



CHUL JOON POOME-SAE

Senior Master Jordan Schreiber, Seventh Degree Black Belt

Translation: “A Project of Self Awareness toward an Individual's Future Leadership Role within Songahm”

NEW BASICS:

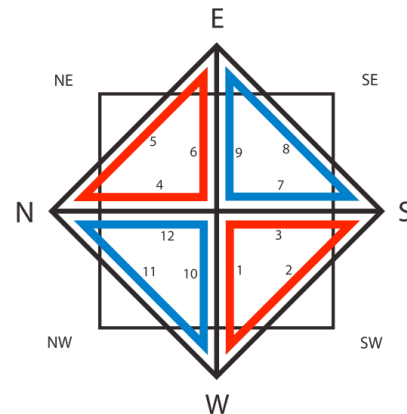
1. Over shoulder fingertip thrust (1).
2. Circular Master Punch (40)
3. Reverse low block. (3, 39)
4. Corkscrew block (49)
5. Double half-moon block (54)

NEW KICKS:

1. Combination #2 front kick with lunge punch (27)

NEW CONCEPT:

1. 2 or 3 move combination flows (individual moves done as 1 continuous flow of technique).
2. Choice on kick to perform (27, 47)



READY POSITION:

– Left full command stance. (left foot steps to parallel stance, left arm is inside right; hands are in knifehand position.

LINE 1 (1 – 6)

1. (In place to East) Left foot slides one foot length to east onto ball of foot, while in slow motion do left knifehand high block while right hand does downward palm block then flow immediately to, step right foot back to right back stance, right over shoulder fingertip thrust behind the neck (looks like ridge hand strike).
2. Turn toward West, left back stance, right palm strike to West
3. In place, turning clockwise, body facing North while making right X-stance, left circular low block.
4. Step left foot to west forming left middle stance, left back elbow strike with right hook punch.
5. Double step (left foot to right, turning clockwise, right out) to middle stance, right high horizontal back elbow strike.
6. #3 (step behind) right side kick, land toward West in middle stance, right high knife hand strike.

LINE 2 (7 - 19)



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7. Step left foot to right foot, facing Southeast while left hand extends to Southeast, then step right foot to Southeast into left rear stance, slow right knife hand block.
8. Step right foot to Southeast right front stance, left reverse punch.
9. Step right foot back forming left rear stance, right inward outer forearm block to Southeast.
10. Step right foot to Southeast forming right front stance, left reverse inward outer forearm block to Southeast.
11. #3 right jump front kick.
12. Drop right foot to right front stance, low X-block.
13. Step Southeast to left front stance, circular twin upset punch.
14. Step Southeast to right front stance, left middle reverse punch.
15. No step, right middle lunge punch.
16. No step, left high reverse punch.
17. Step right foot forward to long front stance, right high lunge punch - **KIHAP**.
18. No step, right 1 finger palm strike.
19. No step, right hand rotates counter clockwise, tension right 1 finger palm strike.

LINE 3 (20 - 33)

20. Step left foot to closed stance, facing North, circle arms down and back up to high reinforced twin upset spear hand to throat (left hand under right hand).
21. No step, high reinforced palm block.
22. Hands circle downward, palms cross at waist (palms up), come up on toes, chamber hands drop feet flat, then immediately skip to North into right X-stance, right high block.
23. Step left foot to South (evade back), forming left back stance, right low block (palm up).
24. Step left foot North forming right X-stance, right back fist.
25. Shift left foot further North forming longer X-stance, right low circular hammer fist (to groin) to North.
26. Turn counter clockwise, step left foot to North, into left front stance, left hand sweeps while executing right inward hammer fist strike.
27. #2 right front kick (or #2 knee strike) with left punch at same time and...
28. Set right foot back to South forming left front stance, right punch to North.
29. No step, left punch.
30. Left #3 jump front kick to North.
31. Land in left front stance, right reverse punch.
32. Step left foot in front of right to east (onto center line), right #2 round kick and...
33. Step right foot back to South in front of left foot into X-stance, tension high/low block (statue block).

LINE 4 (34 - 40)

34. Step left foot to North (turning counter-clockwise, to face South) forming left back stance, right high 2 finger strike to South.



CHUL JOON POOME-SAE

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35. Turn counterclockwise to North, into right back stance, double knife hand block.
36. Step left foot to North to left front stance, left tension inner forearm block.
37. Right foot steps to North to right front stance, right tension outer forearm block with long - **KIHAP**.
38. Step left foot to North to left front stance, left high block, and keeping high block in place....
39. Pull left foot back to right rear stance, right reverse half low block to North.
40. Step left foot to North to left front stance, high right circular master punch (circle left hand counter-clockwise, while chambering right hand to side and explode with right reverse punch using right leg for added power).

LINE 5 (41-50)

41. Step right foot to Southeast to middle stance, right horizontal back elbow strike.
42. Step left foot clockwise to Southeast to right back stance, left double knife hand block.
43. Step left foot to Southeast to left front stance, right horizontal elbow strike to left palm.
44. No step, slow right knifehand block with left knife hand low block, and flow into....
45. No step, circle both hands to slow right knife hand block.
46. Step left foot in line with right foot, #2 right round kick toward Southeast. Land forward, 1 stance length, and in continuous motion.
47. Left spin crescent kick (or spin hook kick) and....
48. Step down to Northwest forming left back stance, right double knife hand block to Southeast.
49. Step left foot forward to Southeast to middle stance, corkscrew block (circular motion with both hands to grab “opponent’s punching arm” and pull to waist).
50. Pick up both heels and with a stomp down, simultaneously “break elbow” with right punch.

