

PATTERN SAM-IL

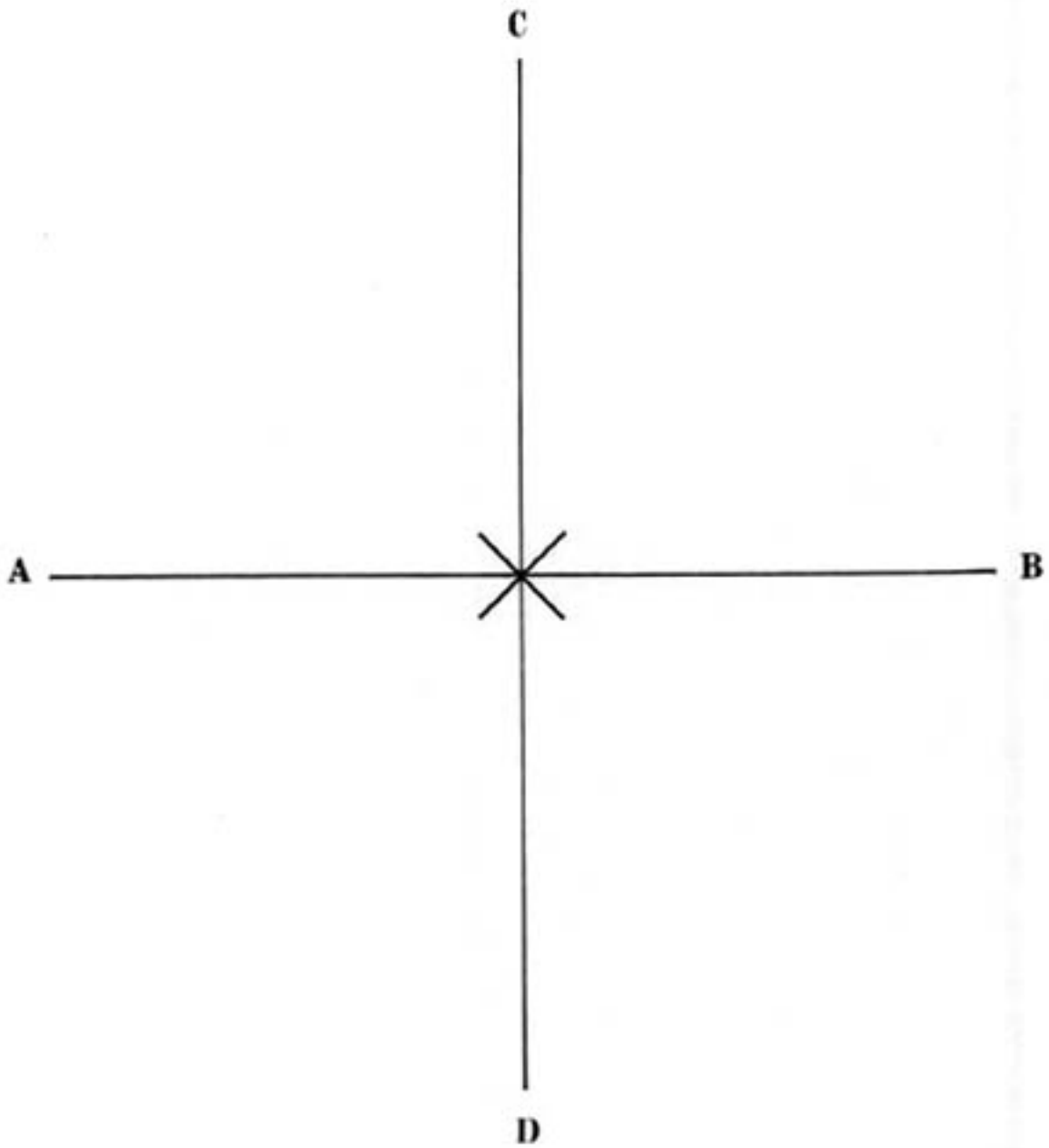
This pattern is practised by the 3rd degree.

DIAGRAM: 

MOVEMENTS: 33

READY POSTURE: CLOSE READY STANCE C

DIAGRAM (*Yon Moo Son*)



Ready Posture (*Junbi Jase*)



Close ready stance C toward D.



1. Slide to D, forming a right L-stance toward D while executing a middle guarding block to D with the forearm.



Right L-stance forearm middle guarding block toward D.



Previous Posture



Application



Top View

2. Move the right foot to D, forming a right walking stance toward D while executing a high block to D with a right double forearm.



Right walking stance double forearm high block toward D.

Previous Posture



Application



Side View

3. Move the left foot to D, forming a left walking stance toward D while executing a high side block to D with the right knife-hand and bringing the left palm on the right back forearm.



Left walking stance knife-hand
high side block toward D.

Previous Posture



Application



Side View



4. Execute a middle twisting kick to A with the right foot, keeping the position of the hands as they were in 3.



Middle twisting kick to A with the right foot.



Previous Posture



Application



Side View

5. Lower the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.



Right walking stance middle punch with the right fist toward.

