

## 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.



Pattern: So-San

Moves: 72

**Ready Position:** 

Moa chunbi sogi A | Close ready stance A

소산

## Technique

Step	English	
1	Sliding motion, right rear foot stance forearm	[Sliding motion,] orun dwitbal so palmok kaunde
	middle guarding block.	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	Orun gunnun so sonkal nopunde bandae yop
	side block.	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.	
	Jump, right X-stance back fist high obverse side	Twigi, orun kyocha so dung joomuk nopunde
2	strike, bringing the left finger belly to the right	baro yop taerigi, [bringing the left finger belly to
	side fist.	the right side fist].
13	As 9.	As 9.



14	Left high side piercing kick, keeping the position	Wen nopunde yopcha jirugi, [keeping the
14	of the hands as they were in 13.	position of the hands as they were in 13].
15	Left high turning kick, forming a forearm	Wen nopunde dollyo chagi, [forming a forearm
13	guarding block.	guarding block].
	Perform 14 and 15 in a consecutive kick.	
	Jump, left X-stance back fist high obverse side	Twigi, wen kyocha so dung joomuk nopunde
16	strike, bringing the right finger belly to the left	baro yop taerigi, [bringing the right finger belly
	side fist.	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,	Wen gunnun so jappyosul tae, [bringing the right
10	bringing the right palm on the left forefist.	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,	Orun gunnun so jappyosul tae, [bringing the left
21	bringing the left palm on the right forefist.	palm on the right forefist].
22	Right walking stance high reverse punch.	Orun gunnun so nopunde bandae jirugi.
	Sliding motion, right L-stance middle knuckle fist	[Sliding motion,] orun niunja so joongji joomuk
23	obverse upset punch, bringing the left side fist in	baro dwijibo jirugi, [bringing the left side fist in
	front of the right shoulder.	front of the right shoulder].
24	Left walking stance back fist reverse front strike.	Wen gunnun so dung joomuk bandae ap taerigi.
	Sliding motion, left L-stance middle knuckle fist	[Sliding motion,] wen niunja so joongji joomuk
25	obverse upset punch, bringing the right side fist	baro dwijibo jirugi, [bringing the right side fist in
	in front of the left shoulder.	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	Wen gunnun so palmok nopunde bandae ap
30	block.	makgi.
21	Shifting motion, left walking stance middle	[Chifting motion] was guesses as boundail
31	punch.	[Shifting motion,] wen gunnun so kaunde jirugi.
22	Right walking stance forearm high reverse front	Orun gunnun so palmok nopunde bandae ap
32	block.	makgi.
33	Shifting motion, right walking stance middle	[Chifting motion] own grown as bounds "
	punch.	[Shifting motion,] orun gunnun so kaunde jirugi.
34	Left walking stance middle double arc-hand	Wen gunnun so kaunde doo bandalson makgi,
	block, looking through the hands.	[looking through the hands].



