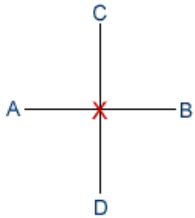


SO-SAN

is the pseudonym of the great monk Choi Hyong Ung (1520-1604) during the Lee Dynasty. The 72 movements refer to his age when he organized a corps of monk soldiers with the assistance of his pupil Sa Myunh Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592.



SO-SAN
Movements – 72
Ready Posture
CLOSED READY STANCE A



1. Slide to C to form a right rear foot stance toward D while executing a middle guarding block to D with the forearm.



2. Execute a middle vertical punch to D with the right fist while forming a left walking stance toward D, slipping the left foot.



3. Slide to C to form a left rear foot stance toward D while executing a middle guarding block to D with the forearm.



4. Execute a middle vertical punch to D with the left fist while forming a right walking stance toward D, slipping the right foot.



5. Execute a high side block to BC with the right knife-hand while forming a left walking stance toward BC.



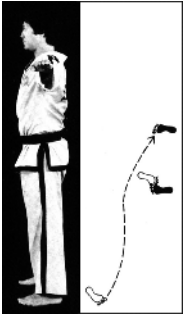
6. Execute a middle punch to BD with the left fist while forming a sitting stance toward BD. Perform 5 and 6 in a fast motion.



7. Execute a high side block to BD with the left knife-hand while forming a right walking stance toward BD.



8. Execute a middle punch to BD with the right fist while forming a sitting stance toward BD. Perform 7 and 8 in a fast motion.



- 9.** Move the right foot to C turning clockwise to form a parallel stance toward A while executing a horizontal strike with a twin knife-hand.



- 10.** Execute a high side piercing kick to C with the right foot.
Keeping the position of the hands as they were in 9



- 11.** Execute a high turning kick to D with the right foot.
Perform 10 and 11 in a continuous kick



- 12.** Lower the right foot to D in a jumping motion to form a right X-stance toward BD while executing a high side strike to D with the right back fist and bringing the left finger belly to the right side fist.



- 13.** Move the left foot to C forming a parallel stance toward B while executing a horizontal strike with a twin knife-hand.



- 14.** Execute a high side piercing kick to C with the left foot.
keeping the position of the hands as they were in 13



- 15.** Execute a high turning kick to D with the left foot.
Perform 14 and 15 in a continuous kick



- 16.** Lower the left foot to D in a jumping motion to form a left X-stance toward AD while executing a high side strike to D with the left back fist and bringing the right finger belly to the left side fist.



- 17.** Move the left foot to A forming a right L-stance toward A executing a low punch to A with a left double fist.



- 18.** Bring the right palm on the left fore fist and then twist them counter clockwise until the left back fist faces downward while forming a left walking stance toward A, slipping the left foot.

Perform in a releasing motion



- 19.** Execute a high punch to A with the right fist while maintaining a left walking stance toward A.



- 20.** Move the left foot on line AB to form a left L-stance toward B while executing a low punch to B with a right double fist.



- 21.** Bring the left palm on the right fore fist and then twist them clockwise until the right back fist faces downward while forming a right walking stance toward B, slipping the right foot.

Perform in a releasing motion



- 22.** Execute a high punch to B with the left fist while maintaining a right walking stance toward B.



- 23.** Slide to B to form a right L-stance toward B while executing an upset punch to B with the right middle knuckle fist and bringing the left side fist in front of the right shoulder.



- 24.** Execute a front strike to B with the right back fist while forming a left walking stance toward B, slipping the right foot.



25. Slide to A, turning clockwise to form a left L-stance toward A while executing an upset punch to A with the left middle knuckle fist and bringing the right side fist in front of the left shoulder.



26. Execute a front strike to A with the left back fist while forming a right walking stance toward A, slipping the left foot.



27. Move the left foot to D forming a right walking ready stance toward C.



28. Jump to execute a flying front snap kick to C with the right foot.



- 29.** Land to C forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.



- 30.** Move the right foot to D to form a left walking stance toward C while executing a high front block with the right forearm.



- 31.** Execute a middle punch to C with the left fist while shifting to C, maintaining a left walking stance toward C.



- 32.** Turn clockwise, pivoting with the left foot to form a right walking stance toward D while executing a high front block with the left forearm.



- 33.** Execute a middle punch to D with the right fist while shifting to D, maintaining a right walking stance toward D.



- 34.** Execute a middle block to BC with a double arc-hand while forming a left walking stance toward BC and looking through the hands.



- 35.** Execute a high inward strike to BC with the right knife-hand and bringing the left side fist in front of the right shoulder while maintaining a left walking stance toward BC.



- 36.** Execute a circular block to BD with the left inner forearm while forming a right walking stance toward D.



