

SAM-IL

Movements: 33

Ready Position: Close Ready Stance C (Moa Chunbi Sogi C)

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 refer to the 33 patriots who planned the movement.

New Moves

Walking Stance Knife-Hand High Side Reverse Block
Gunnun So Sonkal Nopunde Bandae Yop Makgi

Diagonal Stance Back Elbow Thrust
Sasun So Dwit Palkup Tulgi

Middle Twisting Kick
Kaunde Bituro Chagi

Sitting Stance Reverse Knife-Hand Middle Wedging Block
Annun So Sonkal Dung Kaunde Hechyo Makgi

L Stance Outer Forearm High Outward Block
Niunja So Bakat Palmok Nopunde Bakuro Makgi

L Stance Double Fist Low Punch
Niunja So Doo Joomuk Najunde Jirugi

L Stance Reverse Knife-Hand High Guarding Block
Niunja So Sonkal Dung Nopunde Daebi Makgi

Sweeping Kick
Suroh Chagi

YOO-SIN

Movements: 68

Ready Position: Warrior Ready Stance B (Moosa Chunbi Sogi)

Is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last to figures of 668AD, the year Korea was united. The ready posture signifies a sword being drawn on the right rather than the left side, symbolising Yoo Sin's mistake of following his king's orders to fight with foreign forces against his own nation.

New Moves

Sitting Stance Releasing Motion
Annun So Baegi

Sitting Stance Angle Punch
Annun So Giokja Jirugi

Fixed Stance U-Shape Punch
Gojong So Digutja Jirugi

Waving Kick
Duro Chagi

Walking Stance X-Knife-Hand Rising Block
Gunnun So Kyocha Sonkal Chookyo Makgi

L Stance Reverse Knife-Hand High Block
Niunja So Sonkal Dung Nopunde Makgi

Sitting Stance Outer Forearm High Outward Block
Annun So Bakat Palmok Nopunde Bakuro Makgi

Sitting Stance Back Hand Horizontal Strike
Annun So Son Dung Soopyong Taerigi

Crescent Kick
Bandal Chagi

Vertical Stance Side Fist Downward Strike
Soojik So Yop Joomuk Naeryo Taerigi

CHOI-YONG

Movements: 46

Ready Position: Close Ready Stance C (Moa Chunbi Sogi C)

Is named after general Choi Yong, Premier and Commander-in-Chief of the Armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders headed by General Yi Sung Gae, who later became the first king of the Lee Dynasty.

New Moves

Rear Foot Stance Middle Knuckle Fist High Punch
Dwitbal So Joongji Joomuk Nopunde Jirugi

Walking Stance Knife-Hand W-Shape Block
Gunnun So Sonkal San Makgi

Reverse Hooking Kick
Bandae Dollyo Goro Chagi

Parallel Stance Palm Hooking Block
Narani So Sonbadak Golcho Makgi