inward strike, bringing the left side fist in front of the right shoulder.  Right walking stance inner forearm circular block.  Right walking stance high punch.  Left low front snap kick, keeping the position of the hands as they were in 37.  Left walking stance middle punch.  Left walking stance middle punch.  Wen gunnun so kaunde bandae jirugi.  Orun gunnun so sonkal nopunde bandae anuro taerigi, [bringing the right side fist in front of the left shoulder.  Wen gunnun so sonkal nopunde bandae anuro taerigi, [bringing the right side fist in front of the left shoulder.  Left walking stance inner forearm circular block.  Left walking stance inner forearm circular block.  Effit walking stance high punch.  Right low front snap kick, keeping the position of the hands as they were in 45.  Right walking stance middle punch.  Right walking stance middle punch.  Right walking stance middle punch.  Perform 47 and 48 in a fast motion.  Right walking stance middle punch.  Sliding motion, right L-stance knife-hand low guarding block.  Left walking stance forearm middle obverse outward block and knife-hand low reverse block.  Left walking stance inner forearm middle obverse outward block and knife-hand low reverse block.  Right L-stance middle side punch.  Wen gunnun so anpalmok kaunde baro bakuro makgi.  Wen gunnun so kaunde jirugi.  Sliding motion, left L-stance knife-hand low guarding block.  Sliding motion, left L-stance knife-hand low guarding block.  Sliding motion, left L-stance knife-hand low guarding block.		Left walking stance knife-hand high reverse	Wen gunnun so sonkal nopunde bandae anuro
Right walking stance inner forearm circular block.	35	inward strike, bringing the left side fist in front of	taerigi, [bringing the left side fist in front of the
block.  Right walking stance high punch.  Left walking stance middle punch.  Wen gunnun so anpamok doilimyo makgi.  Wen najunde apcha busigi, [keeping the position of the hands as they were in 37.  Left walking stance middle punch.  Wen gunnun so kaunde jirugi.  Wen gunnun so kaunde jirugi.  Wen gunnun so kaunde bandae jirugi.  Wen gunnun so kaunde doo bandalson makgi.  Ilooking through the hands.  Right walking stance middle double arc-hand block, looking through the hands.  Right walking stance knife-hand high reverse inward strike, bringing the right side fist in front of the left shoulder.  Left walking stance inner forearm circular block.  Left walking stance high punch.  Wen gunnun so anpalmok dollimyo makgi.  Orun najunde apcha busigi, [keeping the position of the hands as they were in 45.  Right walking stance middle punch.  Right walking stance middle punch.  Perform 47 and 48 in a fast motion.  Right walking stance X-knife-hand low guarding block.  Sliding motion, right L-stance knife-hand low guarding block.  Left walking stance inner forearm middle guarding block.  Left walking stance inner forearm middle obverse outward block and knife-hand low reverse block.  Left walking stance inner forearm middle obverse outward block and knife-hand low reverse block.  Right L-stance high reverse punch.  Perform 52 and 53 in a continuous motion.  Wen gunnun so nopunde bandae jirugi.  Perform 52 and 53 in a continuous motion.  Sliding motion, left L-stance knife-hand low [Sliding motion,] wen niunja so sonkal najunde		the right shoulder.	right shoulder].
Right walking stance high punch.   Orun gunnun so nopunde jirugi.	26	Right walking stance inner forearm circular	Orun gunnun sa annalmak dallimya makgi
Left low front snap kick, keeping the position of the hands as they were in 37.  Jeft walking stance middle punch.  Left walking stance middle reverse punch.  Perform 39 and 40 in a fast motion  Left walking stance x-knife-hand rising block.  Right walking stance kick, keeping the position of the hands as they were in 37].  Right walking stance X-knife-hand rising block.  Right walking stance knife-hand block, looking through the hands.  Right walking stance knife-hand block, looking through the hands.  Right walking stance knife-hand high reverse inward strike, bringing the right side fist in front of the left shoulder.  Left walking stance inner forearm circular block.  Left walking stance high punch.  Right low front snap kick, keeping the position of the hands as they were in 45.  Right walking stance middle punch.  Right walking stance middle reverse punch.  Perform 47 and 48 in a fast motion.  Right walking stance X-knife-hand rising block.  Sliding motion, right L-stance knife-hand low guarding block.  Left walking stance forearm middle guarding block.  Left walking stance inner forearm middle obverse outward block and knife-hand low reverse block.  Right L-stance middle side punch.  Corun niunja so kaunde yop jirugi.  Sliding motion, left L-stance knife-hand low	36	block.	Orun gunnun so anpannok dominyo makgi.
