

Double Ssahng Jeol Bong Form (2nd Half)

35. Left foot steps back toward the West, (still facing East) while executing one #5 drill with left hand high/right hand low.
36. Right foot steps back toward West, (still facing East) while executing one #5 drill with right hand high/left hand low.
37. Left foot steps back toward West, (still facing East) while executing one #5 drill
38. End with a right hand #2 drill 3 to 4 times
39. Right foot single steps back facing the West.
40. Execute a right hand triangle drill with one spin up to the upper shoulder position.
41. Left foot single steps forward into a cross stance.
42. Execute a left hand triangle drill.
43. No step 360 degree turn.
44. #3 right jump front kick landing in a left back stance. KIHAP
45. Left foot steps forward into a middle stance facing West.
46. #1 drill 3 to 4 times.
47. Double step to the right into a middle stance while facing West.
48. Execute a #1 drill 3 to 4 times
49. Right foot steps to the left into a closed stance while facing West with both Ssahng Jeol Bongs in the upper shoulder position.
50. Left foot steps out into a middle stance facing West.
51. While executing a left hand #8 drill.
52. Left foot steps to right facing West in a closed stance while executing a left high/right hand low #5 drill.
53. Right foot steps right into a middle stance while executing a left hand #8 drill
54. Left foot steps back to a closed stance (facing West) with left hand high/ right hand low and execute a #8 drill.
55. Execute a #5 drill 2-3 times.
56. Right foot steps back toward East (while facing West) executing a #5 drill with right hand high/ left hand low to kidney area.
57. Right foot triple steps back toward center (facing West) while executing a #5 drill with left hand high/right hand low.
58. Left foot steps back toward East (facing West) executing a #5 drill 3 to 4 times.
59. End with a left hand #2 drill 2 to 3 times.
60. Left foot single steps back turning 180 degrees facing East.
61. While executing a left hand triangle drill with one spin up to the upper shoulder position.
62. Right foot single steps forward into a middle stance.
63. While executing a #1 drill 3 to 4 times
64. #3 drill 3 to 4 times
65. #4 drill 3 to 4 times
66. Double cross waist swing 2 times.
67. Double armpit grab