LINE 6 (51-60)

51. Step right foot to West to left back stance, right double knife hand block, to West.
52. Step left foot to West to right back stance, left double knife hand block to West.
53. Step right foot to West forming right X-stance, (right in front of left), tension double half-moon block.
54. Turn counter-clockwise to right back stance, left double knife hand block to East.
55. Right #2 front kick to East.
56. Step right foot behind left, left side kick to West – **KIHAP**, and....
57. #2 right front kick to West and....
58. Step right foot to West to middle stance, right side punch to West.
59. Step left foot to right foot into parallel stance (facing south), at the same time circling fists down to side ending like natural ready stance, and....
60. Pull hands up to ribs opening to palm heels (palms up – keeping tension on wrist joint at all times) and.... lifting heels.... tension downward palm press block (with fingers spread) and.... while lowering heels to floor then....



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LINE 7 (61)

61. Pick up right foot, twisting foot so toes point outward while holding palms up near shoulders, (maintaining tension on wrist joints), take 3 long steps to South (right, left, right) to form X-stance (left foot behind right), high section twin palm heel strike, then raise both elbows to horizontal and twist hands so knuckles point to each other (maintaining tension on wrist joints), claw across face.

LINE 8 (62 – 71)

62. Step with left foot toward northeast into left front stance, left low block

63. Step forward with right foot into right front stance, front punch (#62-63 are as in *Cheon-Ji*)

64. Left foot shifts to left back stance, right double knifehand block (as in *Dan-Gun*)

65. Step forward with left foot into left front stance, left reinforced vertical spearhand strike (as in *Do-San*)

66. Left foot shifts to right back stance, square block toward left; then right reinforced upset knifehand strike; then left foot shifts to middle stance, left punch to left side (as in *Won-Hyo*)

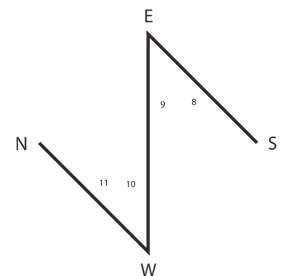
67. Jump one stance length forward and land in right X-stance with right backfist strike (as in *Yul-Guk*)

68. Left foot steps back one stance length and right foot draws back one-half stance length into left rear stance, right ridgehand block; then #1 right front kick (as in *Joon-Gun*), and in continuous motion...

69. Right stomp, landing in middle stance with W block (right inward outer forearm and left inner forearm) (as in *Toi-Gye*)

70. Right #3 jump outer crescent kick (as in *Choong Jung il-jahng*)

71. Right leg lands in back in left sparring stance, left #3 jump round kick (as in *Choong Jung ee-jahng*)



Lines 8 – 11 (freestyle)

LINE 9 (72 – 77)

72. Left foot lands one-half stance forward, turn clockwise with right foot stepping into right sparring stance to west, 9-block (as in *Shim Jun*)

73. Right foot steps up into left one-leg stance facing south (right foot protecting knee), left-right side high-low palm block

74. Right foot steps toward west, left foot steps behind right into X-stance, right reinforced inner forearm block (#73-74 are as in *Jung Yul*)

75. Turn counter clockwise and step up with left foot into right one-leg stance, left downward palm press block

76. Right jump inner crescent kick (kicking left hand) (#75-76 are as in *Chung San*). Left foot lands one stance length to west, then...



CHUL JOON POOME-SAE

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77. Right foot steps one more stance length to west, turn counter clockwise and step up with left foot into one-leg stance facing east, twin punch – **KIHAP**

LINE 10 (78 – 82)

78. Jump backward toward west, right #3 jump front kick to east (#77-78 are as in *Sok Bong*)

79. Land on left foot, then right foot steps east and left foot steps up into right one-leg stance, right reinforced inner forearm block

80. Left foot steps one stance toward west, then right foot steps another stance in the same direction, right #3 jump reverse outer crescent kick toward southwest (#79-80 are as in *Chung Hae*)

81. Right foot lands one stance toward west, then left foot steps up into right one-leg stance, right high-left low high nine block

82. Left side kick toward east (#81-82 are as in *Jahngsoo*)

LINE 11 (83 – 92)

83. Left foot steps down to right, turn clockwise and step with right foot to northeast into right front stance, right low block

84. Step forward with left foot into left front stance, front punch (#83-84 are as in *Cheon-Ji*)

85. Right foot shifts to right back stance, left double knifehand block (as in *Dan-Gun*)

86. Step forward with right foot into right front stance, right reinforced vertical spearhand strike (as in *Do-San*)

87. Right foot shifts to left back stance, square block toward right; then left reinforced upset knifehand strike; then right foot shifts to middle stance, right punch to right side (as in *Won-Hyo*)

88. Jump one stance length forward and land in left X-stance with left backfist strike (as in *Yul-Guk*)

89. Right foot steps back one stance length and left foot draws back one-half stance length into right rear stance, left ridgehand block; then #1 left front kick (as in *Joon-Gun*), and in continuous motion...

90. Left stomp, landing in middle stance with W block (left inward outer forearm and right inner forearm) (as in *Toi-Gye*)

91. Left #3 jump outer crescent kick (as in *Choong Jung il-jahng*)

92. Left leg lands in back in right sparring stance, right #3 jump round kick (as in *Choong Jung ee-jahng*). Right foot lands one-half stance forward. Left foot steps to right, then turn counter-clockwise and...



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LINE 12 (93 - 97)

93. Step right foot to South to left back stance, double knife hand block.
94. #3 right jump front kick to South.
95. Step right foot down after kick and... step through with left foot to South to middle stance, high left hand side punch (chest facing West).
96. Double step left to right turning clockwise, step right foot to south into middle stance, high knife hand strike to South (chest facing East).
97. No step, tension twin palm heel strike to East - **KIHAP**.

Left foot steps back to ready position.