the hands as they were in 37.  139 Left walking stance middle punch.  40 Left walking stance middle reverse punch.  41 Left walking stance X-knife-hand rising block.  42 Right walking stance middle double arc-hand block, 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.  44 Left walking stance inner forearm circular block.  45 Left walking stance high punch.  46 Right walking stance inner forearm circular block.  47 Right walking stance middle punch.  48 Right walking stance middle punch.  49 Right walking stance middle punch.  40 Perform 47 and 48 in a fast motion.  40 Right walking stance ex-knife-hand rising block.  51 Jump, right L-stance knife-hand low guarding block.  52 Left walking stance inner forearm middle guarding block.  53 Left walking stance inner forearm middle guarding block.  54 Right L-stance middle punch.  55 Sliding motion, right L-stance knife-hand low reverse block.  56 Right L-stance middle side punch.  57 Right L-stance middle side punch.  58 Right walking stance middle guarding block.  59 Sliding motion, right L-stance knife-hand low reverse block.  50 Right L-stance middle side punch.  51 Right L-stance middle side punch.  52 Sliding motion, left L-stance knife-hand low [Sliding motion,] wen niunja so sonkal najunde bandae jirugi.  59 Right L-stance middle side punch.  50 Right L-stance middle side punch.  50 Perform 52 and 53 in a continuous motion.  51 Right L-stance knife-hand low [Sliding motion,] wen niunja so sonkal najunde sonkal najunde bandae jirugi.  51 Sliding motion, left L-stance knife-hand low [Sliding motion,] wen niunja so sonkal najunde bandae jirugi.	37	Right walking stance high punch.	- , -
the hands as they were in 37.  1 Left walking stance middle punch.  1 Left walking stance middle reverse punch.  1 Left walking stance X-knife-hand rising block.  1 Right walking stance middle double arc-hand block, looking through the hands.  1 Right walking stance knife-hand high reverse inward strike, bringing the right side fist in front of the left shoulder.  1 Left walking stance inner forearm circular block.  1 Right low front snap kick, keeping the position of the hands as they were in 45.  1 Right walking stance middle punch.  2 Right walking stance high punch.  3 Right walking stance high punch.  4 Left walking stance high punch.  4 Right walking stance middle reverse punch.  4 Right walking stance middle reverse punch.  5 Right walking stance K-knife-hand rising block.  5 Left walking stance k-knife-hand low  1 Left walking stance winder row the hands as they were in 45.  2 Left walking stance middle reverse punch.  3 Right walking stance middle guarding block.  5 Left walking stance k-knife-hand low guarding block.  5 Left walking stance inner forearm middle obverse outward block and knife-hand low reverse block.  5 Left walking stance inner forearm middle obverse outward block and knife-hand low reverse block.  5 Right L-stance middle side punch.  5 Right L-stance middle side punch.	38	Left low front snap kick, keeping the position of	Wen najunde apcha busigi, [keeping the position
40 Left walking stance middle reverse punch. Perform 39 and 40 in a fast motion  41 Left walking stance X-knife-hand rising block.  42 Right walking stance middle double arc-hand block, 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.  44 Left walking stance inner forearm circular block.  45 Left walking stance high punch.  46 Right low front snap kick, keeping the position of the hands as they were in 45.  47 Right walking stance middle punch.  48 Right walking stance middle reverse punch. Perform 47 and 48 in a fast motion.  49 Right walking stance X-knife-hand rising block.  50 Sliding motion, right L-stance knife-hand low guarding block.  51 Jump, right L-stance forearm middle guarding block.  52 Left walking stance inner forearm middle obverse outward block and knife-hand low reverse block.  53 Left walking stance high reverse punch. Perform 23 and 33 in a continuous motion.  54 Right L-stance middle side punch.  55 Sliding motion, left L-stance knife-hand low	30	the hands as they were in 37.	of the hands as they were in 37].
