

## 2nd Half Of Single Bahng Mahng Ee Form

47. From Ready Position With Weapon In Left Hand, Look Over Your Right Shoulder, Turn (clockwise) Stepping Your Right Landing In Right Back Stance (facing West).
48. Move Right foot Right to Right Bahng Mahng Ee Fighting Stance, #1 Angle Strike, Left foot Pivots.
49. Shift weight back to Left Back Stance, #2 Angle Strike, Right foot pivots.
50. Shift weight again to Right Bahng Mahng Ee Fighting Stance, #3 Angle Strike, Left foot pivots
51. Shift weight back to Left Back Stance, #4 Angle Strike, Right foot pivots
52. Turning counterclockwise 180 degrees, left foot steps to left Bahng Mahng Ee Fighting Stance (facing East), #6 Angle Backhand Strike.
53. Right foot steps forward (East) to Right Bahng Mahng Ee Fighting Stance, over head #5 Angle Strike
54. Left foot slides to Left Back Stance, #2 Angle Slash (slow)
55. Turning counterclockwise 180 degree, Left foot steps to Right Back Stance (facing West), #9 Angle Butt Strike to Target and in continuous motion Fighting Stance
56. #1 Angle Strike with "pull through" in place
57. High Fan Strike (clockwise) and in continuous motion
58. High Fan Strike (counterclockwise) with pull through and in continuous motion
59. Pull Left Foot back into Right Rear Stance, #1 Angle Strike with "pull through"
60. Right foot steps forward (West) to Left Back Stance, #2 Cutting Strike (slow)
61. Step Right Foot diagonally towards North-West into a Left Front Stance Chamber for #1 Angle Power Strike with slight hesitation Shift weight and feet into Right Front Stance, #1 Angle Power Strike KIHAP
62. #4 Angle Backhand Strike (slow), Right Front Stance, Left Foot step Right, feet together
63. Step Right foot forward to an uneven middle stance, Left Outside Deflection, In place
64. Left hand Target Strike in place (like vertical punch)
65. Pull Right foot to Left Rear Stance, Low Outside sweep (Right hand open, palm up)
66. Right foot steps to Right Bahng Mahng Ee Fighting Stance (to West on East West line) 360 Disarming Technique and in continuous motion.
67. Butt Strike to Target
68. #2 Left Round Kick (to West), Land Left foot forward Left Fighting Stance
69. High Fan Strike (clockwise) and in continuous motion
70. High Fan Strike (counterclockwise) with pull through and in continuous motion
71. #1 Angle Strike with "pull-through" In place Right Rear Stance
72. Low Fan Strike (counterclockwise) and in continuous motion
73. Low Fan Strike (clockwise) with 360 degree twirl up to left shoulder, Stepping Right Foot to Left Back Stance
74. 360 degree Vertical Twirl down into #8 Cutting Strike
75. Step Right Foot back to Left Bahng Mahng Ee Fighting Stance, Right Hand Low Deflecting Technique and in continuous motion
76. Pull Left Foot back to Right Rear Stance, Low Target Strike
77. Step Right Foot to North-West into an Uneven Middle Stance, Left Outside Deflection In Place
78. Left Hand Target Strike, Pull Back (snap)
79. Digging Disarm (beginning), Pull Right Foot back to Left Rear Stance
80. Digging Disarm (completion)
81. Step Right Foot into Right Bahng Mahng Ee Fighting Stance, #1 Angle Power Cutting Strike KIHAP in continuous motion, #9 Thrust Cross Stance
82. Turn 180 degree (counter clockwise), stepping Left Foot into Left Bahng Mahng Ee Fighting Stance (facing East)
83. High Fan Strike (clockwise) and in continuous motion
84. High Fan Strike (counterclockwise) and in continuous motion
85. Pull Left Foot back into Right Rear Stance, #1 Angle Strike with "pull through"
86. Double step forward (shuffle) into Left Bahng Mahng Ee Fighting Stance, High Fan Strike (clockwise) and in continuous motion
87. High Fan Strike (counterclockwise) and in continuous motion
88. Pull Left Foot back into Right Rear Stance, #1 Angle Strike with "pull through"
89. Step Left Foot forward to Left Front Stance, High Block with Right Hand Deflection In Place
90. #1 Angle Strike
91. Right Foot steps forward to Ready Position