

Translates as "Begin Planting Seeds for the Future"

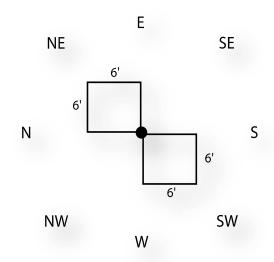
Interpretation is new role of loyalty through physical and mental training

NEW KICKS:

Stomp Kick [8,24] #1 Jump Hook Kick. [15,32] Step Forward Spin Hook Kick. [47,67] Step Forward #2 Jump Side Kick. [75]

NEW BLOCKS:

Nine Block. [16,33]
Square Block With Knifehand And Fist. [34,55]
Double Blocks With Knifehand And Fist. [54,74]
Advanced Double Blocks. [76,79]
(Final position same as regular, but motion is similar to single blocks.)
Advance Double Knifehand Block. [6,22]



TYPE OF MOVEMENT:

Tension movement. [13,30,45,65] (5 seconds in duration.)
Slow movement. [46,51,66,71] (2 seconds in duration.)
Circular movement in double blocks. [7, 23,78,81]
Single-arm blocks and strikes. [2-4,9,13,18-20,25,30,36,38-41,43-46,48-50,57,59-62,65,66,68-70,77,80] (Opposite arm remains at side.)
*All strikes and single blocks in Shim Jun are 'Single Hand' unless otherwise noted as 'Double Hand'.

Form should take about 2:05 to 2:10 minutes from attention to final bow All open hand techniques start closed and end open. *Exceptions: #35, #43, #46, #56, #66*

READY STANCE: Left half command stance (Left fist high, right at side) in parallel stance

June Bee - Half command stance.

- 1. Left foot steps east to middle stance (right heel pivots first, stance is with right heel and left toe on east-west line); **Left Double Inner Forearm Block**.
- 2. No step, **Right Upset Punch** with retraction to high section
- 3. No step, **Left Palm Upset Block** to high section (*starts from previous ending position*)
- 4. No step, **Right Punch** to mid section
- 5. No step, **Left Punch** (Double Hand) to mid section
- 6. Left foot shifts to right back stance to east, **Advanced Double Knifehand Block**.
- 7. No step, Circular Low Double Knifehand Block.



- 8. **Right #2 Stomp Kick** landing forward in middle stance facing north, eyes to east.
- 9. No step, **Right Back Fist** to east high section
- 10. Left foot steps to closed stance, **Right #3 Side Kick** to east mid or high section

--- (Direction Change on Line Corner)---

- 11. Right foot lands to left foot in closed stance facing north (right foot at east point). **Right High/Low Block**.
- 12. No step, **Left High/Low Block**.
- 13. Right foot steps north to left rear stance, **Right Knifehand Low Block** with tension (5 seconds)
- 14. **Right #1 Front Kick** to north mid or high section Land in middle stance facing west, eyes to north.
- 15. Left foot steps to closed stance. **Right #1 Jump Hook Kick** to north mid or high section
- 16. Land in right sparring stance to north, **Right "9" Block** to north (right foot on northeast point).

--- (Direction Change on Line Corner)---

- 17. Double step west to middle stance with right toe and left heel on east-west line, **Right Double Inner Forearm Block**.
- 18. No step, **Left Upset Punch** with retraction to high section
- 19. No step, **Right Palm Upset Block** to high section (*starts from previous ending position*)
- 20. No step, **Left punch** to mid section
- 21. No step, **Right Punch** (Double Hand) to mid section. **KI-HAP**.
- 22. Right foot shifts to left back stance to west, **Advanced Double Knifehand Block**.
- 23. No step, Circular Low Double Knifehand Block.
- 24. **Left #2 Stomp Kick** landing forward in middle stance facing north, eyes to west.
- 25. No step, **Left Back Fist** to west high section.
- 26. Right foot steps to closed stance, **Left #3 Side Kick** to west mid or high section
- 27. Left foot lands to right foot in closed stance (left foot at north point), **Low X-Block** facing north. (left hand on top)
- 28. Same stance, Twin Palm Head Grab to north high section
- 29. **Right Knee Strike**. Step down to left foot.

