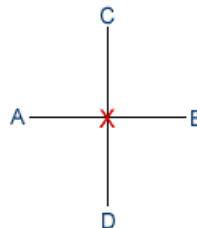


SO-SAN is the pseudonym of the great monk Choi Hyong Ung (1520-1604) during the Lee Dynasty. The 72 movements refer to his age when he organized a corps of monk soldiers with the assistance of his pupil Sa Myunh Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean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

See next page...

## SO-SAN continued

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 low 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.