

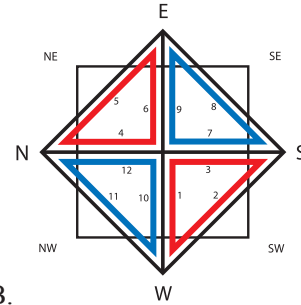
7DB FORM: BEE - HO 飛虎 비호

New Basics: Over shoulder fingertip thrust, Reverse low block, Corkscrew block, Double half-moon block.

New Kicks: Combination #2 front kick with lunge punch.

New Concept: 2 or 3 move combination flows (individual moves done as 1 continuous flow of technique).

Ready Position: Left full command ready position, opposite of 6DB.



LINE 1 (1 - 6)

1. (In place) Left knifehand high block with right downward palm block (smooth motion, not hard) and flow into left foot slides one foot length to east stepping right foot behind left foot, to left X-stance, right ridge hand strike behind the neck, left downward palm block, facing East.
2. Turn toward West, left rear stance, right palm strike to West
3. Same spot, 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 back elbow.
6. #3 (step behind) right side kick, land in middle stance to West, right high knifehand strike to West.

LINE 2 (7 - 19)

7. Step left foot to right foot, facing Southeast while left hand extended to Southeast, then step right foot to Southeast into left rear stance, slow right knifehand block.
8. Step right foot to right front stance, left reverse punch Southeast.
9. Step right foot over into left back stance, right inward outer forearm block to Southeast.
10. 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 left foot Southeast, left front stance, circular twin upset punch.
14. Step right foot toward Southeast, 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 to long right front stance, right high lunge punch with **KIHAP**.
18. No step, right 1 finger palm strike.
19. 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 spearhand 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 to sides skip to north, right X-stance, right high block.
23. Step left foot to south into left back stance, right reinforced low block (palm up).

24. Step left foot back forming right X-stance, right reinforced back fist.
25. Step left foot forming longer X-stance, right low circular hammerfist (to groin) to North.
26. Turn counter clockwise, step left foot to north, into left front stance, right inward hammer fist strike.
27. Right #2 knee strike with simultaneous left punch.
28. Land right foot to south into left front stance, right reverse punch.
29. No step, left lunge punch.
30. Left #3 jump front kick.
31. Land in left front stance, right reverse punch.
32. Step left foot in front of right to east, right #2 round kick.
33. Step right foot in front of left into X-stance, **tension** high/low block (statue block).

LINE 4 (34 - 40)

34. Step left foot to North (turning clockwise, facing South) to left back stance, right high 2 finger strike.
35. Turn counterclockwise to North, right back stance, double knifehand block.
36. Step left foot to North to left front stance, left **tension** circular inner forearm block.
37. Step right foot to North to right front stance, **tension** right outer forearm block with long **KIHAP**.
38. Step left foot to north to left front stance, left high block.
39. Pull left foot to south into right rear stance, keep left hand at high block position, right half low block to North.
40. Step left foot to North to left front stance, bring left hand downward, then right downward reverse punch.

LINE 5 (41-51)

41. Step right foot to Southeast to right middle stance, right horizontal back elbow strike.
42. Step left foot to Southeast to right back stance, left double knifehand block.
43. Step left foot to Southeast to left front stance, right horizontal elbow strike into left palm.
44. No step, slow right knifehand block with left knifehand low block.
45. No step, circle both hands to slow right knifehand 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. Then left spin crescent kick.
48. Land left foot to Northwest into left back stance, right double knifehand block facing Southeast.
49. Step left foot to Southeast into left 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 opponent's elbow".
51. Step left foot to left front stance, downward right reverse punch.

LINE 6 (52-60)

52. Step right foot to West into left back stance and facing West, right double knifehand block.
53. Step left foot to West into right back stance, left double knifehand block to West.
54. Step right foot to west into right X-stance, **tension** double half-moon block.
55. Turn counter-clockwise into right back stance, left double knifehand block to East.
56. Right #2 front kick to East.
57. Step right foot behind left, left side kick to West with **KIHAP**.

58. Right #2 front kick to West.
59. Land right foot to West into left middle stance, right side punch.
60. Step left foot to right foot into parrallel stance (facing south), circle fists down to side (ending hand position like natural ready stance), pull hands up to side ribs opening to palm heels (palms up), lift heels in preparation, **tension** downward palm press block (with fingers spread) lowering heels to floor.

LINE 7 (61)

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

LINE 8, 9, 10, AND 11 (Create your own for a total of 31 movements)

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77. **KIHAP**
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LINE 12 (93 - 97)

93. Double knifehand block to South.
94. Right #3 jump front kick.
95. Step right foot down from kick and step through with left foot to middle stance, high left hand side punch to South (chest facing West).
96. Double step left to right turning clockwise, step right foot to south into middle stance, high right knifehand strike to South (chest facing East).
97. In place, **tension** twin palm heel strike to East **KIHAP**.

Left foot returns to ready position.