



Third Degree Black Belt Form

SEGMENT	TECHNIQUE	STANCE	SECTION
Segment One			
1. R	Circular Upset Knifehand Block	Parallel	High
2. L	Long Fist Strike	Parallel	High
3. L	Front Kick	-----	High
4. L	Knifehand Strike	One Leg	Mid
5. L	Side Kick	-----	Mid or High
6. L	Side Kick – <i>Slow 2 sec.</i>	-----	Mid or High
Segment Two			
7. L	Circular Upset Knifehand Block	Parallel	High
8. R	Long Fist Strike	Parallel	High
9. R	Front Kick	-----	High
10. R	Knifehand Strike	One Leg	Mid
11. R	Side Kick	-----	Mid or High
12. R	Side Kick – <i>Slow 2 sec.</i>	-----	Mid or High
Segment Three			
13. B	Twin Vertical Palmheel Strike	Front	Mid
14. L	Advanced Double Knifehand Block	Back	Mid
15. L	#1 Round Kick	-----	Mid
16. L	Round Kick – <i>Lockout 2 sec.</i>	-----	High
17. L	Circular Low Double Ridgehand Block	Back	Low
18. L	Circular Double Knifehand Block	Back	High
Segment Four			
19. R	Advanced Double Out Forearm Block	Back	High

20.	L	Reverse Punch	Back	Mid
21.	R	Punch	Back	Mid
22.	R	Circular Inner Forearm Block	Back	High
23.	R	Advanced Double Ridgehand Block – <i>KIHAP</i>		
			Rear	High
24.	R	Two Finger Strike – <i>Slow 2 sec.</i>	Rear	High
Segment Five				
25.	R	Downward Palm Block – <i>Slow 2 sec.</i>		
			One Leg	Low
26.	L	Jump Inner Crescent Kick	-----	High
27.	L	Butterfly Kick	-----	High
28.	B	Twin Horizontal Back Elbow Strike		
			Middle	Mid
Segment Six				
29.	R	Nine Block (R-open; L-closed) – <i>Slow 2 sec.</i>		
			Rear/Front	Low
30.	R	#1 Front Kick	-----	High
31.	R	Circular Ridgehand Strike	Front	High
32.	L	Reverse Two Finger Strike	Front	High
33.	R	#3 Jump Front Kick	-----	High
34.	B	Inner Forearm High-Low Block	Parallel	High & Low
35.	B	Ridgehand High-Low Block	Parallel	High & Low
Segment Seven				
36.	R	Outer Crescent Kick	-----	High
37.	R	Spin Outer Crescent Kick	-----	High
38.	B	Twin Outer Knifehand Block	Back	High
39.	L	Upset Spearhand Strike	X	High
40.	R	Hammer Fist Strike	Back	Low
41.	R	Reinforced Back Elbow Strike	Back	Mid
Segment Eight				
42.	L	Reverse Hook Kick	-----	High
43.	L	Round Kick (continues) – <i>KIHAP</i>	-----	High
44.	L	Side Kick (continues)	-----	High
45.	L	Circular Double Downward Hammerfist Strike		

			Sparring	High
Segment Nine				
46.	L	Downward Outer Forearm Block	Half Sparring	Low
47.	L	Low Open Hand Sweeping Block	Closed	Low
48.	L	Backfist Strike	Sparring	High
49.	L	Nine Block (L-open; R-closed) – <i>Slow 2 sec.</i>		
			Rear/Front	Low
Segment Ten				
50.	L	#1 Front Kick	-----	High
51.	L	Circular Ridgehand Strike	Front	High
52.	R	Reverse Two Finger Strike	Front	High
53.	L	#3 Jump Front Kick	-----	High
54.	B	Inner Forearm High-Low Block	Parallel	High & Low
55.	B	Ridgehand High-Low Block	Parallel	High & Low
Segment Eleven				
56.	L	Outer Crescent Kick	-----	High
57.	L	Spin Outer Crescent Kick	-----	High
58.	B	Twin Outer Knifehand Block	Back	High
59.	R	Upset Spearhand Strike	X	High
60.	L	Hammer Fist Strike	Back	Low
61.	L	Reinforced Back Elbow Strike	Back	Mid
Segment Twelve				
62.	R	Reverse Hook Kick	-----	High
63.	R	Round Kick (continues) – <i>KIHAP</i>	-----	High
64.	R	Side Kick (continues)	-----	High
65.	R	Circular Double Downward Hammerfist Strike		
			Sparring	High
Segment Thirteen				
66.	L	Downward Palm Block – <i>Slow 2 sec.</i>		
			One Leg	Low
67.	R	Jump Inner Crescent Kick	-----	High
68.	B	Twin Horizontal Hammerfist Strike		
			Middle	High
69.	R	Step Spin Heel Kick	-----	High

70.	R	Jump Reverse Side Kick	-----	Mid
71.	R	Advanced Outer Forearm Block	Sparring	High
Segment Fourteen				
72.	B	Twin Vertical Palmheel Strike	Front	Mid
73.	R	Advanced Double Knifehand Block		
			Back	Mid
74.	R	#1 Round Kick	-----	Mid
75.	R	Round Kick – <i>Lockout 2 sec.</i>	-----	High
76.	R	Circular Low Double Ridgehand Block		
			Back	Low
77.	R	Circular Double Knifehand Block	Back	High
Segment Fifteen				
78.	L	Advanced Double Out Forearm Block		
			Back	High
79.	R	Reverse Punch	Back	Mid
80.	L	Punch	Back	Mid
81.	L	Circular Inner Forearm Block	Back	High
82.	L	Advanced Double Ridgehand Block		
			Rear	High
83.	L	Two Finger Strike – <i>Slow 2 sec.</i>	Rear	High