Perform 39 and 40 in a fast motion  41 Left walking stance X-knife-hand rising block. 42 Right walking stance middle double arc-hand block, 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. 44 Left walking stance inner forearm circular block. 45 Left walking stance high punch. 46 Right low front snap kick, keeping the position of the hands as they were in 45. 47 Right walking stance middle punch. 48 Right walking stance middle reverse punch. 49 Right walking stance middle reverse punch. 50 Sliding motion, right L-stance knife-hand low guarding block. 51 Jump, right L-stance forearm middle guarding block. 52 Left walking stance inner forearm middle obverse outward block and knife-hand low reverse block. 53 Left walking stance inher forearm middle obverse outward block and knife-hand low reverse block. 54 Right L-stance middle side punch. 55 Sliding motion, left L-stance knife-hand low 65 Right L-stance middle side punch. 66 Perform 52 and 53 in a continuous motion. 67 Right L-stance middle side punch. 68 Right L-stance middle side punch. 79 Perform 52 and 53 in a continuous motion. 70 Perform 52 and 53 in a continuous motion. 75 Sliding motion, left L-stance knife-hand low 70 Fun niunja so kaunde bandae jirugi. 70 Fun niunja so kaunde bandae jirugi. 70 Fun niunja so kaunde bandae makgi. 71 Perform 52 and 53 in a continuous motion. 75 Sliding motion, left L-stance knife-hand low	39	Left walking stance middle punch.	Wen gunnun so kaunde jirugi.
41 Left walking stance X-knife-hand rising block. 42 Right walking stance middle double arc-hand block, 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. 44 Left walking stance inner forearm circular block. 45 Left walking stance high punch. 46 Right low front snap kick, keeping the position of the hands as they were in 45. 47 Right walking stance middle punch. 48 Right walking stance middle punch. 49 Right walking stance X-knife-hand rising block. 50 Sliding motion, right L-stance knife-hand low guarding block. 51 Jump, right L-stance forearm middle guarding block. 52 Left walking stance inner forearm middle obverse outward block and knife-hand low reverse punch. 53 Left walking stance inner forearm middle obverse outward block and knife-hand low reverse punch. 54 Right L-stance middle side punch. 55 Sliding motion, left L-stance knife-hand low fall for the proform 52 and 53 in a continuous motion. 56 Right L-stance middle side punch. 57 Sliding motion, left L-stance knife-hand low fall for the proform 52 and 53 in a continuous motion. 58 Sliding motion, left L-stance knife-hand low fall for the proform 52 and 53 in a continuous motion. 59 Sliding motion, left L-stance knife-hand low fall for the proform 52 and 53 in a continuous motion. 50 Sliding motion, left L-stance knife-hand low fall for the proform 52 and 53 in a continuous motion. 50 Sliding motion, left L-stance knife-hand low for un niunja so kaunde yop jirugi. 50 Sliding motion, left L-stance knife-hand low for un niunja so sonkal najunde bandae makgi. 51 Sliding motion, left L-stance knife-hand low for un niunja so kaunde yop jirugi. 52 Sliding motion, left L-stance knife-hand low for un niunja so sonkal najunde handae makgi.	40	_	Wen gunnun so kaunde bandae jirugi.
Right walking stance middle double arc-hand block, looking through the hands.		Perform 39 and 40 in a fast motion	
block, looking through the hands.  Right walking stance knife-hand high reverse inward strike, bringing the right side fist in front of the left shoulder.  Left walking stance inner forearm circular block.  Left walking stance high punch.  Right low front snap kick, keeping the position of the hands as they were in 45.  Right walking stance middle punch.  Right walking stance middle punch.  Right walking stance middle reverse punch.  Perform 47 and 48 in a fast motion.  Sliding motion, right L-stance knife-hand low guarding block.  Jump, right L-stance forearm middle guarding block.  Left walking stance inner forearm middle obverse outward block and knife-hand low reverse block.  Right L-stance middle side punch.  Perform 52 and 53 in a continuous motion.  Right L-stance knife-hand low Sliding motion, left L-stance knife-hand low	41	Left walking stance X-knife-hand rising block.	Wen gunnun so kyocha sonkal chookyo makgi.
Block, looking through the hands.   Blooking through the hands.	42	Right walking stance middle double arc-hand	Orun gunnun so kaunde doo bandalson makgi,
