

Patterns:

So-San

Se-Jong



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.

Se-Jong is named after the greatest Korean King, Se-Jong, who invented the Korean alphabet in 1443, and was also a noted meteorologist. The diagram represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet.



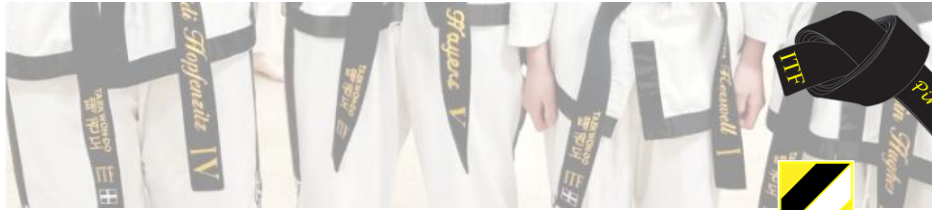
5th Degree

| Pattern: So-San Moves: 72 Ready Position: Moa chunbi sogi A Close ready stance A | | <h1>소산</h1> |
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| Technique | | |
| Step | English | |
| 1 | Sliding motion, right rear foot stance forearm middle guarding block. | [Sliding motion,] orun dwitbal so palmok kaunde daebi makgi. |
| 2 | Left walking stance middle reverse vertical punch. | Wen gunnun so kaunde bandae sewo jirugi. |
| 3 | Sliding motion, left rear foot stance forearm middle guarding block. | [Sliding motion,] wen dwitbal so palmok kaunde daebi makgi. |
| 4 | Right walking stance middle reverse vertical punch. | Orun gunnun so kaunde bandae sewo jirugi. |
| 5 | Left walking stance knife-hand high reverse side block. | Wen gunnun so sonkal nopunde bandae yop makgi. |
| 6 | Sitting stance left fist middle punch. | Annun so wen joomuk kaunde jirugi. |
| | Perform 5 and 6 in a fast motion. | |
| 7 | Right walking stance knife-hand high reverse side block. | Orun gunnun so sonkal nopunde bandae yop makgi. |
| 8 | Sitting stance right fist middle punch. | Annun so orun joomuk kaunde jirug |
| | Perform 7 and 8 in a fast motion. | |
| 9 | Parallel stance twin knife-hand horizontal strike. | Narani so sang sonkal soopyong taerigi. |
| 10 | Right high side piercing kick, keeping the position of the hands as they were in 9. | Orun nopunde yopcha jirugi, [keeping the position of the hands as they were in 9]. |
| 11 | Right high turning kick, forming a forearm guarding block. | Orun nopunde dollyo chagi, [forming a forearm guarding block]. |
| | Perform 10 and 11 in a consecutive kick. | |
| 2 | Jump, right X-stance back fist high obverse side strike, bringing the left finger belly to the right side fist. | Twiggi, orun kyocha so dung joomuk nopunde baro yop taerigi, [bringing the left finger belly to the right side fist]. |
| 13 | As 9. | As 9. |



