

3rd Degree

Patterns:

Sam-Il



Yoo-Sin



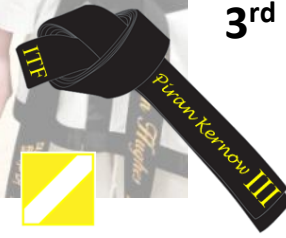
Choi-Yong



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.

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

Choi-Yong 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.



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Pattern: Sam-II		삼일
Moves: 33 Ready Position: Moa Chunbi Sogi A Close ready stance C		
Technique		
Step	English	
1	Right L stance middle guarding block.	Niunja so palmok kaunde daebi makgi.
2	Right walking stance double forearm high block.	Gunnun so doo palmok nopunde makgi.
3	Right knife-hand high reverse side block bringing the left palm on the right back forearm.	Gunnun so sonkal nopunde bandae yop makgi.
4	Right middle twisting kick, keep the hands as they were in 3.	Kaunde bituro makgi.
5	Right walking stance middle punch.	Gunnun so kaunde baro jirugi.
6	Sitting stance reverse knifehand middle wedging block.	Annun so sonkal dung kaunde hechyo makgi.
7	Left walking stance right upset low finger thrust.	Gunnun so dwijibun sonkut najunde tulgi.
8	Right L stance right outer forearm outward block left forearm low.	Niunja so bakat palmok nopunde bakuro makgi, palmok najunde makgi.
9	Sitting stance reverse knifehand middle wedging block.	Annun so sonkal dung kaunde hechyo makgi.
10	L stance right double fist low punch.	Niunja so doo joomuk najunde jirugi.
11	Left walking stance double arc hand high block look through it.	Gunnun so doo bandalson nopunde makgi.
12	Right walking stance left middle punch.	Gunnun so kaunde bandae jirugi.
13	Right L stance left double fist low punch.	Niunja so doo joomuk najunde jirugi.
14	Right L stance reverse knifehand high guarding block.	Niunja so sonkal dung nopunde daebi makgi.
15	Left fixed stance U shaped block.	Gojong so mongdung-i makgi.
16	Right fixed stance right side sole sweeping kick U shape block.	Suroh chagi.
17	Left L stance knifehand middle guarding block (jump and spin)	Niunja so sonkal daebi makgi.
18	Right middle side piercing kick knifehand guarding block.	Kaunde yop cha jirugi.



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19	Left walking stance strike left palm with right front elbow.	Gunnun so ap palkup taerigi.
20	Left diagonal stance left back elbow thrust supporting the left forefist with the right palm.	Sasun so dwit palkup tulgi.
21	Right walking stance x-fist pressing block.	Gunnun so kyocha joomuk noollo makgi.
22	Sitting stance outer forearm w shaped block.	Annun so bakat palmok san makgi.
23	Left middle side piercing kick with forearm guarding block.	Kaunde yop cha jirugi.
24	L stance knifehand low guarding block.	Niunja so najunde sonkal daebi makgi.
25	Right rear foot stance left upward palm block.	Dwit bal so son badak ollyo makgi
26	Left rear foot stance twin palm pressing block.	Dwit bal so sang son badak noollo makgi.
27	Left walking stance twin fist upset punch.	Gunnun so sang joomuk dwijibo jirugi.
28	Left L stance right forearm low block, pulling the left fist under the left armpit.	Niunja so palmok najunde makgi.
29	Left fist middle punch bringing the right fist over the left shoulder.	Kaunde ap jirugi.
30	Left walking stance right forearm middle front block.	Gunnun so palmok kaunde ap makgi.
31	Left fist high punch.	Nopunde jirugi.
32	Left low front snap kick keeping the hands as they were in 31.	Najunde ap cha busigi.
33	Right walking stance twin fist high vertical punch.	Gunnun so sang joomuk sewo jirugi.
End	Bring the left foot back to ready posture	



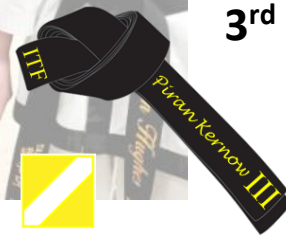
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유신