- 37.** Execute a high punch to D with the right fist while maintaining a right walking stance toward D.



- 38.** Execute a low front snap kick to D with the left foot.
keeping the position of the hands as they were in 37.



- 39.** Lower the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.



- 40.** Execute a middle punch to D with the right fist while maintaining a left walking stance toward D.

Perform 39 and 40 in a fast motion



- 41.** Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D.



- 42.** Execute a middle block to AC with a double arc-hand while forming a right walking stance toward AC and looking through the hands.



- 43.** Execute a high inward strike to AC with the left knife-hand and bringing the right side fist in front of the left shoulder while maintaining a right walking stance toward AC.



44. Execute a circular block to AD with the right inner forearm while forming a left walking stance toward D.



45. Execute a high punch to D with the left fist while maintaining a left walking stance toward D.



46. Execute a low front snap kick to D with the right foot.

keeping the position of the hands as they were in 45



47. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.

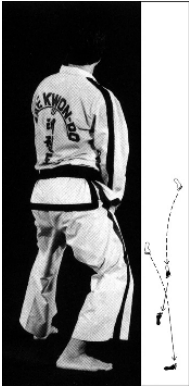


48. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.

Perform 47 and 48 in a fast motion



49. Execute a rising block with an X-knife-hand while maintaining a right walking stance toward D.



50. Move the left foot to D, and then slide to D, turning counter-clockwise to form a right L-stance toward C while executing a low guarding block to C with a knife-hand.



51. Jump to C, spinning counter-clockwise to form a right L-stance toward D while executing a middle guarding block to D with the forearm.



52. Execute a low block to D with the right knife-hand and a middle outward block to D with the left inner forearm while forming a left walking stance toward D, slipping the left foot.

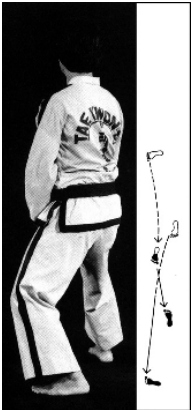


53. Execute a high punch to D with the right fist while maintaining a left walking stance toward D.

Perform 52 and 53 in a continuous motion



- 54.** Execute a middle punch to D with the left fist while forming a right L-stance toward D, pulling the left foot.



- 55.** Move the right foot to D, and then slide to D, turning clockwise to form a left L-stance toward C while executing a low guarding block to C with a knife-hand.



- 56.** Jump to C, spinning clockwise to form a left L-stance toward D while executing a middle guarding block to D with the forearm.



- 57.** Execute a low block to D with the left knife-hand and a middle outward block to D with the right inner forearm while forming a right walking stance toward D slipping the right foot.



- 58.** Execute a high punch to D with the left fist while maintaining a right walking stance toward D.

Perform 57 and 58 in a continuous motion



- 59.** Execute a middle punch to D with the right fist while forming a left L-stance toward D, pulling the right foot.



- 60.** Move the right foot to the side rear of the left foot, and then slide to C, forming a left L-stance toward D at the same time executing a scooping block with the right palm.



- 61.** Shift to D, maintaining a left L-stance toward D while executing a middle punch to D with the left fist.



- 62.** Turn clockwise while forming a left bending ready stance A toward C.



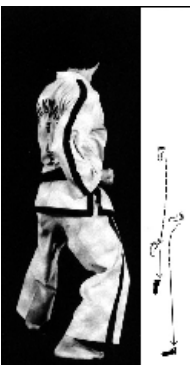
- 63.** Execute a high side piercing kick to C with the right foot, keeping the position of the hands as they were in 62.



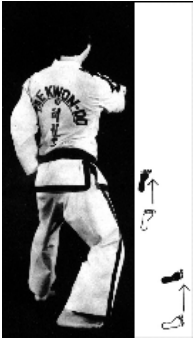
- 64.** Lower the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the left fist.



- 65.** Move the right foot to D, forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.



- 66.** Move the left foot to the side rear of the right foot, and then slide to D, forming a right L-stance toward C while executing a scooping block with the left palm.



67. Shift to C, maintaining a right L-stance toward C while executing a middle punch to C with the right fist.



68. Turn counter-clockwise while forming a right bending ready stance A toward C.



69. Execute a high side piercing kick to D with the left foot, keeping the position of the hands as they were in 68.



70. Lower the left foot to D to form a left walking stance toward D at the same time executing a middle punch to D with the right fist.



71. Move the left foot to C to form a left L-stance toward D while executing a middle guarding block to D with a knife-hand.



72. Execute a high punch to D with the right fist while forming a right walking stance toward D, slipping the right foot.

Perform 71 and 72 in a continuous motion



END: Bring the right foot back to a ready posture.