

SINGLE SJB FORM 4

BASED OFF GSHIM 6

START WITH THE SJB IN THE **L (LEFT)** HAND

STEP BACK WITH **R** FOOT INTO A **R** BACK STANCE

1. **L** INWARD FORARM BLOCK
2. **L** MODIFIED 4 COUNT
ADJUST INTO A **L** FRONT STANCE TO THE FRONT OF THE ROOM
3. **R** REVERSE PUNCH

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

4. #8 STRIKE
5. #7 STRIKE
6. **L** FORWARD ROTATION AND CATCH
7. **L** TENSION LOW BLOCK
8. **L** BACK LEG OUTER CRESCENT KICK
LAND IN A MIDDLE STANCE
9. **L** PALM ROLL OVER INTO AN INVERTED GRIP (**GREEN – PURPLE BELTS**)
 - a. STOMACH PASS FROM **L** TO **R** (**CAMO BELTS**)
10. **L** PALM ROLL OVER INTO A REGULAR GRIP (**GREEN – PURPLE BELTS**)
 - a. STOMACH PASS FROM **R** TO **L** (**CAMO BELTS**)

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

11. **V** STRIKE
SHUFFLE FORWARD
12. **V** STRIKE

13. **L** BACK LEG FRONT KICK
LAND IN A **R** FRONT STANCE
14. CROSS BODY STRIKE

15. **L** SIDE KICK TO THE **L** SIDE OF THE ROOM (SWITCHING SJB INTO THE **R** HAND FOR THIS KICK)
LAND IN A **L** FRONT STANCE, FACING THE **L** SIDE OF THE ROOM
16. **L** KNIFEHAND STRIKE

STEP INTO A **R** SPRING STANCE TO THE FRONT OF THE ROOM
17. V STRIKE
SHUFFLE FORWARD
18. V STRIKE

19. **L** BACK LEG FRONT KICK
LAND IN A **R** FRONT STANCE
20. CROSS BODY STRIKES

L = LEFT

R= RIGHT