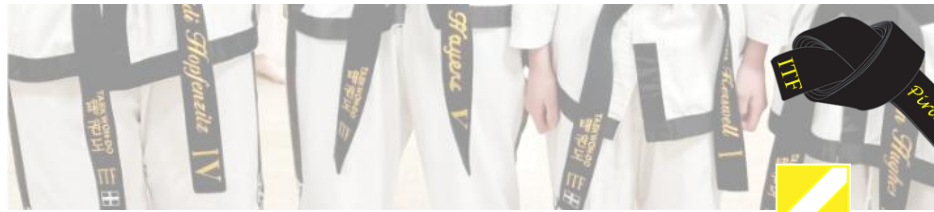
Pattern: Yoo-Sin Moves: 68 Ready Position: Moosa Chunbi Sogi B Warrior Ready Stance B		<h1>유신</h1>
Technique		
Step	English	
1	Sitting stance, extending both elbows to the sides horizontally.	Annun sogi, [extending both elbows to the sides horizontally].
2	Sliding motion, sitting stance left fist angle punch to C.	[Sliding motion,] annun so wen joomuk C-bang giokja jirugi.
3	Sliding motion, sitting stance right fist angle punch to C.	[Sliding motion,] annun so orun joomuk C-bang giokja jirugi.
	Perform 2 and 3 in a fast motion.	
4	Right palm middle hooking block, while standing up.	Orun sonbadak kaunde golcho makgi, [while standing up].
5	Sitting stance left fist middle punch.	Annun so wen joomuk kaunde jirugi.
6	Left palm middle hooking block, while standing up.	Wen sonbadak kaunde golcho makgi, [while standing up].
7	Sitting stance right fist middle punch.	Annun so orun joomuk kaunde jirugi.
8	Left walking stance outer forearm high side block.	Wen gunnun so bakat palmok nopunde yop makgi.
9	Left walking stance inner forearm circular block.	Wen gunnun so anpalmok dollimyo makgi.
10	Sitting stance left palm scooping block.	Annun so wen sonbadak duro makgi.
11	Sitting stance right fist middle punch.	Annun so orun joomuk kaunde jirugi.
	Perform 10 and 11 in a connecting motion.	
12	Right walking stance outer forearm high side block.	Orun gunnun so bakat palmok nopunde yop makgi.
13	Right walking stance inner forearm circular block.	Orun gunnun so anpalmok dollimyo makgi.
14	Sitting stance right palm scooping block.	Annun so orun sonbadak duro makgi.
15	Sitting stance left fist middle punch.	Annun so wen joomuk kaunde jirugi.
	Perform 14 and 15 in a connecting motion.	



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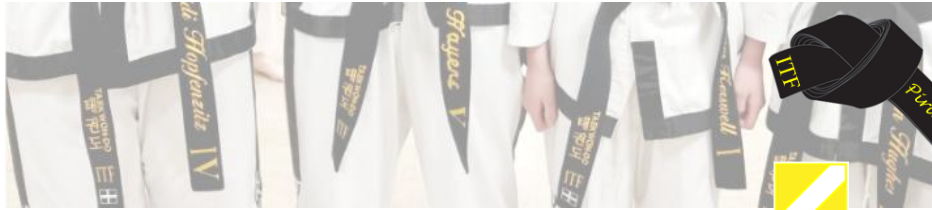