5th Degree

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| 14 | Left high side piercing kick, keeping the position of the hands as they were in 13. | Wen nopunde yopcha jirugi, [keeping the position of the hands as they were in 13]. |
| 15 | Left high turning kick, forming a forearm guarding block. | Wen nopunde dollyo chagi, [forming a forearm guarding block]. |
| | Perform 14 and 15 in a consecutive kick. | |
| 16 | Jump, left X-stance back fist high obverse side strike, bringing the right finger belly to the left side fist. | Twiggi, wen kyocha so dung joomuk nopunde baro yop taerigi, [bringing the right finger belly to the left side fist]. |
| 17 | Right L-stance double fist low punch. | Orun niunja so doo joomuk najunde jirugi. |
| 18 | Left walking stance releasing from a grab, bringing the right palm on the left forefist. | Wen gunnun so jappyosul tae, [bringing the right palm on the left forefist]. |
| 19 | Left walking stance high reverse punch. | Wen gunnun so nopunde bandae jirugi. |
| 20 | Left L-stance double fist low punch. | Wen niunja so doo joomuk najunde jirugi. |
| 21 | Right walking stance releasing from a grab, bringing the left palm on the right forefist. | Orun gunnun so jappyosul tae, [bringing the left palm on the right forefist]. |
| 22 | Right walking stance high reverse punch. | Orun gunnun so nopunde bandae jirugi. |
| 23 | Sliding motion, right L-stance middle knuckle fist obverse upset punch, bringing the left side fist in front of the right shoulder. | [Sliding motion,] orun niunja so joongji joomuk baro dwijibo jirugi, [bringing the left side fist in front of the right shoulder]. |
| 24 | Left walking stance back fist reverse front strike. | Wen gunnun so dung joomuk bandae ap taerigi. |
| 25 | Sliding motion, left L-stance middle knuckle fist obverse upset punch, bringing the right side fist in front of the left shoulder. | [Sliding motion,] wen niunja so joongji joomuk baro dwijibo jirugi, [bringing the right side fist in front of the left shoulder]. |
| 26 | Right walking stance back fist reverse front strike. | Orun gunnun so dung joomuk bandae ap taerigi. |
| 27 | Right walking ready stance. | Orun gunnun chunbi sogi. |
| 28 | Right flying front snap kick. | Orun twimyo apcha busigi. |
| 29 | Left L-stance knife-hand middle guarding block. | Wen niunja so sonkal kaunde daebi makgi. |
| 30 | Left walking stance forearm high reverse front block. | Wen gunnun so palmok nopunde bandae ap makgi. |
| 31 | Shifting motion, left walking stance middle punch. | [Shifting motion,] wen gunnun so kaunde jirugi. |
| 32 | Right walking stance forearm high reverse front block. | Orun gunnun so palmok nopunde bandae ap makgi. |
| 33 | Shifting motion, right walking stance middle punch. | [Shifting motion,] orun gunnun so kaunde jirugi. |
| 34 | Left walking stance middle double arc-hand block, looking through the hands. | Wen gunnun so kaunde doo bandalson makgi, [looking through the hands]. |



5th Degree

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| 35 | Left walking stance knife-hand high reverse inward strike, bringing the left side fist in front of the right shoulder. | Wen gunnun so sonkal nopunde bandae anuro taerigi, [bringing the left side fist in front of the right shoulder]. |
| 36 | Right walking stance inner forearm circular block. | Orun gunnun so anpalmok dollimyo makgi. |
| 37 | Right walking stance high punch. | Orun gunnun so nopunde jirugi. |
| 38 | Left low front snap kick, keeping the position of the hands as they were in 37. | Wen najunde apcha busigi, [keeping the position of the hands as they were in 37]. |
| 39 | Left walking stance middle punch. | Wen gunnun so kaunde jirugi. |
| 40 | Left walking stance middle reverse punch. | Wen gunnun so kaunde bandae jirugi. |
| | Perform 39 and 40 in a fast motion | |
| 41 | Left walking stance X-knife-hand rising block. | Wen gunnun so kyocha sonkal chookyo makgi. |
| 42 | Right walking stance middle double arc-hand block, looking through the hands. | Orun gunnun so kaunde doo bandalson makgi, [looking through the hands]. |
| 43 | Right walking stance knife-hand high reverse inward strike, bringing the right side fist in front of the left shoulder. | Orun gunnun so sonkal nopunde bandae anuro taerigi, [bringing the right side fist in front of the left shoulder]. |
| 44 | Left walking stance inner forearm circular block. | Wen gunnun so anpalmok dollimyo makgi. |
| 45 | Left walking stance high punch. | Wen gunnun so nopunde jirugi. |
| 46 | Right low front snap kick, keeping the position of the hands as they were in 45. | Orun najunde apcha busigi, [keeping the position of the hands as they were in 45]. |
| 47 | Right walking stance middle punch. | Orun gunnun so kaunde jirugi. |
| 48 | Right walking stance middle reverse punch. | Orun gunnun so kaunde bandae jirugi. |
| | Perform 47 and 48 in a fast motion. | |
| 49 | Right walking stance X-knife-hand rising block. | Orun gunnun so kyocha sonkal chookyo makgi. |
| 50 | Sliding motion, right L-stance knife-hand low guarding block. | [Sliding motion,] orun niunja so sonkal najunde daebi makgi. |
| 51 | Jump, right L-stance forearm middle guarding block. | Twiggi, orun niunja so palmok kaunde daebi makgi. |
| 52 | Left walking stance inner forearm middle obverse outward block and knife-hand low reverse block. | Wen gunnun so anpalmok kaunde baro bakuro makgi wa sonkal najunde bandae makgi. |
| 53 | Left walking stance high reverse punch. | Wen gunnun so nopunde bandae jirugi. |
| | Perform 52 and 53 in a continuous motion. | |
| 54 | Right L-stance middle side punch. | Orun niunja so kaunde yop jirugi. |
| 55 | Sliding motion, left L-stance knife-hand low guarding block. | [Sliding motion,] wen niunja so sonkal najunde daebi makgi. |