--- (Direction Change on Line Corner)---

- 30. Turn counterclockwise to right rear stance (right heel at north point), **Left Knifehand Low Block** with tension (5 seconds) to south.
- 31. **Left #1 Front Kick** to south mid or high section Land in middle stance facing west, eyes to south.
- 32. Right foot steps to closed stance. **Left #1 Jump Hook Kick** to south mid or high section.
- 33. Land in left sparring stance to south, **Left "9" Block** to south. (left toes at center point)



- 34. Right foot steps south into left back stance, **Square Block** with left closed and right open. (eyes to south)
- 35. No step, eyes to east, **Right Upset Knifehand Strike** to east high section. Keep hand in high block.
- 36. Right foot shifts to right front stance, **Left Reverse Vertical Punch** to south mid section
- 37. **Right #3 Jump Front Kick** to south mid or high section
- 38. Land in right front stance, Left Reverse Palm Heel Strike to south high section
- 39. Right foot pulls to left in closed stance with body facing east, eyes to south. **Right Low Inward Inner Forearm Block** to south.
- 40. Left foot moves counterclockwise to middle stance facing west (left foot at south point), eyes to south, **Left Horizontal Back Elbow Strike** to south mid section.
- 41. No step, **Left Knifehand Strike** to south high section. **KI-HAP**.
- 42. Right foot steps to left foot to closed stance facing south (both feet at south point). **Knifehand High X-Block** to south. (left hand closest to head)
- 43. No step, **Left Knifehand Strike** to south high section.
- 44. **Left Knee Strike** to south mid section. (left palm strikes knee and stops) Step down to right foot.
 - --- (Direction Change on Line Corner)---
- 45. Right foot steps west to left rear stance (left foot at south point); **Right Ridgehand Block** with tension (5 seconds) to high section. (left fist at left side during block)
- 46. No step, **Right Horizontal Spearhand Strike** to west high section, slow (2 seconds)
- 47. Left foot steps forward 1 rear stance length, **Right Spin Hook Kick** to west mid or high section
- 48. Land in middle stance facing north (right foot at south point), eyes to west, **Left Low Block** to west.
- 49. No step, **Left Circular Inner Forearm Block** to west high section
- 50. No step, **Left Punch** to west mid section
- 51. Right foot steps to closed stance, **Left #3 Side Kick** to west knee level, slow (2 seconds) And...
- 52. In a continuous motion Left Round Kick (ball of the foot) to mid section. And...
- 53. In a continuous motion, **Left Round Kick** (ball of the foot) to mid or high section.
- 54. Land in left sparring stance to west, **Low Double Outer Forearm Block** (left open/right closed) left foot on southwest point
 - --- (Direction Change on Line Corner)---
- 55. Double step, turning 270 degree counterclockwise to right back stance to north (right foot at southwest point), eyes to north, **Square Block** with right closed and left open.
- 56. No step, eyes to east, **Left Upset Knifehand Strike** to east high section. Keep hand in high block.
- 57. Left foot shifts to left front stance to north, **Right Reverse Vertical Punch** to north mid section



- 58. **Left #3 Jump Front Kick** to north mid or high section.
- 59. Land in left front stance, **Right Reverse Palm Heel Strike** to north high section.
- 60. Left foot pulls to right in closed stance with body facing east, eyes to north. **Left Low Inward Inner Forearm Block** to north.
- 61. Right foot moves clockwise to middle stance facing west (right foot at west point), eyes to north, **Right Horizontal Back Elbow Strike** to north mid section. *KI-HAP*.
- 62. No step, **Right Knifehand Strike** to north high section.
- 63. Left foot pulls to right, pivot counterclockwise to closed stance to south (right heel at west point), **Left Knifehand High/Low Block** to south.
- 64. No step, **Right Knifehand High/Low Block** to south.
 - --- (Direction Change on Line Corner)---
- 65. Left foot steps east to right rear stance (right foot on west point); **Left Ridgehand Block** with tension (5 seconds) to high section (right fist is at right side during block)
- 66. No step, **Left Horizontal Spearhand Strike** to east high section, slow (2 seconds)
- 67. Right foot steps forward 1 rear stance length, **Left Spin Hook Kick** to east.
- 68. Land in middle stance facing north (left foot at west point), eyes to east, **Right Low Block** to east.
- 69. No step, **Right Circular Inner Forearm Block** to east high section.
- 70. No step, **Right Punch** to east mid section
- 71. Left foot steps to closed stance, **Right #3 Side Kick** to east knee level, slow. (2 seconds) And...
- 72. In a continuous motion, **Right Round Kick** (ball of the foot) to mid section. And...
- 73. In a continuous motion, **Right Round Kick** (ball of the foot) to mid or high section.
- 74. Land in right sparring stance to east, **Low Double Outer Forearm Block** (right open/left closed) right foot on center point
- 75. Left foot steps forward 1 sparring stance length, **Right #2 Jump Side Kick** to east mid or high section
- 76. Land in left back stance, **Advanced Double Outer Forearm Block** to east. Left foot lands where it took off from for jump kick
- 77. No step, **Left Reverse Punch** to east mid section
- 78. No step, Circular Low Double Outer Forearm Block to east.
- 79. Right foot steps back 180 degrees counterclockwise to right back stance (right foot at center point), **Advanced Double Outer Forearm Block** to east.
- 80. No step, **Right Reverse Punch** to east mid section
- 81. No step, Circular Low Double Outer Forearm Block to east.