inward strike, bringing the right side fist in front of the left shoulder.  Left walking stance inner forearm circular block.  Left walking stance high punch.  Wen gunnun so anpalmok dollimyo makgi.  Left walking stance high punch.  Wen gunnun so nopunde jirugi.  Orun najunde apcha busigi, [keeping the position of the hands as they were in 45.  Right walking stance middle punch.  Right walking stance middle reverse punch.  Perform 47 and 48 in a fast motion.  Right walking stance X-knife-hand rising block.  Sliding motion, right L-stance knife-hand low guarding block.  Jump, right L-stance forearm middle guarding block.  Left walking stance inner forearm middle obverse outward block and knife-hand low reverse block.  Left walking stance high reverse punch.  Perform 52 and 53 in a continuous motion.  Left L-stance knife-hand low  [Sliding motion,] wen niunja so sonkal najunde bandae jirugi.  Corun najunde handae jirugi.  Drun gunnun so kaunde bandae jirugi.  Silding motion, orun niunja so sonkal najunde daebi makgi.  Wen gunnun so anpalmok kaunde daebi makgi.  Wen gunnun so anpalmok kaunde baro bakuro makgi wa sonkal najunde bandae makgi.  Silding motion, left L-stance knife-hand low  [Sliding motion,] wen niunja so sonkal najunde	42	block, looking through the hands.	[looking through the hands].
of the left shoulder.  Left walking stance inner forearm circular block.  Wen gunnun so anpalmok dollimyo makgi.  Left walking stance high punch.  Wen gunnun so nopunde jirugi.  Orun najunde apcha busigi, [keeping the position of the hands as they were in 45.  Right walking stance middle punch.  Right walking stance middle punch.  Right walking stance middle reverse punch.  Perform 47 and 48 in a fast motion.  Sliding motion, right L-stance knife-hand low guarding block.  Jump, right L-stance forearm middle guarding block.  Left walking stance inner forearm middle obverse outward block and knife-hand low reverse block.  Left walking stance high reverse punch.  Perform 52 and 53 in a continuous motion.  left shoulder].  Wen gunnun so anpalmok dollimyo makgi.  Orun najunde apcha busigi, [keeping the position of the hands as they were in 45].  Orun gunnun so kaunde jirugi.  Orun gunnun so kaunde bandae jirugi.  Orun gunnun so kyocha sonkal chookyo makgi.  [Sliding motion,] orun niunja so sonkal najunde daebi makgi.  Twigi, orun niunja so palmok kaunde daebi makgi.  Wen gunnun so anpalmok kaunde baro bakuro makgi wa sonkal najunde bandae makgi.  Wen gunnun so nopunde bandae jirugi.  Perform 52 and 53 in a continuous motion.  Right L-stance middle side punch.  Sliding motion, left L-stance knife-hand low  Sliding motion,] wen niunja so sonkal najunde		Right walking stance knife-hand high reverse	Orun gunnun so sonkal nopunde bandae anuro
44 Left walking stance inner forearm circular block. 45 Left walking stance high punch. 46 Right low front snap kick, keeping the position of the hands as they were in 45. 47 Right walking stance middle punch. 48 Right walking stance middle reverse punch. 49 Perform 47 and 48 in a fast motion. 49 Right walking stance X-knife-hand rising block. 50 Sliding motion, right L-stance knife-hand low guarding block. 51 Jump, right L-stance forearm middle guarding block. 52 Left walking stance inner forearm middle obverse outward block and knife-hand low reverse block. 53 Left walking stance high reverse punch. 54 Right L-stance middle side punch. 55 Sliding motion, left L-stance knife-hand low	43	inward strike, bringing the right side fist in front	taerigi, [bringing the right side fist in front of the
45 Left walking stance high punch. 46 Right low front snap kick, keeping the position of the hands as they were in 45. 47 Right walking stance middle punch. 48 Right walking stance middle reverse punch. 49 Right walking stance X-knife-hand rising block. 50 Sliding motion, right L-stance knife-hand low guarding block. 51 Jump, right L-stance forearm middle guarding block. 52 Left walking stance inner forearm middle obverse outward block and knife-hand low reverse plock. 53 Left walking stance high reverse punch. 54 Right L-stance middle side punch. 55 Sliding motion, left L-stance knife-hand low [Sliding motion,] orun niunja so sonkal najunde daebi makgi. 56 Wen gunnun so anpalmok kaunde daebi makgi. 57 Wen gunnun so anpalmok kaunde baro bakuro makgi wa sonkal najunde bandae makgi. 58 Ven gunnun so nopunde bandae makgi. 59 Ven gunnun so nopunde bandae jirugi. 50 Ven gunnun so anpalmok kaunde baro bakuro makgi wa sonkal najunde bandae makgi. 50 Ven gunnun so nopunde bandae makgi. 51 Ven gunnun so nopunde bandae jirugi. 52 Ven gunnun so nopunde bandae jirugi. 53 Ven gunnun so nopunde bandae jirugi. 54 Right L-stance middle side punch. 55 Sliding motion, left L-stance knife-hand low [Sliding motion,] wen niunja so sonkal najunde		of the left shoulder.	left shoulder].
