

# Bahng Mahng Ee



## Black Belt Club Form

Ready Position (Step Left Foot Into Ready Position - 2 Reverse Figure 8s)

1. 2 Reverse Figure 8s As Right Foot Steps Backward Into Left Back Stance
2. #1- 6 Strikes (pause)
3. Look Over Back Shoulder, Turn # 8 Downward Strike (continuous) **KIHAP**
4. Overhead Fan Strike Toward The Back, Pull Through
5. Grab Wrist, Reinforced Heel Strike High **KIHAP**
6. Turn #9 Jab Strike Toward The Front **KIHAP**
7. Right Foot Steps Up Feet Together Facing Toward Front Right Corner Cross Arms, (continuous)
8. Left Foot Steps Forward, Still Facing Front Right Corner Uncross Arms Double Block
9. Inverted Block On Left Arm Facing Toward The Front
10. Right Shoulder Block
11. #1 Strike, Overhead Fan, Pull Through, Inverted Jab

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