16	Left walking stance palm high reverse hooking block.	Wen gunnun so sonbadak nopunde bandae golcho makgi.
17	Sitting stance left fist middle punch.	Annun so wen joomuk kaunde jirugi.
18	Right walking stance palm high reverse hooking block.	Orun gunnun so sonbadak nopunde bandae golcho makgi.
19	Sitting stance right fist middle punch.	Annun so orun joomuk kaunde jirugi.
20	Left walking stance X-fist pressing block.	Wen gunnun so kyocha joomuk noollo makgi.
21	Left walking stance X-knife-hand rising block.	Wen gunnun so kyocha sonkal chookyo makgi.
	Perform 20 and 21 in a continuous motion.	
22	Left walking stance middle reverse punch, slipping the left palm up to the right elbow joint.	Wen gunnun so kaunde bandae jirugi, [slipping the left palm up to the right elbow joint].
23	Right low front snap kick, keeping the position of the hands as they were in 22.	Orun najunde apcha busigi, [keeping the position of the hands as they were in 22].
24	Right walking stance middle reverse punch.	Orun gunnun so kaunde bandae jirugi.
25	Right walking stance X-fist pressing block.	Orun gunnun so kyocha joomuk noollo makgi.
26	Right walking stance X-knife-hand rising block.	Orun gunnun so kyocha sonkal chookyo makgi.
	Perform 25 and 26 in a continuous motion.	
27	Right walking stance middle reverse punch, slipping the right palm up to the left elbow joint.	Orun gunnun so kaunde bandae jirugi, [slipping the right palm up to the left elbow joint].
28	Left low front snap kick, keeping the position of the hands as they were in 27.	Wen najunde apcha busigi, [keeping the position of the hands as they were in 27].
29	Left walking stance middle reverse punch.	Wen gunnun so kaunde bandae jirugi.
30	Left L-stance knife-hand middle guarding block.	Wen niunja so sonkal kaunde daebi makgi.
31	Right L-stance knife-hand middle guarding block.	Orun niunja so sonkal kaunde daebi makgi.
32	As 30.	As 30.
33	As 31.	As 31.
34	Right walking stance double forearm high block.	Orun gunnun so doo palmok nopunde makgi.
35	Right walking stance forearm low reverse block, keeping the right forearm as it was in 34.	Orun gunnun so palmok najunde bandae makgi, [keeping the right forearm as it was in 34].
	Perform 34 and 35 in a fast motion.	
36	Left walking stance double forearm high block.	Wen gunnun so doo palmok nopunde makgi.
37	Left walking stance forearm low reverse block, keeping the left forearm as it was in 36.	Wen gunnun so palmok najunde bandae makgi, [keeping the left forearm as it was in 36].
	Perform 36 and 37 in a fast motion.	
38	Right walking stance middle punch.	Orun gunnun so kaunde jirugi.



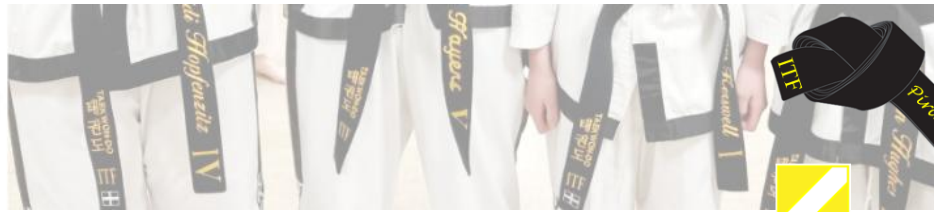
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39	Right L-stance reverse knife-hand high side block.	Orun niunja so sonkal dung nopunde yop makgi.
40	Close ready stance C.	Moa chunbi sogi C.
41	Stamping motion, right walking stance twin fist upset punch.	[Stamping motion,] orun gunnun so sang joomuk dwijibo jirugi.
42	Stamping motion, left walking stance twin fist upset punch.	[Stamping motion,] wen gunnun so sang joomuk dwijibo jirugi.
43	Left L-stance inner forearm middle side block.	Wen niunja so anpalmok kaunde yop makgi.
44	Left L- stance middle obverse punch.	Wen niunja so kaunde baro jirugi.
45	Close stance right fist angle punch. Perform in a slow motion.	Moa so orun joomuk giokja jirugi. [Perform in a slow motion.]
46	Right L-stance inner forearm middle side block.	Orun niunja so anpalmok kaunde yop makgi.
47	Right L-stance middle obverse punch.	Orun niunja so kaunde baro jirugi.
48	Close stance left fist angle punch. Perform in a slow motion.	Moa so wen joomuk giokja jirugi. [Perform in a slow motion.]
49	Left fixed stance U-shape punch.	Wen gojung so digutja jirugi.
50	Right fixed stance U-shape punch.	Orun gojung so digutja jirugi.
51	Stamping motion, sitting stance right back fist front strike.	[Stamping motion,] annun so orun dung joomuk ap taerigi.
52	Right waving kick, sitting stance right outer forearm high outward block, keeping the position of the hands as they were in 51.	Orun doro chagi, annun so orun bakat palmok nopunde bakuro makgi, [keeping the position of the hands as they were in 51].
53	Left waving kick, sitting stance right outer forearm high front block, keeping the position of the hands as they were in 52.	Wen doro chagi, annun so orun bakat palmok nopunde ap makgi, [keeping the position of the hands as they were in 52].
54	Sitting stance right back hand horizontal strike.	Annun so orun sondung soopyong taerigi.
55	Left middle crescent kick, to the right palm.	Wen kaunde bandal chagi, [to the right palm].
56	Left middle side piercing kick, forming a forearm guarding block.	Wen kaunde yopcha jirugi, [forming a forearm guarding block].
	Perform 55 and 56 in a consecutive kick.	
57	Sitting stance left back hand horizontal strike.	Annun so wen sondung soopyong taerigi.
58	Right middle crescent kick, to the left palm.	Orun kaunde bandal chagi, [to the left palm].
59	Right middle side piercing kick, forming a forearm guarding block.	Orun kaunde yopcha jirugi, [forming a forearm guarding block].
	Perform 58 and 59 in a consecutive kick.,	
60	Sitting stance right 9-shape block.	Annun so orun gutja makgi.
61	Sitting stance, change the position of the hands.	Annun so, [change the position of the hands].



