

**1st Half Of  
Single Ssahng Jeol Bong Form**

<b>Hand</b>	<b>Technique Stance</b>	<b>Stance</b>	
1. R	High/ Low Ready Position	R Back	
2. R	#1 Angle Swing with Left Forward Shuffle	R Back	Triangle
3. R	Waist Swing	R Back	
4. R	Upwards Spin	R Back	
5. R	One Hand Ready Position	R Back	
6. R	#1 Angle Swing with Left Forward Shuffle	R Back	Triangle
7. R	Waist Swing	R Back	
8. R	Upwards Spin	R Back	
9. R	One Hand Ready Position	R Back	
10. R	#1 Angle Swing with Left Forward Shuffle	R Back	Triangle
11. R	Waist Swing	R Back	
12. R	Upwards Spin	R Back	
13. R	One Hand Ready Position	R Back	
14. R	#1 Angle Strike	R Back	
15. R	360 degree Horizontal Twirl	R Back	
16. R	Waist Swing	R Back	Palm Roll Over
17. R	Upwards Spin	R Back	
18. R	One Hand Ready Position	R Back	
19. R	"V" Strike with Left Forward Shuffle	R Back	
20. R	Upwards Spin	R Back	V Strike
21. R	One Hand Ready Position	R Back	
22. R	Waist Swing	R Back	
23. R	Behind Back Hand Switch	R Back	
24. R	Around Neck Hand Switch	R Back	Lasso
25. R	Upwards Spin	R Back	
26. R	One Hand Ready Position	R Back	
27. R	Under Arm Swing	R Back	
28. R	Waist Swing	R Back	Under Arm Swing
29. R	Upwards Spin	R Back	
30. R	One Hand Ready Position	R Back	
31. R	Step Through with Propeller Strike KIHAP	R Back	
32. R	Waist Swing	R Back	Jump Spin Propeller
33. R	Upwards Spin	R Back	KIHAP
34. R	High/ Low Ready Position	R Back	
35. L	Step Through with High/ Low Ready Position	R Back	
36. R/L	Under Arm "X" Strike	R Back	
37. L	High/ Low Ready Position	R Back	X Strike
38. L	#1 Angle Strike	R Back	
39. L	Waist Swing	R Back	
40. L	Upwards Spin	R Back	

**2nd Half Of  
Single Ssahng Jeol Bong Form**

<u>Hand</u>	<u>Technique</u>	<u>Stance</u>	
41. L	One Hand Ready Position	R Back	
42. L	#1 Angle Strike	L Back	
43. L	Waist Swing	L Back	Triangle
44. L	Upwards Spin	L Back	
45. L	One Hand Ready Position	L Back	
46. L	#1 Angle Swing with Left Forward Shuffle	L Back	Triangle
47. L	Waist Swing	L Back	
48. L	Upwards Spin	L Back	
49. L	One Hand Ready Position	L Back	
50. L	#1 Angle Swing with Left Forward Shuffle	L Back	Triangle
51. L	Waist Swing	L Back	
52. L	Upwards Spin	L Back	
53. L	One Hand Ready Position	L Back	
54. L	#1 Angle Strike	L Back	Triangle
55. L	360 degree Horizontal Twirl	L Back	
56. L	Waist Swing	L Back	Palm Roll Over
57. L	Upwards Spin	L Back	
58. L	One Hand Ready Position	L Back	
59. L	"V" Strike with Left Forward Shuffle	L Back	
60. L	Upwards Spin	L Back	V Strike
61. L	One Hand Ready Position	L Back	
62. L	Waist Swing	L Back	
63. L	Behind Back Hand Switch	L Back	
64. L	Around Neck Hand Switch	L Back	Lasso
65. L	Upwards Spin	L Back	
66. L	One Hand Ready Position	L Back	
67. L	Under Arm Swing	L Back	
68. L	Waist Swing	L Back	Under Arm Swing
69. L	Upwards Spin	L Back	
70. R	One Hand Ready Position	L Back	
71. L	Step Through with Propeller Strike KIHAP	L Back	
72. L	Waist Swing	L Back	Jump Spin Propeller
73. L	Upwards Spin	L Back	KIHAP
74. L	High/ Low Ready Position	L Back	
75. R	Step Through with High/ Low Ready Position	L Back	
76. L/R	Under Arm "X" Strike	L Back	
77. R	High/ Low Ready Position	L Back	X Strike
78. R	#1 Angle Strike	L Back	
79. R	Waist Swing	L Back	
80. R	Upwards Spin	L Back	
81. R	One Hand Ready Position	L Back	
82. R	#1 Angle Strike	R Back	
83. R	Waist Swing	R Back	Triangle
84. R	Upwards Spin	R Back	
85. R	One Hand Ready Position	R Back	