Previous Posture



Side View

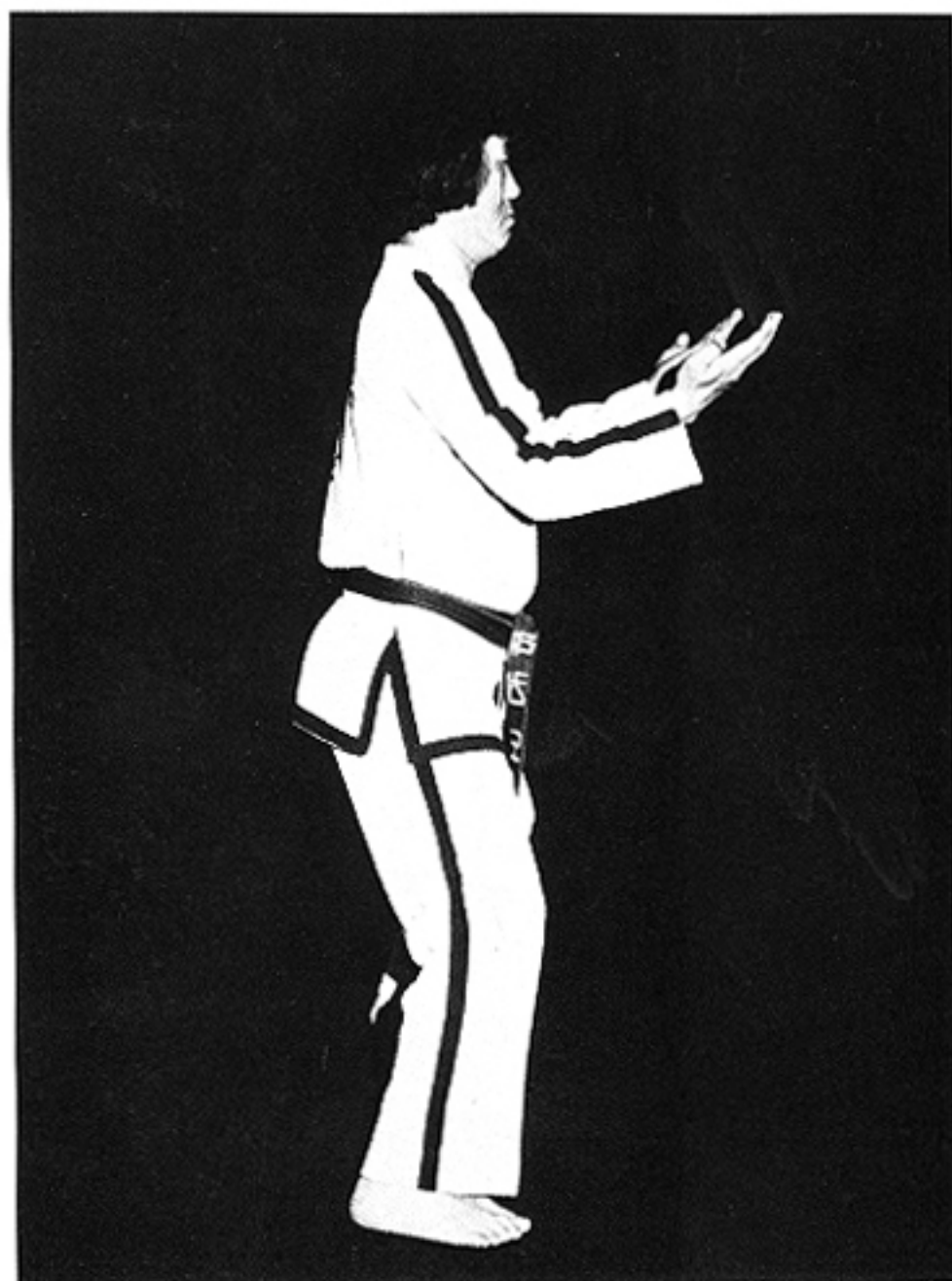


Application



Side View

6. Move the right foot on line CD to form a sitting stance toward B while executing a middle wedging block with a reverse knife-hand.

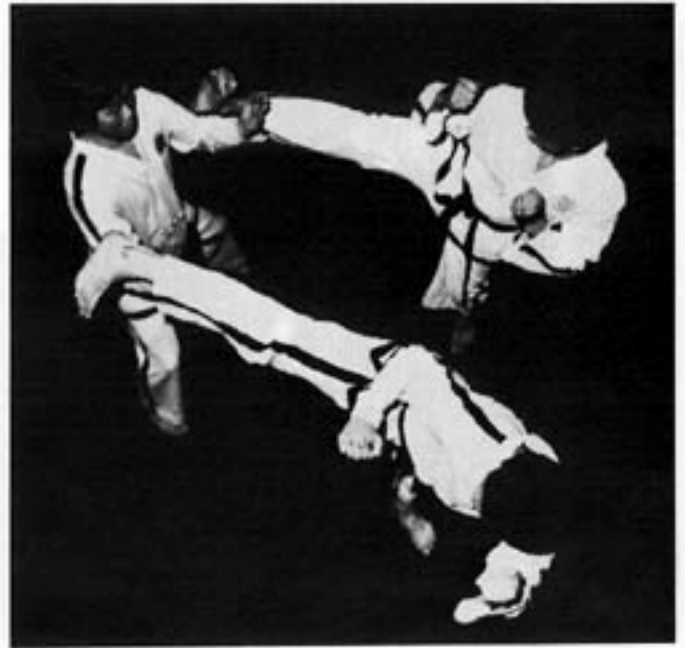


Sitting stance toward B with a reverse knife-hand middle wedging block.

Previous Posture



Application



Top View

Keep the right heel slightly off the ground with both back fists faced upward.



Front View

7. Execute a low thrust to C with a right upset fingertip while forming a left walking stance toward C, pivoting with the right foot.



Left walking stance low thrust with the right upset fingertip toward C.

