

## **Ssahng Nat Form (1st Half)**

1. Face EAST.
2. Hold both Ssahng Nat in Right hand & Left hand. Low Knifehand Block. Feet in Closed Stance.
3. Open toes outward. Then open knees outward. Knees bent and cross hands with Left hand on top.
4. Right foot steps WEST to Right Back Stance.
5. Slow Left Knifehand Strike. Right foot returns to Parallel Stance. Hold both Ssahng Nats in center of chest, grip each Ssahng Nat.
6. Big circle High X-Block. Right foot steps through back to WEST. Press down to Side Wing Position.
7. Right hand Figure 8 Stab back. (behind)
8. Cross both hands in chamber position. Adjust with foot to Left Front Stance, Left hand Stab.
9. Right foot steps forward to EAST, cutting position and turn 360 degrees clockwise back to EAST.
10. Left hand Stab to EAST.
11. Right hand Stab to East.
12. Face WEST, Right hand Twirl, turn 180 degrees to WEST and continuous motion, Right hand Stab to WEST, Left hand Stab, and Right hand Stab WEST.
13. Twirl down with Right leg up (1 leg stance), Right Low Stab.
14. Right foot lands in Front Stance facing NORTH with Left hand Stab.
15. Right Hand Multiple High/Low Cuts 4-5 times.
16. Right hand Stab with Stomp. (KIHAP)
17. Left hand Stab.
18. Right foot steps to left in Closed Stance facing WEST, Left hand Twirl down to One Leg Stance.
19. Land in Left Front Stance to SOUTH, Right hand Stab.
20. Left Hand Multiple High/Low Cuts 4-5 times.
21. Left hand Stab with Stomp.
22. Right hand Stab.
23. Left foot steps back to Right foot in Parallel Stance.
24. Step into Middle Stance, facing SOUTH/WEST, Twin Parallel Stab.
25. Left foot crosses behind to X-Stance, Horizontal Figure 8 Strike and Stab.
26. Face EAST & SOUTH, Downward Twirl.
27. Upward Twirl and Twin Stab.
28. Left foot steps back WEST to Left Back Stance facing EAST, Right hand Figure 8 Strike.
29. Left Hand Stab.
30. Right Hand Stab.
31. Right foot crosses behind to X-Stance, Horizontal Figure 8 and High Stab to EAST & NORTH.
32. Downward Twirl.
33. Upward Twirl and Twin Stab.
34. Right foot steps back WEST to Right Back Stance Facing EAST, Left hand Figure 8 Strike.
35. Right hand Stab.
36. Left hand Stab.
37. Right foot steps back to Parallel Stance.
38. Large Circle Block, crossing hands high and ending with Natural Ready Stance.