



Second Degree Black Belt Form

SEGMENT	TECHNIQUE	STANCE	SECTION
Segment One			
1. B	L Horizontal Elbow; R Vertical Back Elbow	Middle	Mid & High
2. L	Square Block – <i>Tension 5 sec.</i>	Middle	High
3. B	R Horizontal Elbow; L Vertical Back Elbow	Middle	Mid & High
4. L	Square Block – <i>Tension 5 sec.</i>	Middle	High
5. B	Twin Punch – <i>Tension 5 sec.</i>	Closed	High
Segment Two			
6. R	Punch	X	High
7. R	Downward Elbow Strike	X	Mid
8. R	Circular Low Double Knifehand Block	X	Low
Segment Three			
9. L	Reverse Circular Hooking Block	Front	High
10. R	Circular Hooking Block	Front	High
11. L	Reverse Vertical Punch	Front	High
12. L	#2 Outer Axe Kick	-----	High
13. L	Knifehand Low Block	Front	Low
14. R	Reverse Circular Outer Knifehand Block	Front	High
Segment Four			
15. L	Archand Strike	One Leg	High
16. R	Reverse Upward Elbow	One Leg	High
17. L	Knifehand High-Low Block – <i>Slow 2 sec.</i>	One Leg	High & Low

Segment Five

18.	R	Reinforced Inner Forearm Block	X	High
19.	R	Backfist	X	High
20.	R	Horizontal Hammerfist	X	High
21.	R	Circular Double Knifehand Block	Back	High

Segment Six

22.	L	#2 Inner Crescent Kick – <i>KIHAP</i>	-----	High
23.	R	Reverse Hook Kick	-----	Mid or High
24.	R	Round Kick	-----	Mid or High
25.	R	High Block	Back	High
26.	R	Downward Palm Block	Rear	Low
27.	R	Punch	Middle	High

Segment Seven

28.	R	Inward Palm Block	Back	Mid
29.	L	Reverse	Back	High
30.	R	Upset Knifehand Strike	Back	High

Segment Eight

31.	R	Circular Downward Knifehand Strike	X	High
32.	R	#2 Front Kick	-----	Mid or High
33.	R	#1 Side Kick	-----	Mid or High
34.	R	Circular Low Double Outer Forearm Block	Middle	Low
35.	L	Circular Double Knifehand Block	Back	High

Segment Nine

36.	R	#2 Round Kick	-----	Mid or High
37.	R	Round Kick	-----	Mid or High
38.	R	Round Kick	-----	Mid or High

Segment Ten

39.	R	Circular Downward Double Knifehand Strike	Sparring	High
40.	L	High Nine Block – <i>Slow 2 sec.</i>	Rear	High & Low
41.	L	Circular Downward Double Knifehand Strike	Sparring	High

42.	R	High Nine Block – <i>Slow 2 sec.; KIHAP</i>		
			Rear	High & Low
Segment Eleven				
43.	R	Butterfly Kick	-----	High
44.	L	Reverse Side Kick	-----	Mid or High
45.	R	#2 Side Kick	-----	Mid or High
46.	R	Circular Downward Double Knifehand Strike		
			Sparring	High
Segment Twelve				
47.	L	#2 Round Kick	-----	Mid or High
48.	L	Round Kick	-----	Mid or High
49.	L	Round Kick	-----	Mid or High
50.	B	Twin Punch – <i>Tension 5 sec.</i>	Closed	High
Segment Thirteen				
51.	L	Punch	X	High
52.	L	Downward Elbow Strike	X	Mid
53.	L	Circular Low Double Knifehand Block		
			X	Low
Segment Fourteen				
54.	R	Reverse Circular Hooking Block	Front	High
55.	L	Circular Hooking Block	Front	High
56.	R	Reverse Vertical Punch	Front	High
57.	R	#2 Outer Axe Kick	-----	High
58.	R	Knifehand Low Block	Front	Low
59.	L	Reverse Circular Outer Knifehand Block		
			Front	High
Segment Fifteen				
60.	R	Archand Strike	One Leg	High
61.	L	Reverse Upward Elbow	One Leg	High
62.	R	Knifehand High-Low Block – <i>Slow 2 sec.; KIHAP</i>		
			One Leg	High & Low
Segment Sixteen				
63.	L	Reinforced Inner Forearm Block	X	High
64.	L	Backfist	X	High

65.	L	Horizontal Hammerfist	X	High
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66.	L	Circular Double Knifehand Block	Back	High
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Segment Seventeen

67.	R	#2 Inner Crescent Kick	-----	High
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68.	L	Reverse Hook Kick	-----	Mid or High
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69.	L	Round Kick	-----	Mid or High
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70.	L	High Block	Back	High
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71.	L	Downward Palm Block	Rear	Low
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72.	L	Punch	Middle	High
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Segment Eighteen

73.	L	Inward Palm Block	Back	Mid
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74.	R	Reverse	Back	High
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75.	L	Upset Knifehand Strike	Back	High
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Segment Nineteen

76.	L	Circular Downward Knifehand Strike	X	High
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77.	L	#2 Front Kick	-----	Mid or High
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78.	L	#1 Side Kick	-----	Mid or High
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79.	L	Circular Low Double Outer Forearm Block	Middle	Low
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80.	R	Circular Double Knifehand Block	Back	High
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Segment Twenty

81.	L	Knifehand Strike	Back	High
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82.	R	Reverse Punch	Back	High
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