



# Single Ssahng Joel Bong White Dragon Form

*Beginners Color Belt Weapons Form*

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

SEGMENT	TECHNIQUE	STANCE
---------	-----------	--------

## Segment One

–*KIHAP*, then step L foot back

1.	R	Helicopter (Circle Triangle Strike)	Back
2.	R	Under Arm Strike	Back
3.	R	Across Body Strike	Back
4.	R	V-Strike w/Spin Up	Back
5.	R	Triangle Strike	Back
6.	R	Behind Back Weapons Switch w/Spin Up	Back
7.	L	Under Front Leg Weapons Switch w/Spin Up	Back
8.	R	Under Back Leg Weapons Switch w/Spin Up	Back
9.	B	Jump Up Switch Sides – <i>KIHAP</i>	

## Segment Two

10.	L	Triangle Strike	Back
11.	L	Under Arm Strike	Back
12.	L	Across Body Strike	Back
13.	L	V-Strike w/Spin Up	Back
14.	L	Triangle Strike	Back
15.	L	Behind Back Weapons Switch w/Spin Up	Back
16.	R	Under Front Leg Weapons Switch w/Spin Up	Back
17.	L	Under Back Leg Weapons Switch w/Spin Up	Back

## Segment Three

–R foot steps forward; put L knee down

18.	R	Circle Over Head Across Body Strike	Knee
19.	R	Behind Back Weapons Switch	Knee
20.	L	Circle Over Head Across Body Strike	Knee
21.	L	Behind Back Weapons Switch	Knee
22.	R	Spin Up – <i>KIHAP</i>	Knee

*Bah-ro* – stand up & step L foot to a parallel stance (ready stance).