Right low front snap kick, keeping the position of the hands as they were in 45.  Right walking stance middle punch.  Right walking stance middle punch.  Right walking stance middle reverse punch.  Perform 47 and 48 in a fast motion.  Right walking stance X-knife-hand rising block.  Sliding motion, right L-stance knife-hand low guarding block.  Jump, right L-stance forearm middle guarding block.  Left walking stance inner forearm middle obverse outward block and knife-hand low reverse block.  Left walking stance high reverse punch.  Wen gunnun so kyocha sonkal chookyo makgi.  Sliding motion, orun niunja so sonkal najunde daebi makgi.  Wen gunnun so anpalmok kaunde baro bakuro makgi wa sonkal najunde bandae makgi.  Wen gunnun so nopunde bandae makgi.  Perform 52 and 53 in a continuous motion.  Right L-stance middle side punch.  Sliding motion, left L-stance knife-hand low  [Sliding motion,] wen niunja so sonkal najunde	44	Left walking stance inner forearm circular block.	Wen gunnun so anpalmok dollimyo makgi.
the hands as they were in 45.  47 Right walking stance middle punch.  48 Right walking stance middle reverse punch.  49 Perform 47 and 48 in a fast motion.  49 Sliding motion, right L-stance knife-hand low guarding block.  50 Jump, right L-stance forearm middle guarding block.  51 Left walking stance inner forearm middle obverse outward block and knife-hand low reverse block.  52 Left walking stance high reverse punch.  53 Left walking stance high reverse punch.  54 Right L-stance middle side punch.  55 Sliding motion, left L-stance knife-hand low  [Sliding motion,] orun niunja so sonkal najunde daebi makgi.  Wen gunnun so anpalmok kaunde baro bakuro makgi wa sonkal najunde bandae makgi.  Wen gunnun so nopunde bandae jirugi.  Ferform 52 and 53 in a continuous motion.  54 Right L-stance middle side punch.  55 Sliding motion, left L-stance knife-hand low  [Sliding motion,] wen niunja so sonkal najunde	45	Left walking stance high punch.	Wen gunnun so nopunde jirugi.
the hands as they were in 45.  Right walking stance middle punch.  Right walking stance middle reverse punch.  Perform 47 and 48 in a fast motion.  Right walking stance X-knife-hand rising block.  Sliding motion, right L-stance knife-hand low guarding block.  Jump, right L-stance forearm middle guarding block.  Left walking stance inner forearm middle obverse outward block and knife-hand low reverse block.  Left walking stance high reverse punch.  Perform 52 and 53 in a continuous motion.  Sliding motion, left L-stance knife-hand low  [Sliding motion,] orun niunja so sonkal najunde daebi makgi.  Wen gunnun so anpalmok kaunde baro bakuro makgi wa sonkal najunde bandae makgi.  Wen gunnun so nopunde bandae jirugi.  Sliding motion, left L-stance knife-hand low  [Sliding motion,] wen niunja so sonkal najunde	16	Right low front snap kick, keeping the position of	Orun najunde apcha busigi, [keeping the position
Right walking stance middle reverse punch.   Orun gunnun so kaunde bandae jirugi.	40	the hands as they were in 45.	of the hands as they were in 45].
Perform 47 and 48 in a fast motion.  Right walking stance X-knife-hand rising block.  Sliding motion, right L-stance knife-hand low guarding block.  Jump, right L-stance forearm middle guarding block.  Left walking stance inner forearm middle obverse outward block and knife-hand low reverse block.  Left walking stance high reverse punch.  Perform 52 and 53 in a continuous motion.  Right L-stance knife-hand low  Sliding motion, left L-stance knife-hand low  [Sliding motion,] wen niunja so sonkal najunde  Sliding motion,] wen niunja so sonkal najunde	47	Right walking stance middle punch.	Orun gunnun so kaunde jirugi.
Right walking stance X-knife-hand rising block.  Sliding motion, right L-stance knife-hand low guarding block.  Jump, right L-stance forearm middle guarding block.  Left walking stance inner forearm middle obverse outward block and knife-hand low reverse block.  Left walking stance high reverse punch.  Perform 52 and 53 in a continuous motion.  Right L-stance knife-hand low  Sliding motion, left L-stance knife-hand low  [Sliding motion,] wen niunja so sonkal najunde  Sliding motion,] wen niunja so sonkal najunde	48	Right walking stance middle reverse punch.	Orun gunnun so kaunde bandae jirugi.
Sliding motion, right L-stance knife-hand low guarding block.  Jump, right L-stance forearm middle guarding block.  Left walking stance inner forearm middle obverse outward block and knife-hand low reverse block.  Left walking stance high reverse punch.  Perform 52 and 53 in a continuous motion.  Right L-stance middle side punch.  Sliding motion,] orun niunja so sonkal najunde daebi makgi.  Twigi, orun niunja so palmok kaunde daebi makgi.  Wen gunnun so anpalmok kaunde baro bakuro makgi wa sonkal najunde bandae makgi.  Wen gunnun so nopunde bandae jirugi.  Orun niunja so kaunde yop jirugi.  Sliding motion, left L-stance knife-hand low  [Sliding motion,] wen niunja so sonkal najunde		Perform 47 and 48 in a fast motion.	