Application



Side View

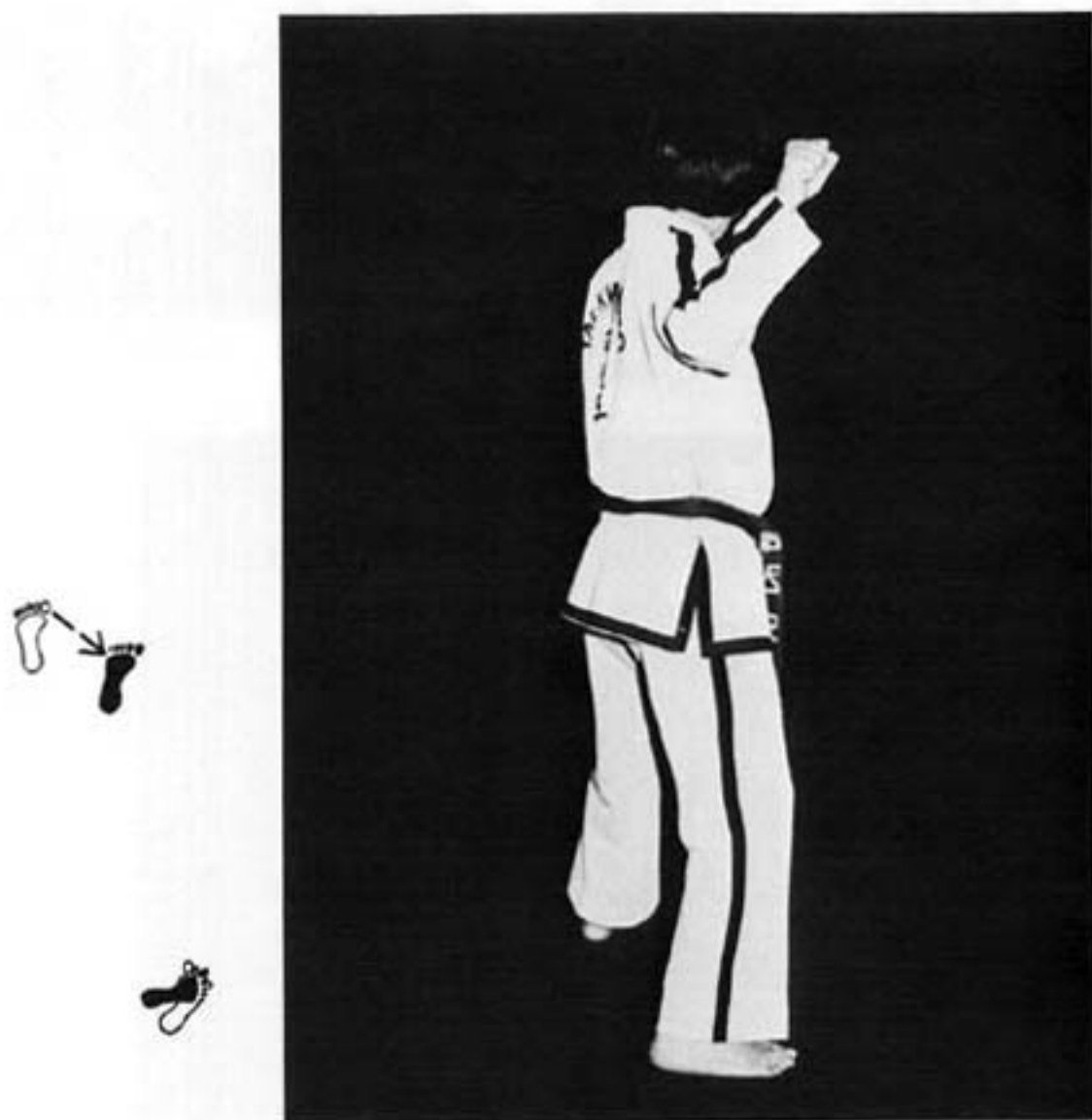
Previous Posture



Other View



8. Execute a high block to D with the right outer forearm and a low block to C with the left forearm while forming a right L-stance toward C pulling the left foot.



Right L-stance toward C with a right forearm outward block to C and a left forearm low block to D.

Application



Previous Posture



Side View



Other View



9. Move the right foot to C to form a sitting stance toward A while executing a middle wedging block with a reverse knife-hand.



Sitting stance toward A with a reverse knife-hand middle wedging block.

Previous Posture



**Keep both back fists
faced upward.**



Other View



Front View

10. Execute a low punch to C with the right double fist while forming a left L-stance toward C, pulling the right foot.



Left L-stance low punch with the right double fist toward C.



Application



Top View

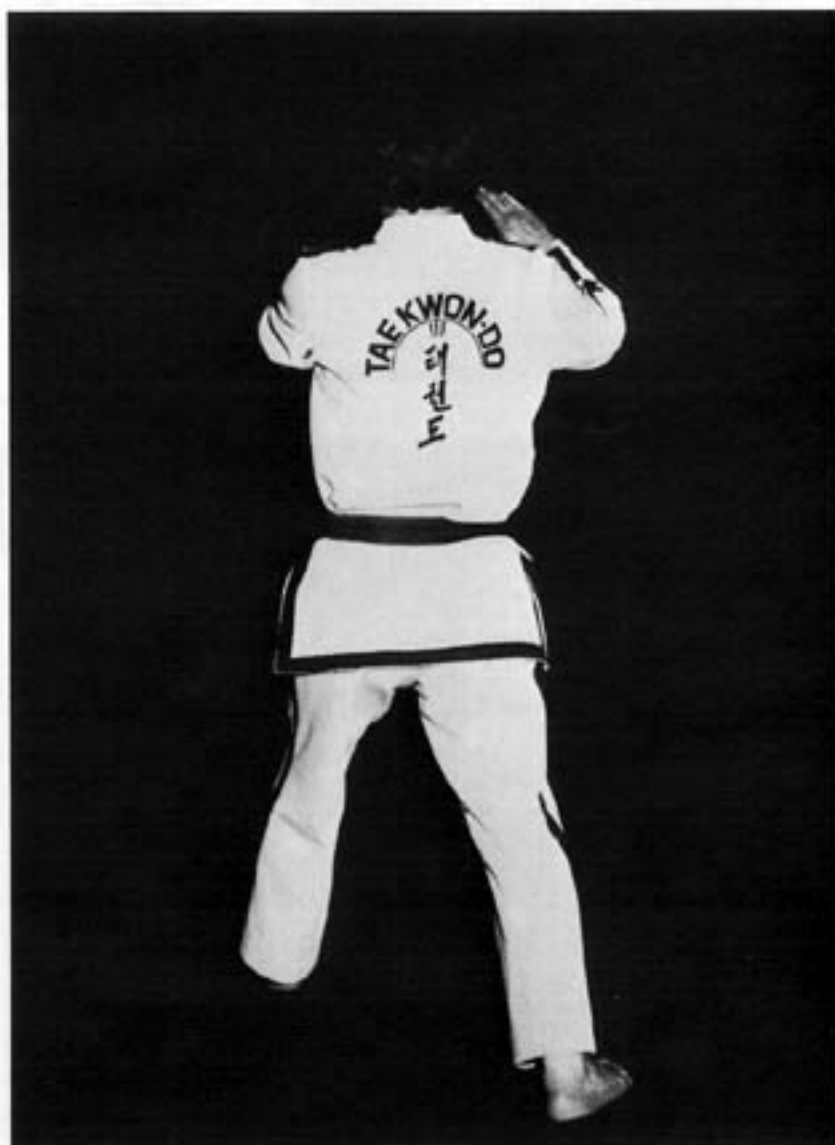
Previous Posture



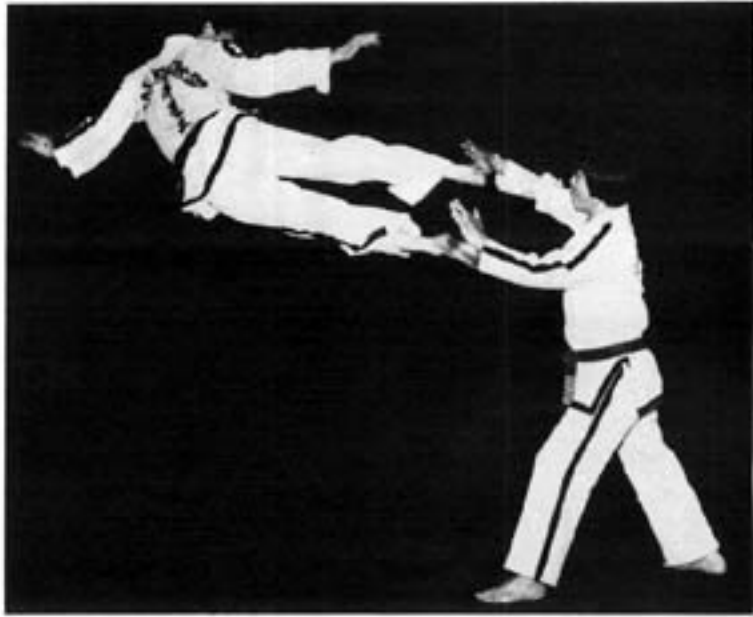
Other View



11. Move the left foot to C, forming a left walking stance toward C while executing a high block toward BC with a double arc-hand and looking through it.



