block** to northwest

10. Left foot pulls back to parallel stance, **Left Downward Outer Forearm Block** to northwest
11. Turning counter clockwise, left foot steps southeast to middle stance, **Right Low Inward Inner Forearm Block** to northeast (left foot on center point)
12. **Right #3 Side Kick** to northwest mid or high section
13. In a continuous motion, **Right Hook Kick** to northwest mid or high section
14. In a continuous motion, **Right Round Kick** to northwest mid or high section
15. Land in a right short front stance to northwest, **Right Bow Wrist Strike** to northwest high section
16. No step, **Left Reverse Palm Heel Strike** to northwest high section

17. **Right Step Jump Spin Hook Kick** to northwest mid or high section. (left foot steps northwest ½ stance length forward)
18. Land in right back stance, **Left Advanced Double Outer Forearm Low Block** to northwest (cross arms only ½ way for preparation)
19. Turn clockwise into left back stance, **Right Circular Double Inner Forearm Block** to southeast mid-section – slow (2 seconds)
20. Right foot steps southeast to long stance, **Right Circular Double Knifehand Low Block** to southeast – slow (2 seconds)

21. Right foot draws back to left foot, then steps southeast on sparring stance length; left foot steps southeast one sparring stance length; **Left #3 Jump Front Kick** to southeast mid or high section (right foot will land two stance lengths from where it took off)
22. Left foot lands to southeast one sparring stance length, **Left Step Jump Spin Outer Crescent Kick** to southeast (right foot steps southeast ½ stance length forward)
23. Land in right sparring stance to southeast; right foot steps behind left to left X-stance, **Right Advanced Double Knifehand Block** to southeast mid-section
24. Left foot steps northwest to left back stance to southeast, **Right Advanced Double Outer Forearm Block** to southeast mid-section
25. Turning clockwise, right foot steps northwest to right back stance, **Left Advanced Double Knifehand Block** to southeast mid-section (left foot on center point) ***KI-HAP***

CHUNGHAE POOME-SAE FIFTH DEGREE BLACK BELT FORM

오 단

26. Left foot draws back to right foot, then steps southeast one sparring stance length, right foot steps southeast one sparring stance length; **Right #3 Jump Front Kick** to southeast mid or high section (left foot will land two stance lengths from where foot takes off)
27. Right foot lands to southeast one sparring stance length, **Right Step Jump Spin Outer Crescent Kick** to southeast (left foot steps southeast ½ stance length forward)
28. Land in middle stance, **Low Knifehand X-Block** to southwest
29. Shift in place to right back stance, **Left Circular Double Inner Forearm Block** to southeast mid-section. - slow (2 seconds)
30. Right foot steps northwest to long stance, **Left Circular Low Double Knifehand Block** to southeast – slow (2 seconds)
31. Right foot steps to left foot (to southeast point), turn counter clockwise, left foot steps west to right rear stance, **Left Advanced Double Inner Forearm Block** to west mid-section
32. Left foot steps west to right back stance, **Left Punch** to west high section (punch starts from previous ending position) (right hand stays in blocking position)
33. No step, **Right Upset Reverse Punch** to west mid-section (punch starts from previous ending position)
34. Right foot steps west one sparring stance length, left foot steps behind to right X-stance, **Twin Palm Heel Block** (knuckles point up) to west high section
35. Left foot steps east to middle stance, **Right Ridgehand Strike** to west high section
36. Left foot steps behind to right X-stance, **Right Circular Hammerfist Strike** to west mid-section
37. No step, face east; **Left Circular Knifehand Square Block** to east
38. Pivoting counter clockwise in place (lift both heels) to left X-stance, **Left Advanced Double Knifehand Block** to west mid-section
39. Right foot steps west in front of left foot to right X-stance, **Right Double Knifehand Low Block** to east
40. **Right Side Kick** to east mid or high section
41. Turning counter clockwise, right foot lands middle stance length to west, **Left Spin Heel Kick** to west mid or high section
42. Left foot lands to east in middle stance **Right Horizontal Hook Punch** to east (body facing south) – slow (2 seconds)
43. Double step west to middle stance, **Right Circular Horizontal Double Hammerfist Strike** to west mid-section
44. **Right Hooking Sweep Kick** moving into left X-stance low section.
45. No step, **Right Downward Reverse Ridgehand Strike**. (as person is falling) **KL-HAP**
46. No step, **Left Downward Punch** to fallen opponent
47. **Right #2 Stomping Kick** to west to fallen opponent (foot lands half middle stance length to west)
48. Left foot steps west over fallen opponent, **Right Side Kick** to east low section. Right foot retracts to left one-leg stance

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

CHUNGHAE POOME-SAE FIFTH DEGREE BLACK BELT FORM

오 단

49. No step, **Right Upper Pressing Block** to northeast high section – slow (2 seconds)
50. No step, **Left Reinforced Inner Forearm Block** to southwest mid-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 (Butterfly)** to southwest (left foot gains 1 ½ sparring stance lengths; left foot lands ½ stance southwest from center point)
53. Land in middle stance, **Twin Downward Pressing Block** to low section, slow (2 seconds)