guarding block.  Jump, right L-stance forearm middle guarding block.  Left walking stance inner forearm middle obverse outward block and knife-hand low reverse block.  Left walking stance high reverse punch.  Perform 52 and 53 in a continuous motion.  Right L-stance middle side punch.  Sliding motion, left L-stance knife-hand low  [Sliding motion,] wen niunja so sonkal najunde	49	Right walking stance X-knife-hand rising block.	Orun gunnun so kyocha sonkal chookyo makgi.
guarding block.  Jump, right L-stance forearm middle guarding block.  Left walking stance inner forearm middle obverse outward block and knife-hand low reverse block.  Left walking stance high reverse punch.  Perform 52 and 53 in a continuous motion.  Right L-stance middle side punch.  Sliding motion, left L-stance knife-hand low  [Sliding motion,] wen niunja so sonkal najunde	50	Sliding motion, right L-stance knife-hand low	[Sliding motion,] orun niunja so sonkal najunde
block. makgi.  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.  Left walking stance high reverse punch. Wen gunnun so nopunde bandae jirugi.  Perform 52 and 53 in a continuous motion.  Right L-stance middle side punch. Orun niunja so kaunde yop jirugi.  Sliding motion, left L-stance knife-hand low [Sliding motion,] wen niunja so sonkal najunde	30	guarding block.	daebi makgi.
block. makgi.  Left walking stance inner forearm middle obverse outward block and knife-hand low reverse block.  Left walking stance high reverse punch. Wen gunnun so nopunde bandae makgi.  Perform 52 and 53 in a continuous motion.  Right L-stance middle side punch. Orun niunja so kaunde yop jirugi.  Sliding motion, left L-stance knife-hand low [Sliding motion,] wen niunja so sonkal najunde	51	Jump, right L-stance forearm middle guarding	Twigi, orun niunja so palmok kaunde daebi
outward block and knife-hand low reverse block. makgi wa sonkal najunde bandae makgi.  Left walking stance high reverse punch. Wen gunnun so nopunde bandae jirugi.  Perform 52 and 53 in a continuous motion.  Right L-stance middle side punch. Orun niunja so kaunde yop jirugi.  Sliding motion, left L-stance knife-hand low [Sliding motion,] wen niunja so sonkal najunde	31	block.	makgi.
outward block and knife-hand low reverse block. 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.  Sliding motion, left L-stance knife-hand low [Sliding motion,] wen niunja so sonkal najunde	52	Left walking stance inner forearm middle obverse	Wen gunnun so anpalmok kaunde baro bakuro
Perform 52 and 53 in a continuous motion.  54 Right L-stance middle side punch.  Sliding motion, left L-stance knife-hand low  [Sliding motion,] wen niunja so sonkal najunde	32	outward block and knife-hand low reverse block.	makgi wa sonkal najunde bandae makgi.
54 Right L-stance middle side punch.  Orun niunja so kaunde yop jirugi.  Sliding motion, left L-stance knife-hand low  [Sliding motion,] wen niunja so sonkal najunde	53	Left walking stance high reverse punch.	Wen gunnun so nopunde bandae jirugi.
Sliding motion, left L-stance knife-hand low [Sliding motion,] wen niunja so sonkal najunde		Perform 52 and 53 in a continuous motion.	
	54	Right L-stance middle side punch.	Orun niunja so kaunde yop jirugi.
guarding block. daebi makgi.	55	Sliding motion, left L-stance knife-hand low	[Sliding motion,] wen niunja so sonkal najunde
	55	guarding block.	daebi makgi.



56	Jump, left L-stance forearm middle guarding	Twigi, wen niunja so palmok kaunde daebi
50	block.	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	



**Pattern: Se-Jong** 

Moves: 24

**Ready Position:** 

Moa chunbi sogi B¦ Close ready stance B



## Technique

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



	pulling the left reverse footsword to the right	[pulling the left reverse footsword to the right
	knee joint.	knee joint].
20	Right walking stance palm obverse pressing	Orun gunnun so sonbadak baro noollo makgi.
	block. Perform in a slow motion.	[Perform in a slow motion.]
21	Right one-leg stance back forearm obverse strike,	Orun waebal so dungpalmok baro taerigi,
	striking the left palm, pulling the left instep to the	[striking the left palm, pulling the left instep to
	hollow of the right leg.	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	