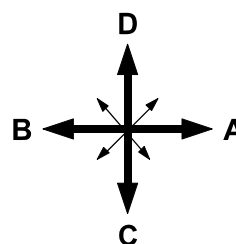


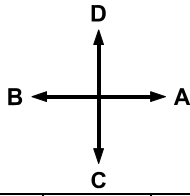
Diagram of the pattern So San



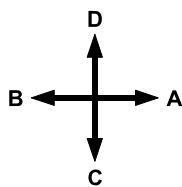
**So San**

**5<sup>th</sup> Degree Decided Black Belt**  
**Closed Stance, A Position facing D**

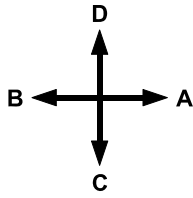
	<b>Stepping</b>	<b>Stance</b>	<b>Face</b>	<b>Technique</b>	<b>Target</b>	<b>To</b>
1	Retreat right foot, dragging the left foot	(L) Rear L (cat stance)	D	Double outer forearm blocks	High	D
2	Shift the front foot	(L) Front	D	Reverse (R) vertical punch	Middle	D
3	Retreat left foot, dragging the right foot	(R) Rear L (cat stance)	D	Double outer forearm blocks	High	D
4	Shift the front foot	(R) Front	D	Reverse (L) vertical punch	Middle	D
5	Twist counter clockwise to a left front stance	(L) Front	BC	(R) Outward motion knifehand block	High	BD
6	Twist clockwise to a middle stance	Middle	BD	(L) Punch Perform 5 & 6 in fast motion	Middle	BD
7	Twist clockwise to a right front stance	(R) Front	D	(L) Outward motion knifehand block	High	BD
8	Twist counter clockwise to a middle stance	Middle	BD	(L) Punch Perform 7 & 8 in fast motion	Middle	BD
9	Step 180 clockwise with the right foot to C	Parallel	A	Twin horizontal knifehand strikes	Middle	C/D
10				Stationery (R) sidekick	Middle	C



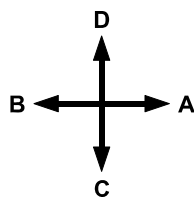
	<b>Stepping</b>	<b>Stance</b>	<b>Face</b>	<b>Technique</b>	<b>Target</b>	<b>To</b>
11	Pivot 180 counter clockwise on the left foot			Without setting the leg down, make a (R) turning round kick  (10 & 11 are performed fast in continuous motion)	Middle	D
12	Land in a jumping motion	(R) Reverse L (X-stance)	D	(R) side backfist, bringing the (L) finger belly to the side of the fist	High	D
13	Step 180 counter clockwise with the left foot	Parallel	B	Twin horizontal knifehand strikes	Middle	C/D
14				Stationery (L) sidekick	Middle	C
15	Pivot 180 counter clockwise on the left foot			Without setting the leg down, make a (L) turning round kick  (14 & 15 are performed fast in continuous motion)	Middle	D
16	Land in a jumping motion	(L) Reverse L (X-stance)	D	(L) side backfist, bringing the (R) finger belly to the side of the fist	High	D
17	Step to A with the left foot	(L) Back L	A	Double downward punch	Low	A
18	Shift front (L) foot to A	(L) Front	A	Releasing move – place the right (R) palm on the left (L) forefist and make a counter clockwise circular twist release	Middle	A



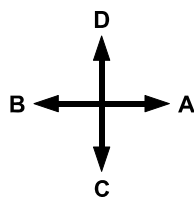
	<b>Stepping</b>	<b>Stance</b>	<b>Face</b>	<b>Technique</b>	<b>Target</b>	<b>To</b>
19		(L) Front	A	(R) Reverse punch	High	A
20	Double step turn – left foot then right foot to face B	(R) Back L	B	Double downward punch	Low	B
21	Shift front foot to B	(R) Front	B	Releasing move – place the left (L) palm on the right (R) forefist and make a counter clockwise circular twist release	Middle	B
22		(R) Front	B	(L) Reverse punch	High	B
23	Step slide to B with the (L) foot	(L) Back L	B	(R) Reverse uppercut with the middle knuckle bringing the (L) fist to the chest	High	B
24	Shift the rear (R) foot	(L) Front	B	(R) Front back fist B while making a (L) Downward block	High	B
25	Slide to A while turning clockwise	(R) Back L	A	(L) Reverse uppercut with the middle knuckle bringing the (R) fist to the chest	High	A
26	Shift the rear (L) foot	(R) Front	A	(L) Front back fist while making a (R) Downward forearm block	High	A
27	Moving the rear (L) foot, turn clockwise to C	(R) Front	C	Twin low blocks	Low	A/B
28	Jump to C		C	(R) Double action jump front kick		C
29	Land to C	(R) Back L	C	Double knifehand guarding blocks	Middle	C
30	Retreat the (R) foot	(L) Front	C	(R) Inward motion outer forearm block	High	C