Left walking stance toward C with double arc-hand high block to BC.



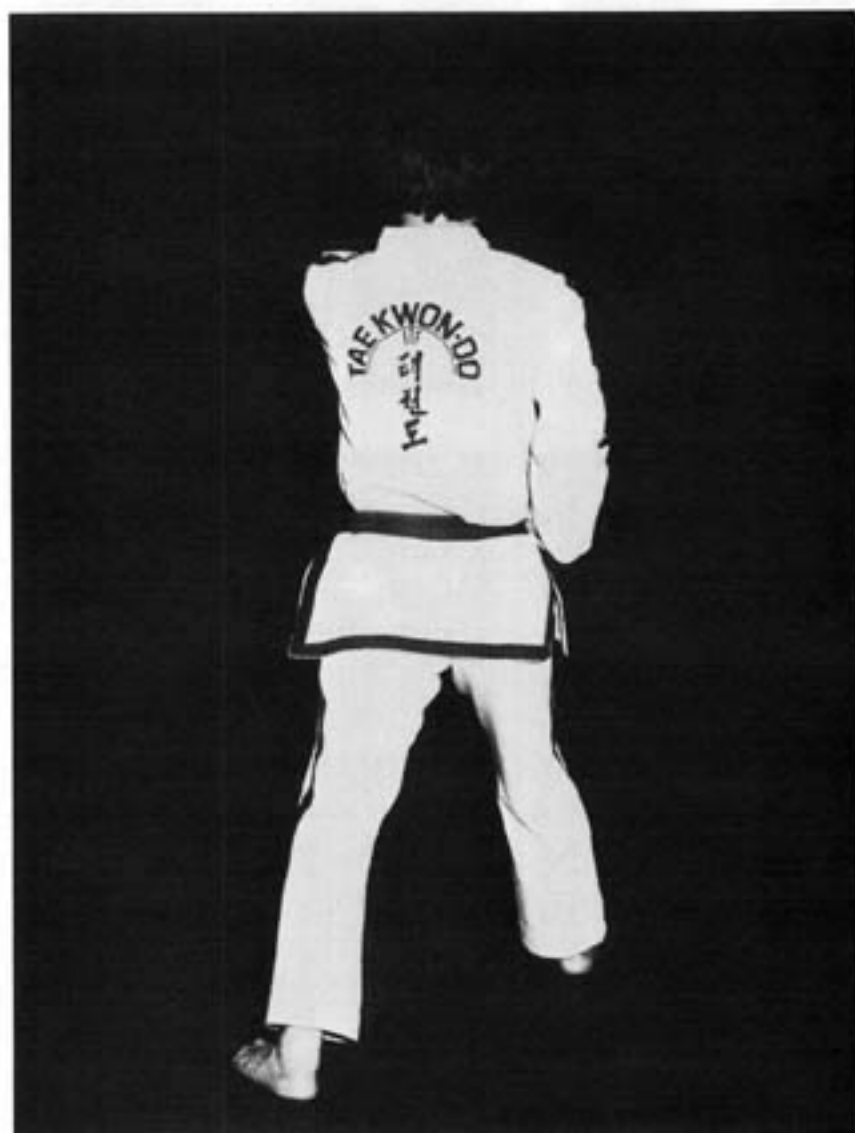
Previous Posture



Other View



12. Move the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the left fist.



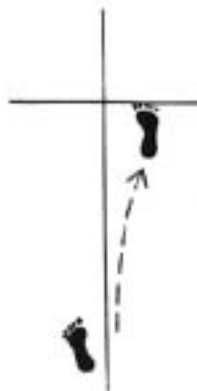
Right walking stance middle punch with the left fist toward C.