Bah-ro - Left foot steps back to end position.

Shi-uh - At ease position (about face, fix uniform, return to set position)



| | Stance | Section | | | Stance | Section |
|--|--------|---------|-------|---|--------|---------|
| L Double Inner Forearm Block | M | Н | 42 B | Knifehand X-Block | C | Н |
| 2. R Upset Punch – w/ retraction | M | Н | | Knifehand Strike | C | Н |
| 3. L Palm Upset Block | M | Н | | Knee Strike | C | M |
| 4. R Punch | M | M | | Ridgehand Block- Tension-5 sec | R | Н |
| 5. L Punch (double hand) | M | M | | Horizontal Spearhand Strike- Slow-2 sec | R | Н |
| 6. L Advanced Double Knifehand Block | В | Н | | Step Spin Hook Kick | | M/H |
| 7. L Circular Low Double Knifehand Block | В | L | | Low Block | M | L |
| 8. R #2 Stomp Kick | M | L | | Circular Inner Forearm Block | M | Н |
| 9. R Back Fist | M | Н | | Punch | M | M |
| 10. R #3 Side Kick | | M/H | | #3 Side Kick – Slow-2 sec | | L |
| 11. R High/Low Block | C | H&L | 52. L | Round Kick | | M |
| 12. L High/Low Block | C | H&L | 53. L | Round Kick | | M/H |
| 13. R Knifehand Low Block – Tension-5 sec. | R | L | 54. L | Low Dbl. Outer Forearm Bl. (L-open, R-closed) | S | L |
| 14. R #1 Front Kick | | M/H | 55. L | Square Block (R-closed, L-open) | В | Н |
| 15. R #1 Jump Hook Kick | | M/H | | Upset Knifehand Strike | В | Н |
| 16. R Nine Block | S | M&L | | Reverse Vertical Punch | F | M |
| 17. R Advanced Double Inner Forearm Block | M | Н | 58. L | #3 Jump Front Kick | | M/H |
| 18. L Upset Punch – w/ retraction | M | Н | 59. R | Reverse Palm Strike | F | Н |
| 19. R Palm Upset Block | M | Н | 60. L | Low Inward Inner Forearm Block | C | L |
| 20. L Punch | M | M | 61. R | Horizontal Back Elbow Strike - KI-HAP | M | M |
| 21. R Punch (double hand)— KI-HAP | M | M | 62. R | Knifehand Strike | M | Н |
| 22. R Double Knifehand Block | В | Н | 63. L | Knifehand High/Low Block | C | H&L |
| 23. R Circular Low Double Knifehand Block | В | L | 64. R | Knifehand High/Low Block | C | H&L |
| 24. L #2 Stomp Kick | M | L | 65. L | Ridgehand Block-Tension-5 sec | R | Н |
| 25. L Back Fist | M | Н | 66. L | Horizontal Spearhand Strike- Slow-2 sec | R | Н |
| 26. L #3 Side Kick | | M/H | 67. L | Step Spin Hook Kick | | M/H |
| 27. B X-Block | C | L | 68. R | Low Block | M | L |
| 28. B Head Grab | C | Н | 69. R | Circular Inner Forearm Block | M | Н |
| 29. R Knee Strike | | M | 70. R | Punch | M | M |
| 30. L Knifehand Low Block-Tension-5 sec | R | L | 71. R | #3 Side Kick- Slow-2 sec | | L |
| 31. L #1 Front Kick | | M/H | 72. R | Round Kick | | M |
| 32. L #1 Jump Hook Kick | | M/H | 73. R | Round Kick | | M/H |
| 33. L Nine Block | S | M&L | 74. R | Low Dbl. Outer Forearm Bl. (R-open/L-closed) | S | L |
| 34. R Square Block (L-closed, R-open) | В | H | 75. R | Step forward #2 Jump Side Kick | | M/H |
| 35. R Upset Knifehand Strike | В | H | 76. R | Advanced Double Outer Forearm Block | В | Н |
| 36. L Reverse Vertical Punch | F | M | 77. L | Reverse Punch | В | M |
| 37. R #3 Jump Front Kick | | M/H | 78. R | Cir. Low Double Outer Forearm Block | В | L |
| 38. L Reverse Palm Strike | F | Н | 79. L | Advanced Double Outer Forearm Block | В | Н |
| 39. R Low Inward Inner Forearm Block | C | L | 80. R | Reverse Punch | В | M |
| 40. L Horizontal Back Elbow Strike | M | M | 81. L | Cir. Low Double Outer Forearm Block | В | L |
| 41. L Knifehand Strike – <i>KI-HAP</i> | M | Н | | | | |