54. Left foot lifts to touch inside of right knee in supported one-leg stance, **Right Reinforced Inner Forearm Block** to southwest mid-section
55. Left foot steps to northeast on sparring stance length, right foot steps northeast one sparring stance length for **Right #3 Jump Reverse Outer Crescent** to southwest. Land in middle stance (body facing northwest)
56. Turning clockwise, **Left Jump Reverse Inner Crescent Kick (Butterfly)** to southwest (right foot gains 1 ½ sparring stance lengths)
57. Land in middle stance, **Twin Downward Pressing Block** to low section, slow (2 seconds) (left foot on center point)

58. Left foot steps northeast past right foot to right X-stance, **Left Advanced Double Knifehand Block** to southwest mid-section
59. Right foot steps northeast to right back stance, **Left Advanced Double Outer Forearm Block** to southwest mid-section
60. Left foot steps northeast to left back stance, **Right Advanced Double Knifehand Block** to southwest mid-section (left foot on northeast point)

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

61. Right foot steps to west to left rear stance, **Right Advanced Double Inner Forearm Block** to west mid-section
62. Right foot steps west to left back stance, **Right Punch** to west high section (punch starts from previous ending position) (right hand stays in blocking position)
63. No step, **Left Reverse Upset Punch** to west mid-section (punch starts from previous ending position)
64. Left foot steps west one sparring stance length, right foot steps behind to left X-stance, **Twin Palm Heel Block** to west high section
65. Right foot steps east to middle stance, **Left Ridgehand Strike** to west high section. ***KL-HAP***
66. Right foot steps behind left to left X-stance, **Left Circular Hammerfist Strike** to west mid-section
67. No step, face east, **Right Circular Knifehand Square Block** to east
68. Pivoting clockwise in place (lift both heels) to right X-stance, **Right Advanced Double Knifehand Block** to west mid-section
69. Left foot steps west in front of right foot to left X-stance, **Left Double Knifehand Low Block** to east
70. **Left Side Kick** to east mid or high section

ATA International Headquarters

Copyright 1985, 1986 & 1996, 2017, 2018 American Taekwondo Association. UPDATED 5/30/23

CHUNGHAE POOME-SAE FIFTH DEGREE BLACK BELT FORM

오 단

71. Turning clockwise, left foot lands in middle stance to west, **Right Spin Heel Kick** to west
72. Right foot lands in middle stance, **Left Slow Horizontal Hook Punch** to east (body facing north) - slow (2 seconds)
73. Double step west to middle stance, **Left Circular Horizontal Double Hammerfist Strike** to west mid-section
74. **Left Hooking Sweep Kick** moving into right X-stance
75. No step, **Left Downward Reverse Ridgehand Strike**. (as person is falling)
76. No step, **Right Downward Punch** to fallen opponent
77. **Left #2 Stomping Kick** to west to fallen opponent (foot lands half middle stance length to west)
78. Right foot steps west over fallen opponent, **Left Side Kick** to east low section. Left foot retracts to right one-leg stance

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

79. **Left Upper Pressing Block** to southeast high section – slow (2 seconds)
80. No step, **Right Outer Forearm Block** to northwest mid-section (no look)
81. Left foot steps to southeast in right back stance, **High Knifehand X-Block** to southeast (block begins with arms extend low to the side of body)
82. **Right #2 Front Kick** to southeast mid or high section
83. In a continuous motion, **Right Back Kick** to northwest mid or high section
84. Land in left back stance to southeast, **Right Circular Double Knifehand Low Block** to southeast
85. Double step southeast to middle stance, **Right Circular Horizontal Double Knifehand Strike** to mid-section (right foot on center point) ***KI-HAP***
86. No step, **Right Circular Square Block** to southeast
87. Right foot pulls to parallel stance, **Right Downward Outer Forearm Block** to southeast
88. Turning clockwise, right foot steps northwest to middle stance, **Left Low Inward Inner Forearm Block** to southeast
89. **Left #3 Side Kick** to southeast mid or high section
90. In a continuous motion, **Left Hook Kick** to southeast mid or high section
91. In a continuous motion, **Left Round Kick** to southeast mid or high section
92. Land in a left short front stance to southeast, **Left Bow Wrist Strike** to southeast high section
93. No step, **Right Reverse Palm Heel Strike** to southeast high section
94. **Left Step Jump Spin Hook Kick** to southeast mid or high section. (left foot steps southeast ½ stance length forward)
95. Land in left back stance, **Right Advanced Double Outer Forearm Low Block** to southeast (right foot on center point) (cross arms only ½ way for preparation)

Bah-ro - Left foot steps to end position.