Application



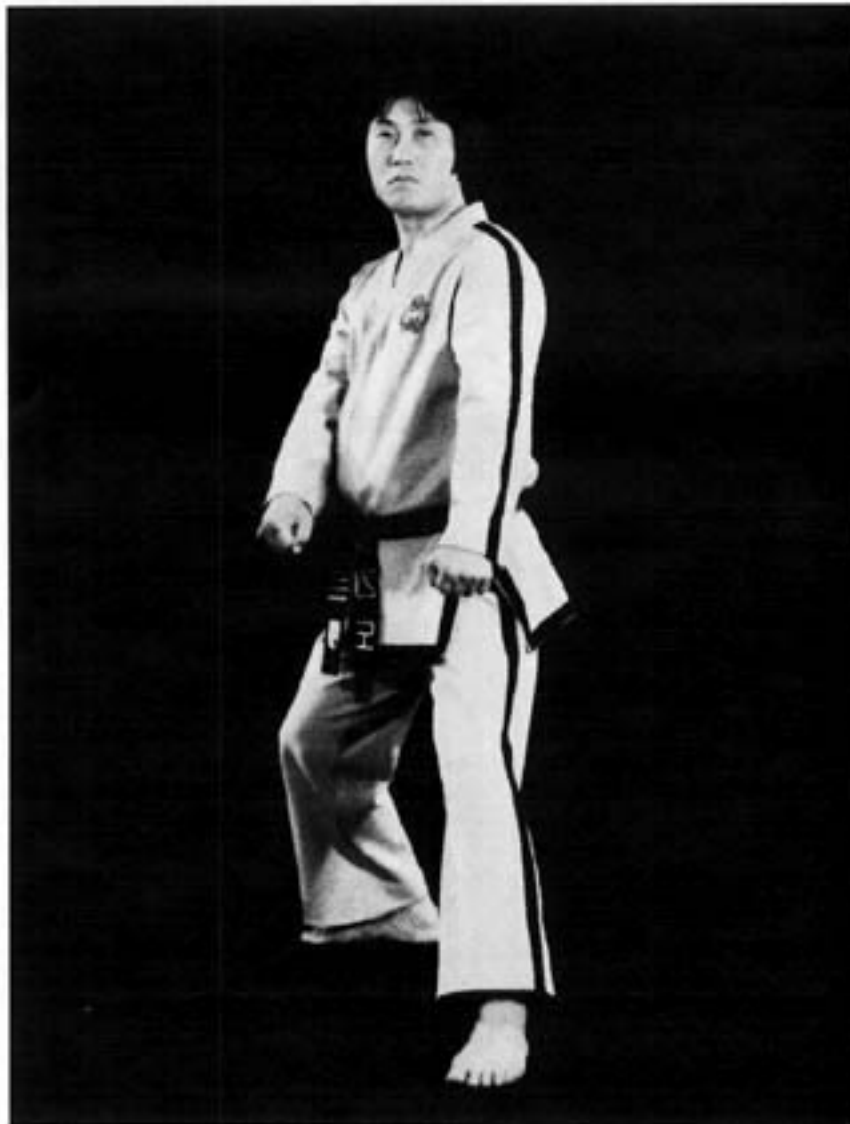
Top View

Previous Posture



Side View

13. Move the right foot on line CD to form a right L-stance toward D while executing a low punch to D with the left double fist.



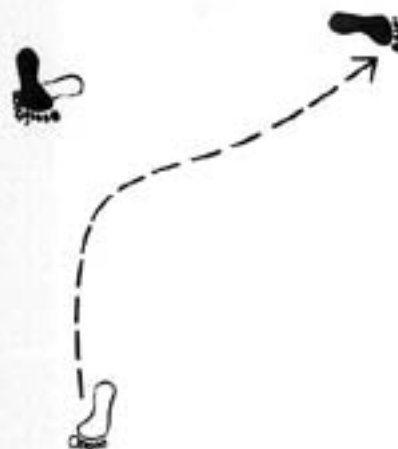
Right L-stance low punch with the left double fist toward D.

Previous Posture



Side View

14. Move the left foot to B forming a right L-stance toward B while executing a high guarding block to B with a reverse knife-hand.

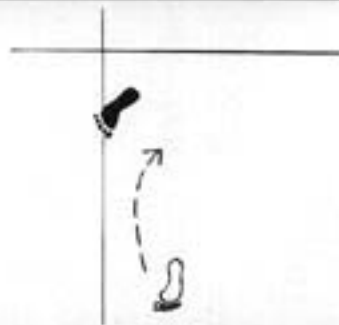


Right L-stance high guarding block with a reverse knife-hand toward B.

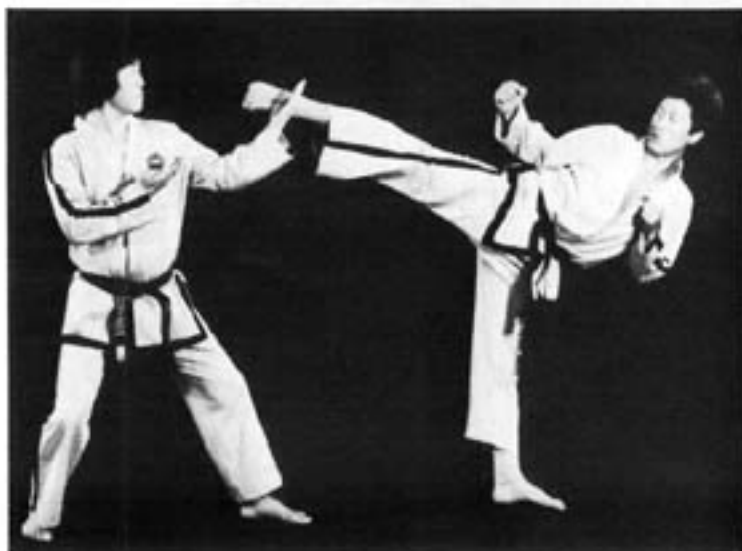
Top View



Previous Posture



Application



15. Execute a U-shape block to B while forming a left fixed stance toward B, slipping the left foot.



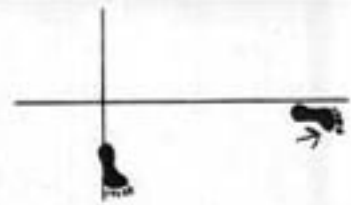
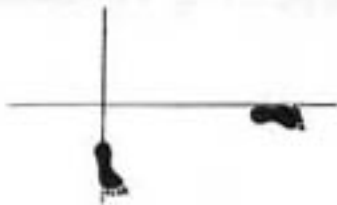
Left fixed stance U-shape block toward B.



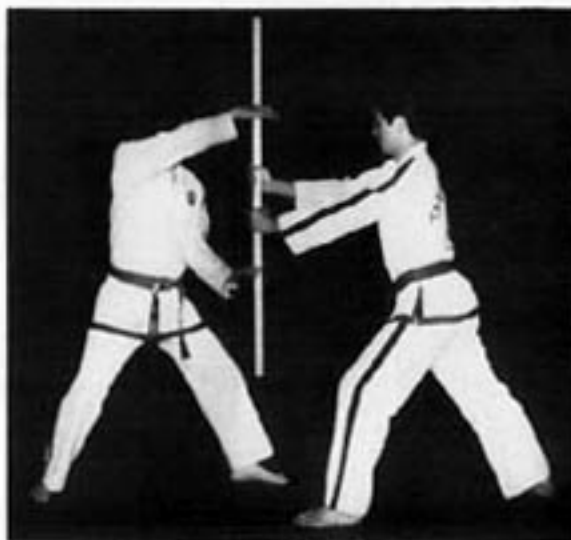
Front View



Previous Posture



Application



Top View

16. Execute a sweeping kick to B with the right side sole, and then lower it to B forming a right fixed stance toward B while executing a U-shape block to B.



Sweeping kick to B with the right foot.



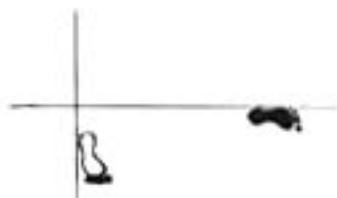
Right fixed stance U-shape block toward B.



