



# Single Ssahng Joel Bong Red Dragon Form

*Advanced Color Belt Weapons Form*

\*Raise R hand properly & say, “permission to adjust sir/ma’am,” then move to the back of the ring once you get permission from center judge.

*June Bee* – present weapon to R side of body & say, “ssahng joel bong sir/ma’am,” then step to ready stance w/R foot.

SEGMENT	TECHNIQUE	STANCE
Segment One		
–R foot steps back		
1.	R Shoulder Loaded Position – <i>KIHAP</i>	Back
2.	R Advancing Triangle Strike	Back
–R foot steps forward		
3.	R Downward Strike	Back
–L foot steps forward		
4.	R Upward Strike	Back
5.	R V-Strike w/Spin Up	Back
6.	R Horizontal 360 w/Spin Up	Back
–R, then L foot steps (spinning forward in a circle)		
7.	R Helicopter (Circle Triangle Strike)	Back
8.	L Shoulder Weapon Block	Back
9.	R Upward X Strike	Back
10.	R Figure 8 w/Spin Up – <i>KIHAP</i>	Back
Segment Two		
–L foot steps back		
11.	R Spin Around Leg to Right	Back
12.	R Spin Around Leg to Left	Back

–shift to the back

13. R Under Back Leg Weapons Switch w/Spin Up Back

–L foot steps back –*KIHAP*

Segment Three

14. L Advancing Triangle Strike Back

–L foot steps forward

15. L Downward Strike Back

–R foot steps forward

16. L Upward Strike Back

17. L V-Strike w/Spin Up Back

18. L Horizontal 360 w/Spin Up Back

–L, then R foot steps (spinning forward in a circle)

19. L Helicopter (Circle Triangle Strike) Back

20. R Shoulder Weapon Block Back

21. L Upward X Strike Back

22. L Figure 8 w/Spin Up –*KIHAP* Back

Segment Four

–shift to the front

23. L Behind Back Weapons Switch w/Spin Up Back

–R foot steps forward

24. R Under Arm Strike Back

25. R,L Lasso (Behind Back & Around Neck Weapons Switch w/Spin Up)  
Back

–R, then L foot steps (spinning forward in a circle); put R knee down

26. B 2-Handed Weapon Cross Stab –*KIHAP* Front

*Bah-ro* – step R foot to a parallel stance (ready stance).