

## Double Bahng Mahng Ee Form (2nd Half)

**Begin by facing East with one stick in each hand. Bow. Left foot moves to ready position. Turn 180 Degrees to face opposite direction.**

50. Right foot steps forward while executing a left low strike.
51. Right mid strike
52. Left high strike
53. Left foot steps forward into a cross stance facing Northwest while executing a right low strike.
54. Left low strike
55. Fan strike
56. Pivot 180 degrees to your right landing in a left back stance facing Southwest, left low strike.
57. Right mid strike
58. Left high strike
59. Left foot steps forward into a cross stance facing Southwest while executing a right low strike.
60. Left low strike
61. 2 fan strikes
62. Right foot steps West into an uneven middle stance while executing a left high block.
63. Right high strike
64. Left foot steps forward facing West while executing a left high strike.
65. Right high strike
66. Left high strike
67. Right foot steps forward while executing a right high strike.
68. Left high strike
69. Right high strike
70. Left foot steps forward while executing a left high strike.
71. Right high strike
72. Left high strike
73. Advanced #7 drill
74. Left foot steps across to right facing Northwest while executing a left low strike KIHAP.
75. Pivot to the right 180 degrees facing Northwest into a left back stance combat position with Right Bahng Mahng Ee striking left Bahng Mahng Ee as right foot steps back into the combat position.
76. Left high strike
77. Left low strike
78. Right foot steps forward into a middle stance while executing a right high strike.
79. Right low strike (high/low closed position, left hand side)
80. Four X strikes KIHAP.
81. Right foot steps back turning 180 degrees into a middle stance while executing a left clearing block.
82. Left high strike
83. Left low strike
84. Step the left foot to the right foot into a cross stance while executing a right high strike.
85. Right low strike
86. Turn right 180 degrees facing Southeast, jump forward into a cross stance while executing a twin low block
87. Right foot steps forward to Southeast into a combat drill stance while executing a twirl down.
88. Twirl up
89. Left foot steps to right foot, right foot steps back into a right back stance while executing a right low/ left high diagonal cut and inverted stab KIHAP.
90. Left foot steps back into a left back stance while executing a left high strike.
91. Right high strike
92. Right foot steps back into a right back stance while executing a Defensive #3 count.
93. Left foot steps back into a left back stance while executing a Defensive #3 count.
94. No step while facing Southeast execute 4 Figure 8's leading with the right hand.
95. Double twirl down
96. Double twirl up
97. Opposite twirls (right hand twirl forward) while (left hand twirls back)
98. #6 count KIHAP
99. Pivot into a combat stance with palm up/ palm down combat stance.  
Right foot steps forward. Left foot steps to bah-ro.