



# KINETIC

## TAE KWON-DO

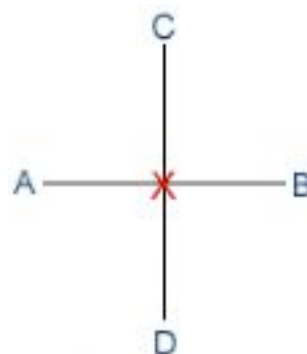
A FOCUS MARTIAL ARTS SCHOOL

### SO-SAN

**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.**

#### 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.

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- 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.



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- 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.



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- 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.



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- 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.