Previous Posture



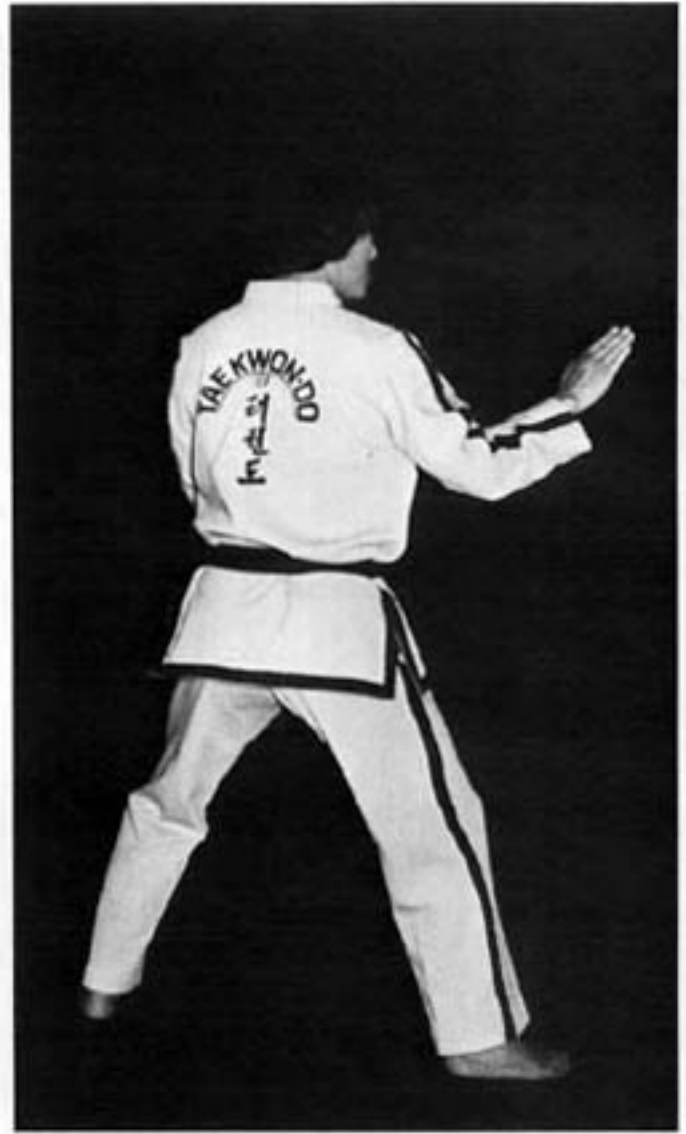
Front View



17. Jump and spin counter-clockwise, landing on the same spot to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand.



Jumping and spinning counter-clockwise.



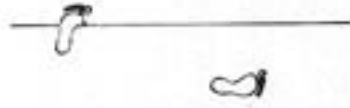
Left L-stance middle guarding block with a knife-hand toward B.



Front View



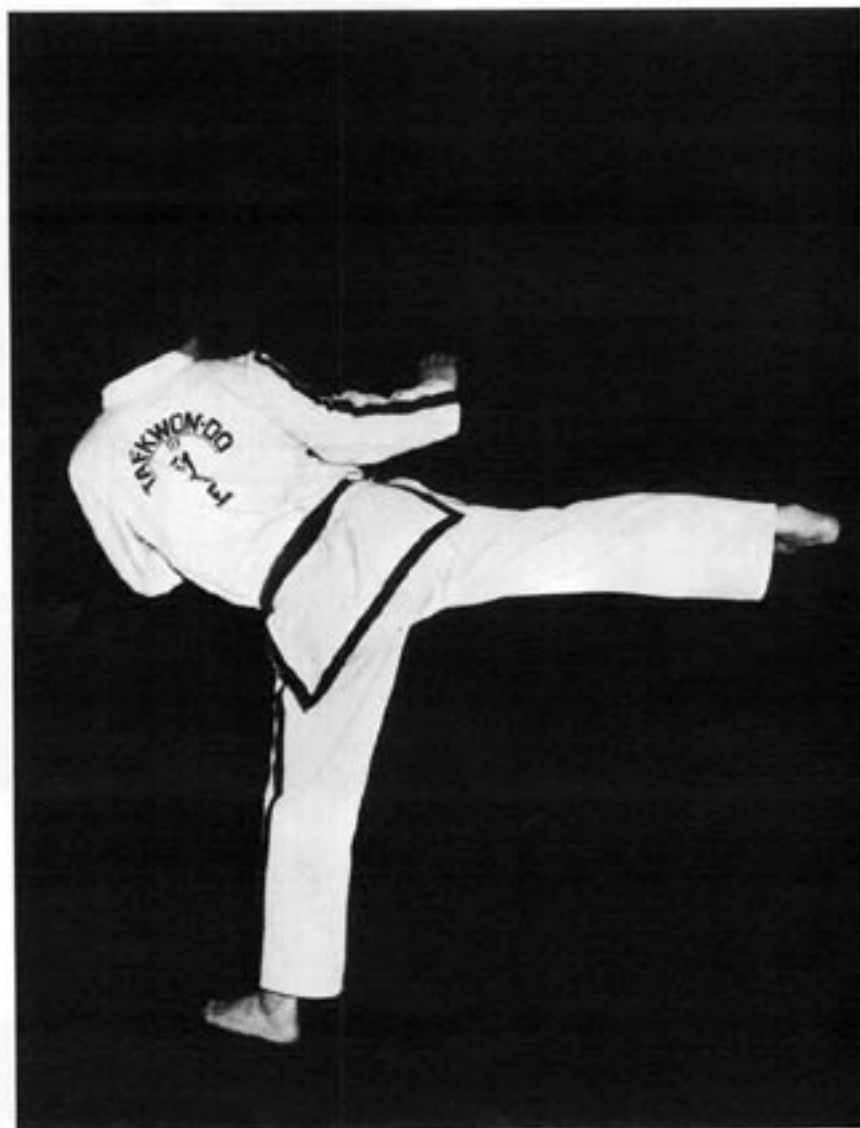
Previous Posture



Application



18. Execute a middle side piercing kick to B with the right foot while forming a knife-hand guarding block.



Middle side piercing kick to B with the right foot.