	<b>Stepping</b>	<b>Stance</b>	<b>Face</b>	<b>Technique</b>	<b>Target</b>	<b>To</b>
31	Slide to C	(L) Front	C	(L) Punch	Middle	C
32	Pick up the rear (R) foot and turn 180 clockwise	(R) Front	D	(L) Inward motion outer forearm block	High	D
33	Slide to D	(R) Front	D	(R) Punch	Middle	D
34	Twist to BC	(L) Front	BC	Double arc hand pressing block	Middle	BD
35		(L) Front	BC	(R) Inverted knifehand strike while pulling the (L) fist to chest	Middle	BD
36	Twist to D	(R) Front	D	(L) Circular inner forearm block (scoop block)	Middle	BD
37		(R) Front	D	(R) Punch	High	D
38			D	(L) Rear leg front snap kick	Low	D
39	Land forward	(L) Front	D	(L) Front Punch	Middle	D
40		(L) Front	D	(R) Reverse Punch ( perform 39 & 40 in continuous motion)	Middle	D
41		(L) Front	D	Rising knifehand X block	High	D
42	Twist counter clockwise	(R) Front	AC	Double arc hand pressing block	Middle	AD
43		(R) Front	AC	(L) Inverted knifehand strike while pulling the (R) fist to chest	Middle	AD
44	Twist clockwise	(L) Front	D	(F) Circular inner forearm block (scoop block)	Middle	AD
45		(L) Front	D	(L) Punch	High	D
46			D	(R) Rear leg front snap kick	Low	D



	<b>Stepping</b>	<b>Stance</b>	<b>Face</b>	<b>Technique</b>	<b>Target</b>	<b>To</b>
47	Land forward	(R) Front	D	(R) Front Punch	Middle	D
48		(R) Front	D	(L) Reverse Punch ( perform 47 & 48 in continuous motion	Middle	D
49		(R) Front	D	Rising knifehand X block	High	D
50	Step forward with the left foot, sliding toward D, while turning counter clockwise 180	(L) Back L	C	Knifehand Guarding block	Low	C
51	Jump forward and spin 180 counter clockwise	(L) Back L	D	Double guarding block	Middle	D
52	Shift the front (L) foot	(L) Front	D	(R) Knifehand low block, (L) Inner forearm side block	Middle	D
53		(L) Front	D	(R) Reverse punch (52 & 53 are performed in continuous motion)	High	D
54	Shift the front foot back	(L) Back L	D	(L) Front punch	Middle	D
55	Step forward with the right then the left foot, sliding toward D, while turning counter clockwise 180	(R) Back L	C	Knifehand Guarding block	Low	C
56	Jump forward and spin 180 counter clockwise	(R) Back L	D	Double guarding block	Middle	D



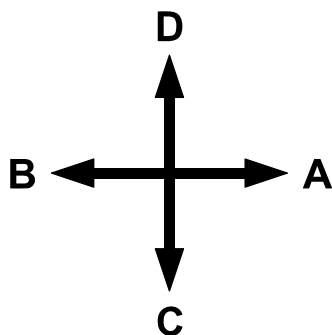
	<b>Stepping</b>	<b>Stance</b>	<b>Face</b>	<b>Technique</b>	<b>Target</b>	<b>To</b>
57	Shift the front (R) foot	(R) Front	D	(L) Knifehand low block, (R) Inner forearm side block	Middle	D
58		(R) Front	D	(L) Reverse punch (57 & 58 are performed in continuous motion)	High	D
59	Shift the front foot back	(R) Back L	D	(R) Front punch	Middle	D
60	Step to the side rear of the left foot with your right foot then back with the left foot (slide)	(R) Back L	D	(R) Upward palm block	Middle	D
61	Slide forward	(R) Back L	D	(L) Reverse punch	Middle	D
62	Turn 180 clockwise	(L) Bending	C	Double guarding blocks	Middle	C
63				(R) Sidekick	Middle	C
64	Land forward	(R) Front	C	(L) Reverse punch	Middle	C
65	Retreat the (R) front foot	(L) Back L	C	Double knifehand guarding blocks	Middle	C
66	Step to the side rear of the right foot with your left foot then back with the right foot (slide)	(L) Back L	C	(L) Upward palm block	Middle	C
67	Slide forward	(L) Back L	C	(R) Reverse punch	Middle	C
68	Turn 180 counter clockwise	(R) Bending	D	Double guarding blocks	Middle	D
69				(L) Sidekick	Middle	D
70	Land forward	(L) Front	D	(R) Reverse punch	Middle	D

	Stepping	Stance	Face	Technique	Target	To
71	Retreat the (L) front foot	(R) Back L	D	Double knifehand guarding blocks	Middle	D
72	Shift the front (R) foot	(R) Front	D	(R) Front Punch (Perform 71 & 72 in continuous motion)	High	D

72 moves, Right Foot Returns

**So San:** (72 moves) is the pseudonym of the noted monk Choi Hyong Ung (1520-1604) during the Yi dynasty . The 72 movements refer to his age when he organized a corps of monk soldiers with the assistance of his pupil Sa Myung Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592.

*Key to Facing Directions*



*Diagram of the pattern So San*

