



Fifth Degree Black Belt Form

SEGMENT	TECHNIQUE	STANCE	SECTION
Segment One			
1. L	Reverse Inward Hammerfist Block		
		Front	Mid
2. R	Punch	Front	High
3. L	Reverse Punch	Front	Mid
Segment Two			
4. B	High Knifehand X-Block	Front	High
5. L	#2 Front Kick	-----	High
6. L	Side Kick	-----	Mid or High
7. L	Circular Double Knifehand Low Block		
		Back	Low
8. L	Circular Double Knifehand Strike	Middle	Mid
9. B	Circular Square Block	Middle	Mid & High
Segment Three			
10. L	Outer Forearm Pressing Block	Parallel	Low
11. R	Inner Forearm Low Block	Middle	Low
12. R	#3 Side Kick	-----	Mid or High
13. R	Hook Kick	-----	Mid or High
14. R	Round Kick	-----	Mid or High
15. R	Bow Wrist Strike	½ Front	High
16. L	Reverse Palm Heel Strike	½ Front	High
Segment Four			
17. R	Jump Spin Hook Kick	-----	High
18. L	Advanced Low Double Outer Forearm Block		
		Back	Low
19. R	Circular Double Inner Forearm Block – <i>Slow 5 sec.</i>		

			Back	Mid
20.	R	Circular Double Knifehand Low Block – <i>Slow 5 sec.</i>		
			Low Front	Low
Segment Five				
21.	L	#3 Jump Front Kick	-----	High
22.	L	Jump Spin Outer Crescent Kick	-----	High
23.	R	Advanced Double Knifehand Block		
			X	Mid
24.	R	Advanced Double Outer Forearm Block		
			Back	Mid
25.	L	Advanced Double Knifehand Block – <i>KIHAP</i>		
			Back	Mid
Segment Six				
26.	R	#3 Jump Front Kick	-----	Mid or High
27.	R	Jump Spin Outer Crescent Kick	-----	Mid or High
28.	B	Low X-Knifehand Block	Middle	Low
29.	L	Circular Double Inner Forearm Block – <i>Slow 5 sec.</i>		
			Back	Mid
30.	L	Circular Double Knifehand Low Block – <i>Slow 5 sec.</i>		
			Low Front	Low
Segment Seven				
31.	L	Advanced Double Inner Forearm Block		
			Rear	Mid
32.	L	Punch	Back	High
33.	R	Reverse Upset Punch	Back	Mid
34.	B	High Twin Palm Block	X	High
35.	R	Ridgehand Strike	Middle	High
36.	R	Circular Hammerfist Strike	X	Mid
37.	B	Circular Knifehand Square Block	X	Mid & High
38.	L	Advanced Double Knifehand Block		
			X	Mid
39.	R	Double Knifehand Low Block	X	Low
40.	R	Side Kick	-----	Mid or High
41.	L	Spin Heel Kick	-----	High

42.	B	L Fist to hip; R Forearm in front of chest	Middle	Mid
Segment Eight				
43.	R	Circular Double Hammerfist Strike	Middle	Mid
44.	R	Hooking Sweep	-----	Low
45.	R	Reverse Down Ridgehand Strike – <i>KIHAP</i>	X	Low
46.	L	Downward Punch	X	Low
47.	R	#2 Stomping Kick	-----	Low
48.	R	Side Kick	-----	Low
49.	R	Upper Pressing Block	One Leg	High
50.	L	Reinforced Inner Forearm Block	One Leg	Mid
Segment Nine				
51.	L	#3 Jump Spin Outer Crescent Kick	-----	Mid
52.	R	Jump Reverse Inner Crescent Kick	-----	High
53.	B	Twin Pressing Block	Middle	Low
Segment Ten				
54.	R	Reinforced Inner Forearm Block	One Leg	Mid
55.	R	#3 Jump Spin Outer Crescent Kick	-----	Mid
56.	L	Jump Reverse Inner Crescent Kick	-----	High
57.	B	Twin Pressing Block	Middle	Low
Segment Eleven				
58.	L	Advanced Double Knifehand Block	X	Mid
59.	L	Advanced Double Outer Forearm Block	Back	Mid
60.	R	Advanced Double Knifehand Block	Back	Mid
Segment Twelve				

61.	R	Advanced Double Inner Forearm Block		
			Rear	Mid
62.	R	Punch	Back	High
63.	L	Reverse Upset Punch	Back	Mid
64.	B	High Twin Palm Block	X	High
65.	L	Ridgehand Strike – <i>KIHAP</i>	Middle	High
66.	L	Circular Hammerfist Strike	X	Mid
67.	B	Circular Knifehand Square Block	X	Mid & High
68.	R	Advanced Double Knifehand Block		
			X	Mid
69.	L	Double Knifehand Low Block	X	Low
70.	L	Side Kick	-----	Mid or High
71.	R	Spin Heel Kick	-----	High
72.	B	L Fist to hip; R Forearm in front of chest		
			Middle	Mid

Segment Thirteen

73.	L	Circular Double Hammerfist Strike		
			Middle	Mid
74.	L	Hooking Sweep	-----	Low
75.	L	Reverse Down Ridgehand Strike	X	Low
76.	R	Downward Punch	X	Low
77.	L	#2 Stomping Kick	-----	Low
78.	L	Side Kick	-----	Low
79.	L	Upper Pressing Block	One Leg	High
80.	R	Outer Forearm Block	One Leg	Mid

Segment Fourteen

81.	B	High Knifehand X-Block	Back	High
82.	R	#2 Front Kick	-----	High
83.	R	Back Kick	-----	Mid or High
84.	L	Circular Double Knifehand Low Block		
			Back	Low
85.	L	Circular Double Knifehand Strike – <i>KIHAP</i>		
			Middle	Mid
86.	B	Circular Square Block	Middle	Mid & High

Segment Fifteen

87.	L	Outer Forearm Pressing Block	Parallel	Low
88.	R	Inner Forearm Low Block	Middle	Low
89.	R	#3 Side Kick	-----	Mid or High
90.	R	Hook Kick	-----	Mid or High
91.	R	Round Kick	-----	Mid or High
92.	R	Bow Wrist Strike	½ Front	High
93.	L	Reverse Palm Heel Strike	½ Front	High

Segment Sixteen

94.	R	Jump Spin Hook Kick	-----	High
95.	L	Advanced Low Double Outer Forearm Block		
			Back	Low