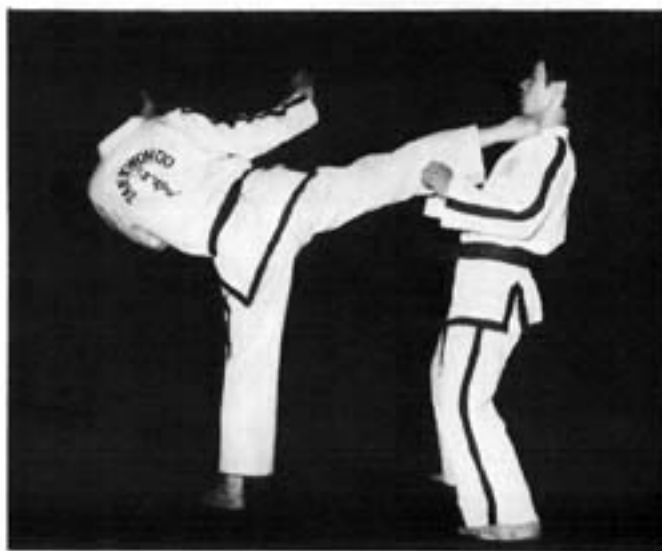


Front View

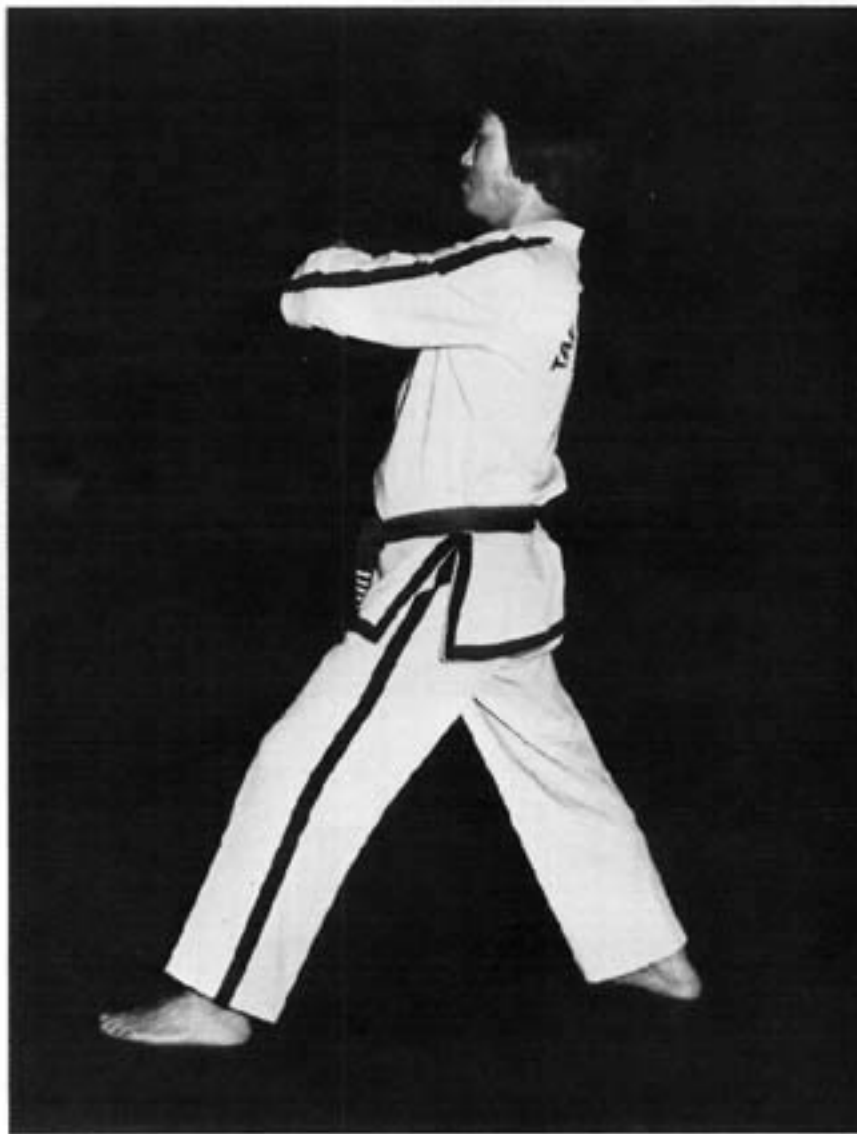
Previous Posture



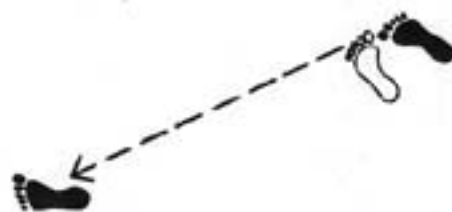
Application



19. Lower the right foot to the left foot, and then move the left foot to A forming a left walking stance toward A while striking the left palm with the right front elbow.

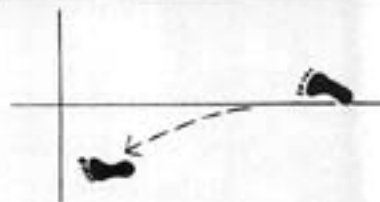


Walking stance toward A with a right front elbow strike.

