

## **Ssahng Nat Form (2nd Half)**

39. Left foot faces North, Double Circle Knifehand Stab into Right Back Stance.
40. Right hand Twirl down and continuous circle motion and Stab.
41. Twin Twirl downward continuous Upward Twirl, Twin High Stab, Twirl Figure 8, high Stab and land into Left Front Stance.
42. Double step back, low Stab with Right hand in Right Back Stance.
43. Turn 180 degrees, face SOUTH, Double Knifehand Stab landing in Left Back Stance.
44. Left hand Twirl down and continuous Upward Twirl, Twin high Stab, Twirl Figure 8, high Stab in Right Front Stance. (KIHAP)
45. Right foot steps to Left Closed Stance facing EAST.
46. Left High Block in Left Front Stance facing East.
47. Right hand 45 degree Angle Cut.
48. Right hand Horizontal Stab.
49. Right foot steps forward to Right Front Stance, Right hand High Block, Left hand 45 degree Angle Cut, Left hand Horizontal Stab.
50. Right leg #3 Front Kick, land in Right Cross Stance, Twin high with Left leg behind Right.
51. Left foot steps back, Twin Low Block in Right Front/Rear Stance.
52. Left foot steps forward, #3 Right Front Kick, land behind, Right Spin Hook Kick, Right Butterfly Kick to EAST in continuous turn 180 degree counter clockwise.
53. Left foot crosses behind in X-Stance facing WEST.
54. Twin Low Stab.
55. Slow Low X-Cut, lift upward high section, turn 180 degrees facing EAST, pick up Left leg on turn.
56. Reverse Figure 8, high Stab in Left Front Stance. (KIHAP)
57. Right foot moves to Parallel Stance facing East, left foot moves SOUTH behind Right in Long Cross Stance.
58. Right hand Short High/Low Cut.
59. Twin high Stab in Left Front Stance with Stomp.
60. Double step back, Left hand Low Stab, Left foot steps NORTH to Parallel Stance, Right foot steps NORTH to Long Cross Stance behind Left leg.
61. Turn degrees clockwise, Right hand High Block.
62. Left hand Short High/Low Cut.
63. Twin high Stab in Right Front Stance.
64. Left foot adjust to WEST, Right foot pulls up to One Leg Stance, Left High/Low Block (Left hand high, Right hand low.)
65. Right Side Kick to the EAST while maintaining Left High Block.
66. Right hand 45 degree Angle Cut, Right hand continues with Horizontal Stab.
67. High Twin Stab, Twirl with Figure 8 Finger Roll, Reverse Grip while still in kneeling position.
68. Stand up, Right foot steps counter clockwise to WEST, left foot steps back to WEST, Right hand Reverse Grip Figure 8 Cut, facing EAST.
69. Right hand continues Figure 8 Finger Roll, reverse back to Straight Grip while Right foot moves WEST to Back Stance and Left hand Figure 8 Reverse Finger Roll to Straight Grip.
70. Continue to High/Low Block in One Leg Stance with Left leg up.
71. Left Side Kick to NORTHEAST, Left foot steps down and Right turn 270 degrees clockwise, High/Low Block in Right Front Stance.
72. Shift to Left Front Stance to SOUTHEAST.
73. Right Horizontal Cut.
74. Twin Horizontal Stab.
75. Twin High Stab.
76. Twin Twirl Down, 4-Way Cut ending in Right High/Low Block. (KIHAP)
77. Right foot returns to Ready Stance.
78. Right foot steps in and Bow.