5th Degree

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| 56 | Jump, left L-stance forearm middle guarding block. | Twigi, wen niunja so palmok kaunde daebi makgi. |
| 57 | Right walking stance inner forearm middle obverse outward block and knife-hand low reverse block. | Orun gunnun so anpalmok kaunde baro bakuro makgi wa sonkal najunde bandae makgi. |
| 58 | Right walking stance high reverse punch. | Orun gunnun so nopunde bandae jirugi. |
| | Perform 57 and 58 in a continuous motion. | |
| 59 | Left L-stance middle side punch. | Wen niunja so kaunde yop jirugi. |
| 60 | Step-sliding, left L-stance palm reverse scooping block. | [Step-sliding,] wen niunja so sonbadak bandae duro makgi. |
| 61 | Shifting motion, left L-stance middle obverse punch. | [Shifting motion,] wen niunja so kaunde baro jirugi. |
| 62 | Left bending ready stance A. | Wen guburyo chunbi sogi A. |
| 63 | Right high side piercing kick, keeping the position of the hands as they were in 62. | Orun nopunde yopcha jirugi, [keeping the position of the hands as they were in 62]. |
| 64 | Right walking stance middle reverse punch. | Orun gunnun so kaunde bandae jirugi. |
| 65 | Right L-stance knife-hand middle guarding block. | Orun niunja so sonkal kaunde daebi makgi. |
| 66 | Step-sliding, right L-stance palm reverse scooping block. | [Step-sliding,] orun niunja so sonbadak bandae duro makgi. |
| 67 | Shifting motion, right L-stance middle obverse punch. | [Shifting motion,] orun niunja so kaunde baro jirugi. |
| 68 | Right bending ready stance A. | Orun guburyo chunbi sogi A. |
| 69 | Left high side piercing kick, keeping the position of the hands as they were in 68. | Wen nopunde yopcha jirugi, [keeping the position of the hands as they were in 68]. |
| 70 | Left walking stance middle reverse punch. | Wen gunnun so kaunde bandae jirugi. |
| 71 | Left L-stance knife-hand middle guarding block. | Wen niunja so sonkal kaunde daebi makgi. |
| 72 | Right walking stance high punch. | Orun gunnun so nopunde jirugi. |
| | Perform 71 and 72 in a continuous motion. | |
| End | Bring the right foot back to ready posture | |



