

SINGLE BME FORM 4

BASED OFF GSHIM 6

BME SHOULD NOW BE HELD IN THE **L** HAND FOR USE
STEP BACK WITH **R** FOOT INTO A **R** BACK STANCE

1. 2 HANDED INNER BLOCK WITH BME
2. #2 STRIKE
ADJUST INTO A **L** FRONT STANCE
3. **R** REVERSE PUNCH

STEP FORWARD WITH THE **R** FOOT INTO A FRONT STANCE

4. #8 STRIKE
5. TENSION #2 STRIKE

6. **L** BACK LEG OUTER CRESCENT KICK
LAND IN A MIDDLE STANCE
7. HIGH FAN OUTSIDE
8. HIGH FAN INSIDE
9. THRUST

STEP INTO A **R** SPARRING STANCE TO THE **R** SIDE OF THE ROOM

10. #1 STRIKE
SHUFFLE FORWARD
11. #6 STRIKE

12. **L** BACK LEG FRONT KICK
LAND IN A **R** FRONT STANCE
13. **L** HIGH BLOCK USING THE BME
14. **R** PUNCH (LEAVE THE BME IN THE HIGH BLOCK POSITION FOR THIS PUNCH)

15. **L** SIDE KICK TO THE **L** SIDE OF THE ROOM (HOLD BME IN THE **BOTH** HANDS FOR THIS KICK)
LAND IN A **L** FRONT STANCE, FACING THE **L** SIDE OF THE ROOM
*BME SHOULD NOW BE HELD IN THE **R** HAND FOR USE*
16. **L** KNIFEHAND STRIKE

STEP INTO A **R** SPARRING STANCE TO THE FRONT OF THE ROOM

17. #1 STRIKE
SHUFFLE FORWARD
18. # 6 STRIKE

19. **L** BACK LEG FRONT KICK
LAND IN A **R** FRONT STANCE
20. **R** LOW BLOCK USING THE BME
21. **L** PUNCH (LEAVE THE BME IN THE LOW BLOCK POSITION FOR THIS PUNCH)

L = LEFT

R= RIGHT