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62	As 60.	As 60.
63	As 61.	As 61.
64	Left vertical stance side fist reverse downward strike.	Wen soojik so yop joomuk bandae naeryo taerigi.
65	Left walking stance twin fist high vertical punch.	Wen gunnun so sang joomuk nopunde sewo jirugi.
66	As 65.	As 65.
67	Right L-stance knife-hand middle guarding block.	Orun niunja so sonkal kaunde daebi makgi.
68	Left L-stance knife-hand middle guarding block.	Wen niunja so sonkal kaunde daebi makgi.
End	Bring the right foot back to ready posture	



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Pattern: Choi-Yong

Moves: 46

Ready Position:

Moa Chunbi Sogi C | Close ready stance C

최용

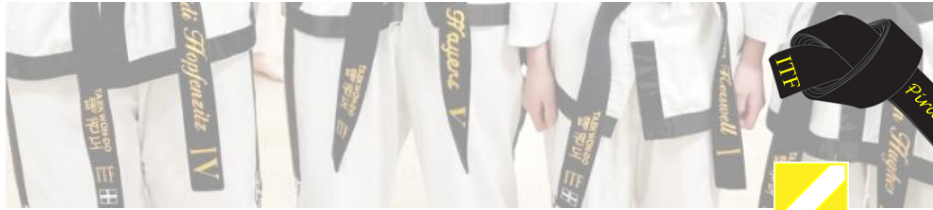
Technique

Step	English	
1	Right rear foot stance forearm middle guarding block.	Orun dwitbal so palmok kaunde daebi makgi.
2	Right rear foot stance middle knuckle fist high reverse punch.	Orun dwitbal so joongji joomuk nopunde bandae jirugi.
3	Left rear foot stance forearm middle guarding block.	Wen dwitbal so palmok kaunde daebi makgi.
4	Left rear foot stance middle knuckle fist high reverse punch.	Wen dwitbal so joongji joomuk nopunde bandae jirugi.
5	Left walking stance knife-hand rising block.	Wen gunnun so sonkal chookyo makgi.
6	Left walking stance inner forearm circular block.	Wen gunnun so anpalmok dollimyo makgi.
7	Left walking stance middle punch.	Wen gunnun so kaunde jirugi.
8	Right walking stance knife-hand rising block.	Orun gunnun so sonkal chookyo makgi.
9	Right walking stance inner forearm circular block.	Orun gunnun so anpalmok dollimyo makgi.
10	Right walking stance middle punch.	Orun gunnun so kaunde jirugi.
11	Right L-stance knife-hand low guarding block.	Orun niunja so sonkal najunde daebi makgi.
12	Right middle turning kick.	Orun kaunde dollyo chagi.
13	Left high reverse hooking kick.	Wen nopunde bandae dollyo gorochagi.
14	Left middle side piercing kick, pulling both hands in the opposite direction.	Wen kaunde yopcha jirugi, [pulling both hands in the opposite direction].
	Perform 13 and 14 in a consecutive kick.	
15	Left walking stance front elbow reverse strike, striking the left palm.	Wen gunnun so ap palkup bandae taerigi, [striking the left palm].
16	Left L-stance knife-hand low guarding block.	Wen niunja so sonkal najunde daebi makgi.
17	Left middle turning kick.	Wen kaunde dollyo chagi.
18	Right high reverse hooking kick.	Orun nopunde bandae dollyo gorochagi.



