



Fourth Degree Black Belt Form

SEGMENT	TECHNIQUE	STANCE	SECTION
Segment One			
1. R	Double Knifehand Strike	X	Mid
2. L	Spin Heel Kick	-----	High
3. L	Sweep	-----	Low
4. L	Round Kick	-----	Mid
5. R	Upset Knifehand Block	Knee	High
6. L	Vertical Punch	Knee	Medium
Segment Two			
7. B	L Knifehand High Block; R Upset Knifehand Strike		High & Mid
8. L	Archand Strike	Knee	High
9. R	Upward Elbow Strike	Knee	High
Segment Three			
10. R	Double Outer Forearm Block	Middle	High
11. R	Downward Plamheel Block	Low Front	Low
12. R	Jump Side Kick	-----	Mid or High
13. L	C Punch	Back	Low & High
14. B	Twin Upset Knifehand Strike	Front	High
15. B	Twin Knifehand Block	Front	High
16. B	Twin Punch	One Leg	High
Segment Four			
17. L	Jump Front Kick	-----	High
18. L	Jump Front Kick	-----	High
19. L	Jump Front Kick	-----	High
20. R	Double Knifehand Low Block – <i>Tension 5 sec.</i>	Back	Low
21. L	Double Knifehand Block – <i>Tension 5 sec.</i>		

			Back	High
Segment Five				
22.	R	Jump Round Kick	-----	High
23.	L	Spin Crescent Kick	-----	High
24.	R	Double Outer Forearm Block – <i>KIHAP</i>		
			Back	High
25.	L	Reverse First Knuckle Upset Punch		
			Back	High
26.	L	Reverse First Finger Strike	Back	High
27.	L	#2 Inner Crescent Kick	-----	High
Segment Six				
28.	L	Inward Palmheel Block	Rear	Mid
29.	R	Reverse Punch	Rear	Mid
30.	L	Punch	Rear	Mid
31.	R	Reverse Punch	Rear	Mid
Segment Seven				
32.	L	Double Inner Forearm Block	Back	High
33.	B	High-Low Block	Back	High & Low
34.	B	High-Low Palmheel Block	Back	High & Low
Segment Eight				
35.	R	#2 Front Kick	-----	High
36.	R	Round Kick	-----	High
37.	R	Hook Kick	-----	High
38.	R	#3 Hook Kick	-----	High
39.	R	Round Kick	-----	High
40.	R	Upset Archand Strike	Back	High
41.	L	Circular Downward Hammerfist Strike		
			Back	High
Segment Nine				
42.	L	Circular Double Down Knifehand Strike		
			Back	High
43.	L	#1 Side Kick	-----	High
44.	L	Down Palmheel Block – <i>Tension 2 sec.</i>		
			Low Front	Low

Segment Ten

45.	B	Knifehand X Block	Back	Mid
46.	R	Side Kick	-----	High
47.	R	Repeat Side Kick	-----	High
48.	B	L Knifehand High Block; R Vertical Ridgehand Strike	Knee	High & Low
49.	L	Upset Knifehand Strike	Knee	High
50.	R	Revere Punch	Knee	Mid
51.	L	Punch	Knee	High

Segment Eleven

52.	L	Double Knifehand Strike	X	Mid
53.	R	Spin Heel Kick	-----	High
54.	L	Double Ridgehand Block – <i>Slow 5 sec.</i>	Back	High
55.	B	C Block	Back	Mid & High

Segment Twelve

56.	L	Jump Spin Heel Kick	-----	High
57.	R	Double Ridgehand Strike	Back	High
58.	B	C Block – <i>Slow 2 sec.</i>	Back	Mid & High
59.	B	Twin Punch	One Leg	High

Segment Thirteen

60.	R	Jump Front Kick	-----	High
61.	R	Jump Front Kick	-----	High
62.	R	Jump Front Kick	-----	High
63.	B	Twin Downward Palmheel Block	Rear	Low

Segment Fourteen

64.	L	Jump Reverse Side Kick – <i>KIHAP</i>	-----	Mid
65.	L	Spin Heel Kick	-----	High
66.	B	Twin Back Elbow Strike	Middle	Mid

Segment Fifteen

67.	B	Twin Palmheel Push – <i>Slow 5 sec.</i>	Closed	High
68.	R	Reverse Low Inner Forearm Block	Rear	Low
69.	L	Downward Punch	Rear	Low

70.	R	Reverse Punch	Rear	Mid
71.	R	Repeat Punch	Rear	Mid
72.	L	Punch	Rear	Mid
Segment Sixteen				
73.	B	High-Low Block – <i>Tension 5 sec.</i>	Back	High & Low
74.	L	#2 Front Kick	-----	High
75.	L	Round Kick	-----	High
76.	L	Hook Kick	-----	High
77.	L	#3 Hook Kick	-----	High
78.	L	Round Kick	-----	High
79.	R	Reverse Augmented Circular Down Hammerfist	Back	High
80.	L	Augmented Circular Downward Backfist	Back	High
Segment Seventeen				
81.	L	Circular Double Knifehand Block	Back	High
82.	R	Circular Double Outer Knifehand Block	Middle	Low
83.	L	Circular Double Inner Forearm Block	Middle	High
84.	R	Circular Double Ridgehand Block	Middle	High