



# Single Ssahng Joel Bong Blue Dragon Form

*Intermediate 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/R foot.

SEGMENT	TECHNIQUE	STANCE
Segment One		
– <i>KIHAP</i> , then step R foot back		
1.	R Triangle Strike	Back
2.	R Circle Strike to Left	Back
3.	R Circle Strike to Right w/Spin Up	Back
4.	R V-Strike w/Spin Up	Back
5.	L Upward X Strike	Back
6.	R Upward X Strike	Back
7.	R Advancing Triangle Strike	Back
8.	R Figure 8 Catch – <i>KIHAP</i>	Back
Segment Two		
9.	B Jump Up Switch Sides	
10.	R Spin Up	Back
11.	R Behind Back Weapons Switch w/Spin Up	Back
Segment Three		
12.	L Triangle Strike	Back
13.	L Circle Strike to Right	Back
14.	L Circle Strike to Left w/Spin Up	Back
15.	L V-Strike w/Spin Up	Back
16.	R Upward X Strike	Back
17.	L Upward X Strike	Back
18.	L Advancing Triangle Strike	Back

19. L Figure 8 Catch –*KIHAP* Back

Segment Four

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

& grab weapon w/R hand

20. R Helicopter (Circle Triangle Strike) Back

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

–L foot steps forward

22. L Under Back Leg Weapons Switch w/Spin Up Back

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

23. B 2-Handed Weapon Straight Stab –*KIHAP* Front

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