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19	Right middle side piercing kick, pulling both hands in the opposite direction.	Orun kaunde yopcha jirugi, [pulling both hands in the opposite direction].
	Perform 18 and 19 in a consecutive kick.	
20	Right walking stance front elbow reverse strike, striking the right palm.	Orun gunnun so ap palkup bandae taerigi, [striking the right palm].
21	Left walking stance palm reverse pressing block.	Wen gunnun so sonbadak bandae noollo makgi.
22	Right walking stance palm reverse pressing block.	Orun gunnun so sonbadak bandae noollo makgi.
	Perform 21 and 22 in a fast motion.	
23	Double step-turning, left walking stance knife-hand W-shape block.	[Double step-turning,] wen gunnun so sonkal san makgi.
24	Right middle front snap kick, keeping the position of the hands as they were in 23.	Orun kaunde apcha busigi, [keeping the position of the hands as they were in 23].
25	Right L-stance forearm middle guarding block.	Orun niunja so palmok kaunde daebi makgi.
26	Right walking stance knife-hand W-shape block.	Orun gunnun so sonkal san makgi.
27	Left middle front snap kick, keeping the position of the hands as they were in 26.	Wen kaunde apcha busigi, [keeping the position of the hands as they were in 26].
28	Left L-stance forearm middle guarding block.	Wen niunja so palmok kaunde daebi makgi.
29	Double step-sliding, left L-stance forearm middle guarding block.	[Double step-sliding,] wen niunja so palmok kaunde daebi makgi.
30	Left walking stance flat fingertip high thrust.	Wen gunnun so opun sonkut nopunde tulgi.
31	Right walking stance flat fingertip high thrust.	Orun gunnun so opun sonkut nopunde tulgi.
32	Parallel stance right palm middle hooking block.	Narani so orun sonbadak kaunde golcho makgi.
33	Parallel stance left fist middle punch.	Narani so wen joomuk kaunde jirugi.
34	Left bending ready stance A.	Wen guburyo chunbi sogi A.
35	Right middle side piercing kick, forming a forearm guarding block.	Orun kaunde yopcha jirugi, [forming a forearm guarding block].
36	Jump, right X-stance back fist high side strike, bringing the left finger belly to the right side fist.	Twiggi, orun kyocha so dung joomuk nopunde yop taerigi, [bringing the left finger belly to the right side fist].
37	Right high reverse hooking kick.	Orun nopunde bandae dollyo gorochagi.
38	Stamping motion, left L-stance knife-hand middle outward strike.	[Stamping motion,] wen niunja so sonkal kaunde bakuro taerigi.
39	Parallel stance left palm middle hooking block.	Narani so wen sonbadak kaunde golcho makgi.
40	Parallel stance right fist middle punch.	Narani so orun joomuk kaunde jirugi.
41	Right bending ready stance A.	Orun guburyo chunbi sogi A.



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42	Left middle side piercing kick, forming a forearm guarding block.	Wen kaunde yopcha jirugi, [forming a forearm guarding block].
43	Jump, left X-stance back fist high side strike, bringing the right finger belly to the left side fist.	Twigi, wen kyocha so dung joomuk nopunde yop taerigi, [bringing the right finger belly to the left side fist].
44	Left high reverse hooking kick.	Wen nopunde bandae dollyo gorochagi.
45	Stamping motion, right L-stance knife-hand middle outward strike.	[Stamping motion,] orun niunja so sonkal kaunde bakuro taerigi.
46	Sliding motion, right fixed stance middle side punch.	[Sliding motion,] orun gojung so kaunde yop jirugi.
End	Bring the right foot back to ready posture	