

Color Belt Double Bahng Mahng Ee Form

Step Right foot in front to X-Stance

Cut in and Cut out

Step Left foot in front

Left Fan/Fan/Cut

Step Right and complete Right 3 count

Step Left and complete Left 3 count

Step Right and complete Right 3 count

Left Reverse Side Kick

Twirl Down and Twirl Up

Freestyle

Side High/Low Block