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

ATA International Headquarters

Copyright 1985, 1986 & 1996, 2017, 2018 American Taekwondo Association. UPDATED 5/30/23

CHUNGHAE POOME-SAE FIFTH DEGREE BLACK BELT FORM

오 단

	Stance	Section		Stance	Section
1. L Reverse Inward Hammerfist Block	F	M	49. R Upper Pressing Block – 2 sec.	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/H
4. B High Knifehand X-Block	F	H	52. R Jump Reverse Inner Crescent Kick	--	M/H
5. L #2 Front Kick	--	M/H	53. B Twin Downward Pressing Block – 2 sec.	M	L
6. L Side Kick	--	M/H	54. R Reinforced Inner Forearm Block	SOL	M
7. L Circular Double Knifehand Low Block	B	L	55. R #3 Jump Spin Outer Crescent Kick	--	M/H
8. L Cir. Horizontal Double Knifehand Strike	M	M	56. L Jump Reverse Inner Crescent Kick	--	M/H
9. L Circular Square Block	M	M&H	57. B Twin Downward Pressing Block – 2 sec.	M	L
10. L Downward Outer Forearm Block	P	L	58. L Advanced Double Knifehand Block	X	M
11. R Low Inward Inner Forearm 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	H
13. R Hook Kick	--	M/H	61. R Advanced Double Inner Forearm	R	M
14. R Round Kick	--	M/H	62. R Punch	B	H
15. R Bow Wrist Strike	SF	H	63. L Reverse Upset Punch	B	M
16. L Reverse Palm Heel Strike	SF	H	64. B Twin Palm Heel Block	X	H
17. R Step Jump Spin Hook Kick	--	M/H	65. L Ridgehand Strike - KI-HAP	M	H
18. L Advanced Double Outer Forearm Low Bl.	B	L	66. L Circular Hammerfist Strike	X	M
19. R Cir. Double Inner Forearm Block – 2 sec.	B	M	67. R Circular Knifehand Square Block	X	M&H
20. R Cir. Double Knifehand Low Block – 2 sec.	L	L	68. R Advanced Double Knifehand Block	X	M
21. L #3 Jump Front Kick	--	M/H	69. L Double Knifehand Low Block	X	L
22. L Step Jump Spin Outer Crescent Kick	--	M/H	70. L Side Kick	--	M/H
23. R Advanced Double Knifehand Block	X	M	71. R Spin Heel Kick	--	M/H
24. R Advanced Double Outer Forearm Block	B	M	72. L Horizontal Hook Punch – 2 sec.	M	M
25. L Adv. Double Knifehand Block - KI-HAP	B	M	73. L Cir. Horizontal Double Hammerfist Strike	M	M
26. R #3 Jump Front Kick	--	M/H	74. L Hooking Sweep Kick	--	L
27. R Step Jump Spin Outer Crescent Kick	--	M/H	75. L Downward Reverse Ridgehand Strike	X	L
28. B Low Knifehand X-Block	M	L	76. R Punch	X	L
29. L Cir. Double Inner Forearm Block – 2 sec.	B	M	77. L #2 Stomping Kick	--	L
30. L Cir. Low Double Knifehand Block – 2 sec.	L	L	78. L Side Kick	--	L
31. L Advanced Double Inner Forearm Block	R	M	79. L Upper Pressing Block – 2 sec.	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 Twin Palm Heel Block	X	H	82. R #2 Front Kick	--	M/H
35. R Ridgehand Strike	M	H	83. R Back Kick	--	M/H
36. R Circular Hammerfist Strike	X	M	84. R Circular Double Knifehand Low Block	B	L
37. L Circular Knifehand Square Block	X	M&H	85. R Cir. Hor. Double Knifehand Strike - KI-HAP	M	M
38. L Advanced Double Knifehand Block	X	M	86. R Circular Square Block	M	M&H
39. R Low Double Knifehand Block	X	L	87. R Downward Outer Forearm Block	P	L
40. R Side Kick	--	M/H	88. L Low Inward Inner Forearm Block	M	L
41. L Spin Heel Kick	--	M/H	89. L #3 Side Kick	--	M/H
42. R Horizontal Hook Punch – 2 sec.	M	M	90. L Hook Kick	--	M/H
43. R Cir. Horizontal Double Hammerfist Strike	M	M	91. L Round Kick	--	M/H
44. R Hooking Sweep Kick	X	L	92. L Bow Wrist Strike	SF	H
45. R Downward Rev. Ridgehand Str. - KI-HAP	X	L	93. R Reverse Palm Heel Strike	SF	H
46. L Downward Punch	X	L	94. L Step Jump Spin Hook Kick	--	M/H
47. R #2 Stomping Kick	--	L	95. R Advanced Double Outer Forearm Low Block	B	L
48. R Side Kick	--	L			

ATA International Headquarters

Copyright 1985, 1986 & 1996, 2017, 2018 American Taekwondo Association. UPDATED 5/30/23