



# KINETIC

## TAE KWON-DO

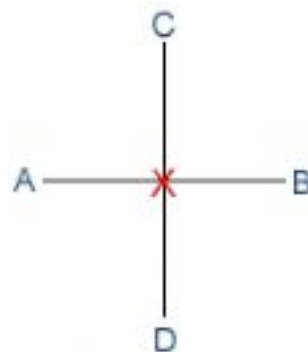
A FOCUS MARTIAL ARTS SCHOOL

### SAM-IL

**SAM-IL denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement.**

#### Movements - 33

#### Ready Posture - CLOSED READY STANCE C



- 1 Slide to D forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
- 2 Move the right foot to D forming a right walking stance toward D while executing a high block to D with the right double forearm.
- 3 Move the left foot to D forming a left walking stance toward D while executing a high side block to D with the right knife-hand and bringing the left palm on the right back forearm.
- 4 Execute a middle twisting kick to A with the right foot keeping the position of the hands as they were in 3.
- 5 Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
- 6 Move the right foot on line CD to form a sitting stance toward B while executing a middle wedging block with a reverse knife-hand.
- 7 Execute a low thrust to C with a right upset finger tip while forming a left walking stance toward C, pivoting with the right foot.
- 8 Execute a high outward block to D with the right outer forearm and a low block to C with the left forearm while forming a right L-stance toward C pulling the left foot.
- 9 Move the right foot to C to form a sitting stance toward A while executing a middle wedging block with a reverse knife-hand.
- 10 Execute a low punch to C with the right double fist while forming a left L-stance toward C, pulling the right foot.
- 11 Move the left foot to C forming a left walking stance toward C while executing a high block to BC with a double arc-hand and looking through it.

태  
권  
도



# KINETIC

## TAE KWON-DO

A FOCUS MARTIAL ARTS SCHOOL

- 12 Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the left fist.
- 13 Move the right foot on line CD to form a right L-stance toward D while executing a low punch to D with the left double fist.
- 14 Move the left foot to B forming a right L-stance toward B while executing a high guarding block to B with a reverse knife-hand.
- 15 Execute a U-shape block to B while forming a left fixed stance toward B, slipping the left foot.
- 16 Execute a sweeping kick to B with the right side sole and then lower it to B forming a right fixed stance toward B while executing a U-shaped block to B.
- 17 Jump and spin counter clockwise, landing on the same spot to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand.
- 18 Execute a middle side piercing kick to B with the right foot while forming a knife-hand guarding block.
- 19 Lower the right foot to the left foot and then move the left foot to A forming a left walking stance toward A while striking the left palm with the right front elbow.
- 20 Move the right foot to A turning counter clockwise to form a left diagonal stance toward D at the same time thrusting to C with the left back elbow supporting the left forefist with the right palm and turning the face to C.
- 21 Execute a pressing block with an X-fist while forming a right walking stance toward AD.
- 22 Move the left foot to A in a stamping motion to form a sitting stance toward C while executing a W-shape block with the outer forearm.
- 23 Execute a middle side piercing kick to A with the left foot while forming a forearm guarding block.
- 24 Lower the left foot on line A and then execute a low guarding block to B with a knife-hand while forming a left L-stance toward B, pivoting the left foot.
- 25 Move the left foot to B forming a right rear stance toward B while executing an upward block with a left palm.
- 26 Move the right foot to B forming a left rear foot stance toward B while executing a pressing block with a twin palm.
- 27 Move the left foot to C in a stamping motion to form a left walking stance toward C while executing an upset punch to C with a twin fist.
- 28 Move the right foot to C forming a left L-stance toward C while executing a low block to C with the right forearm, pulling the left fist under the left armpit.
- 29 Execute a middle punch to C with the left fist while maintaining a left L-stance toward C bringing the right fist over the left shoulder.



# KINETIC

## TAE KWON-DO

A FOCUS MARTIAL ARTS SCHOOL

- 30 Execute a middle front block with the right forearm while forming a left walking stance toward D, pivoting with the right foot.
  - 31 Execute a high punch to D with the left fist while maintaining a left walking stance toward D. Perform 30 and 31 in a continuous motion.
  - 32 Execute a low front snap kick to D with the left foot keeping the position of the hands as they were in 31.
  - 33 Lower the left foot to D and then move the right foot to D in a stamping motion forming a right walking stance toward D while executing a high vertical punch to D with a twin fist.
- END: Bring the left foot back to a ready posture.