5th Degree

Pattern: Se-Jong

Moves: 24

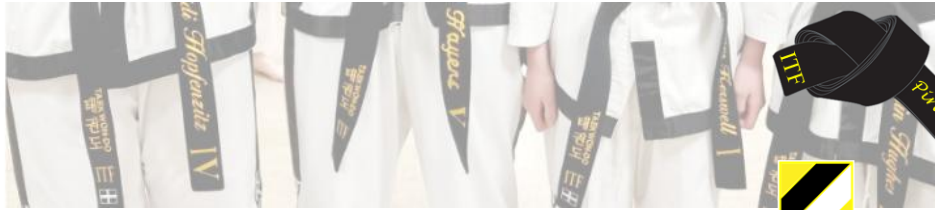
Ready Position:

Moa chunbi sogi B | Close ready stance B

세종

Technique

| Step | English | |
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| 1 | Left walking stance forearm low block. | Wen gunnun so palmok najunde makgi. |
| 2 | Left L-stance twin forearm block. | Wen niunja so sang palmok makgi. |
| 3 | Right middle side piercing kick. | Orun kaunde yopcha jirugi. |
| 4 | Left walking stance forearm rising block. | Wen gunnun so palmok chookyo makgi. |
| 5 | Sitting stance right knife-hand middle side strike. | Annun so orun sonkal kaunde yop taerigi. |
| 6 | Close ready stance B. | Moa chunbi sogi B. |
| 7 | Jump, left X-stance back fist high obverse side strike, bringing the right finger belly to the left side fist. | Twiggi, wen kyocha so dung joomuk nopunde baro yop taerigi, [bringing the right finger belly to the left side fist]. |
| 8 | Right walking stance high punch. | Orun gunnun so nopunde jirugi. |
| 9 | Left fixed stance forearm high guarding block. | Wen gojung so palmok nopunde daebi makgi. |
| 10 | Right walking stance straight fingertip middle thrust. | Orun gunnun so sun sonkut kaunde tulgi. |
| 11 | Left walking stance back fist high side strike. | Wen gunnun so dung joomuk nopunde yop taerigi. |
| 12 | Sitting stance left palm scooping block. | Annun so wen sonbadak duro makgi. |
| 13 | Left middle turning kick. | Wen kaunde dollyo chagi. |
| 14 | Jump, left X-stance double forearm high block. | Twiggi, wen kyocha so doo palmok nopunde makgi. |
| 15 | Sitting stance, extending the right fist horizontally. Perform in a slow motion. | Annun sogi, [extending the right fist horizontally. Perform in a slow motion.] |
| 16 | Sitting stance left back fist front strike. | Annun so wen dung joomuk ap taerigi. |
| 17 | Double stepping, left diagonal stance twin palm pressing block. | [Double stepping,] wen sasun so sang sonbadak noollo makgi. |
| 18 | Left walking stance middle double arc-hand block. | Wen gunnun so kaunde doo bandalson makgi. |
| 19 | Right one-leg stance outer forearm high obverse side block and forearm low reverse side block, | Orun waebal so bakat palmok nopunde baro yop makgi wa palmok najunde bandae yop makgi, |



5th Degree

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| | pulling the left reverse footsword to the right knee joint. | [pulling the left reverse footsword to the right knee joint]. |
| 20 | Right walking stance palm obverse pressing block. Perform in a slow motion. | Orun gunnun so sonbadak baro noollo makgi. [Perform in a slow motion.] |
| 21 | Right one-leg stance back forearm obverse strike, striking the left palm, pulling the left instep to the hollow of the right leg. | Orun waebal so dungpalmok baro taerigi, [striking the left palm, pulling the left instep to the hollow of the right leg]. |
| 22 | Right fixed stance side elbow thrust. | Orun gojung so yop palkup tulgi. |
| 23 | Left L-stance knife-hand high guarding block. | Wen niunja so sonkal nopunde daebi makgi. |
| 24 | Right L-stance middle obverse punch. | Orun niunja so kaunde baro jirugi. |
| End | Bring the left foot back to ready posture | |