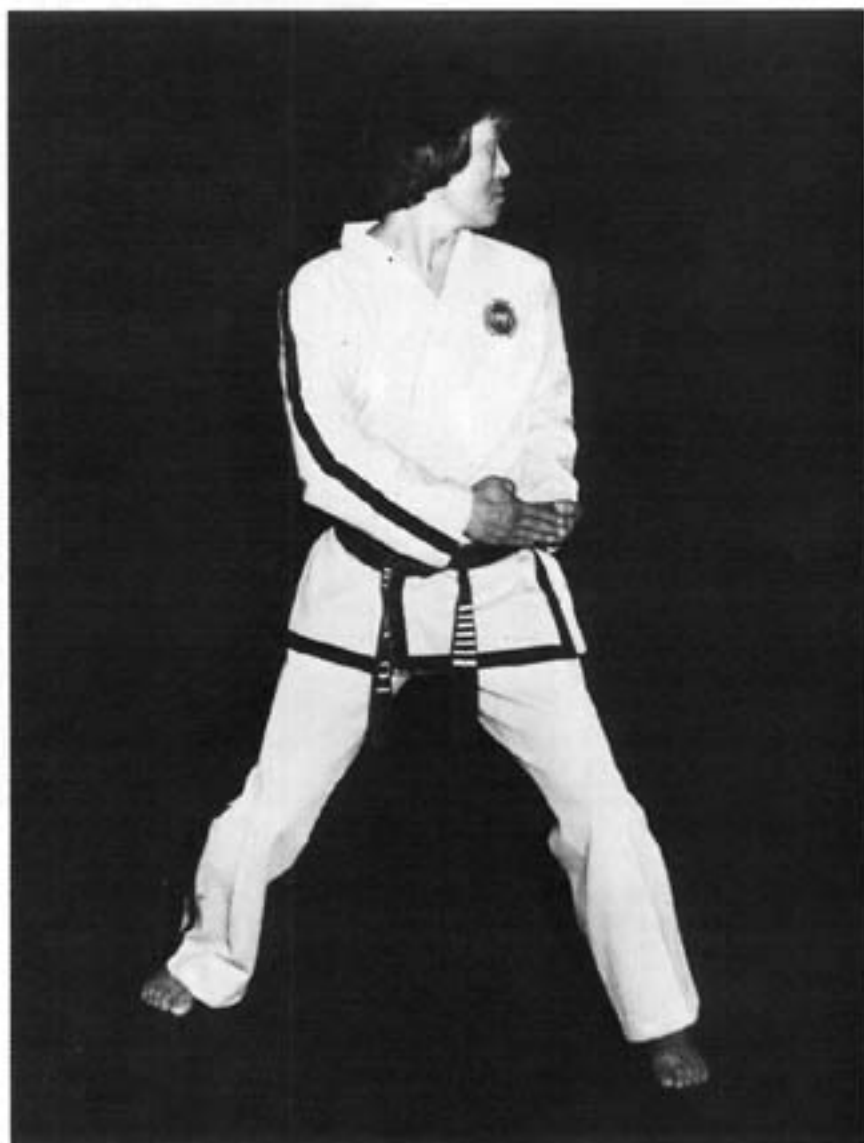


Previous Posture

Front View



- 20. Move the right foot to A, turning counter-clockwise to form a left diagonal stance toward D at the same time thrusting to C with the left back elbow supporting the left forefist with the right palm and turning the face to C.**



Left diagonal stance toward D with a left back elbow thrust to C.



Application



Side View

Side View



Previous Posture



21. Execute a pressing block with an X-fist while forming a right walking stance toward AD.

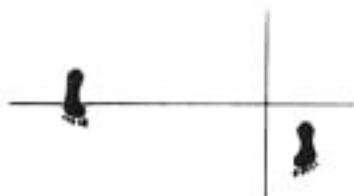


Walking stance toward AD with an X-fist pressing block.

Previous Posture



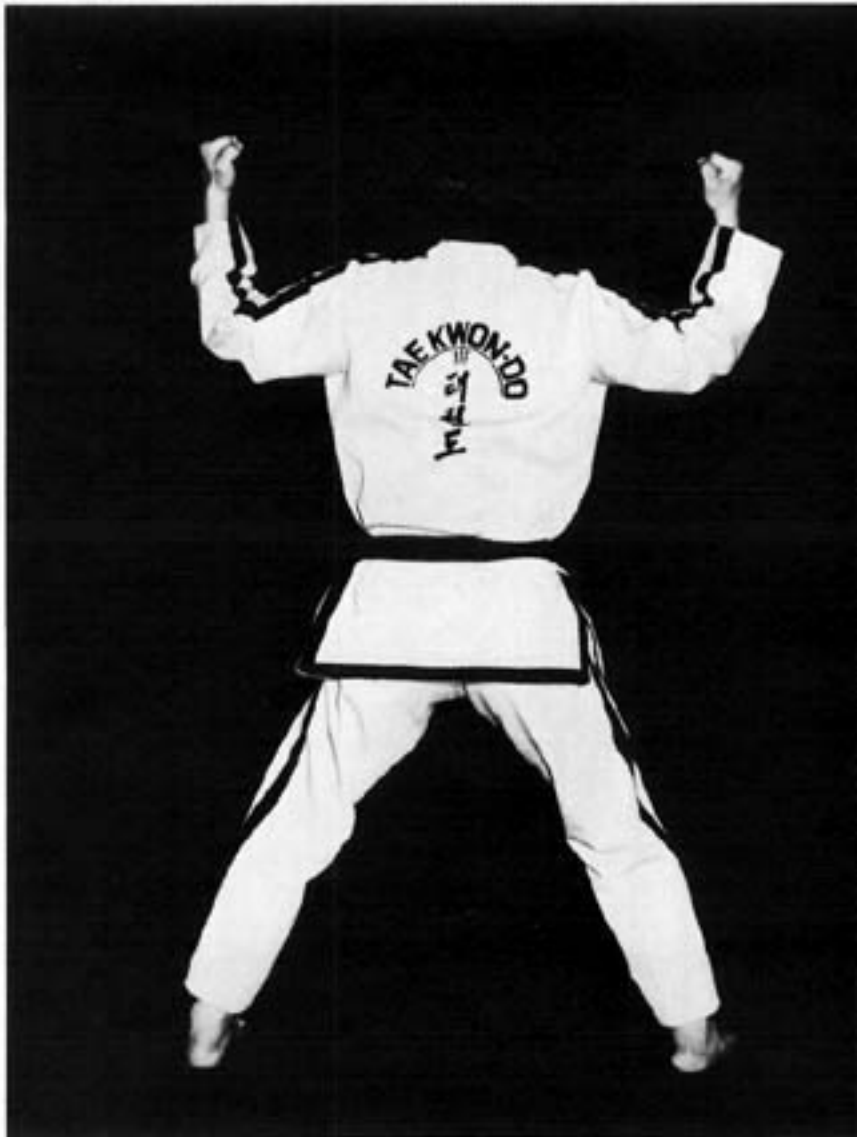
Keep both heels slightly off the ground.



Application



22. Move the left foot to A in a stamping motion to form a sitting stance toward C while executing a W-shape block with the outer forearm.



Sitting stance toward C with a
outer forearm W-shape block.



Application

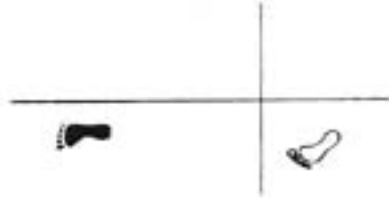
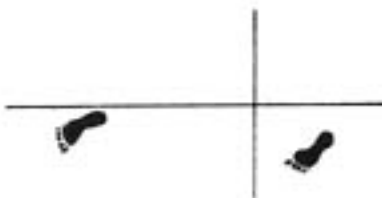


Top View

Side View



Previous Posture



23. Execute a middle side piercing kick to A with the left foot while forming a forearm guarding block.



Middle side piercing kick to A with the left foot.

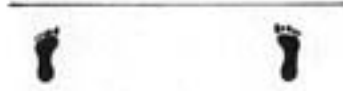
Previous Posture



Other View



Application



24. Lower the left foot to A, forming a left L-stance toward B while executing a low guarding block to B with a knife-hand.



Left L-stance low guarding block with a knife-hand toward B.

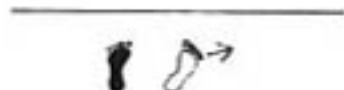
Previous Posture



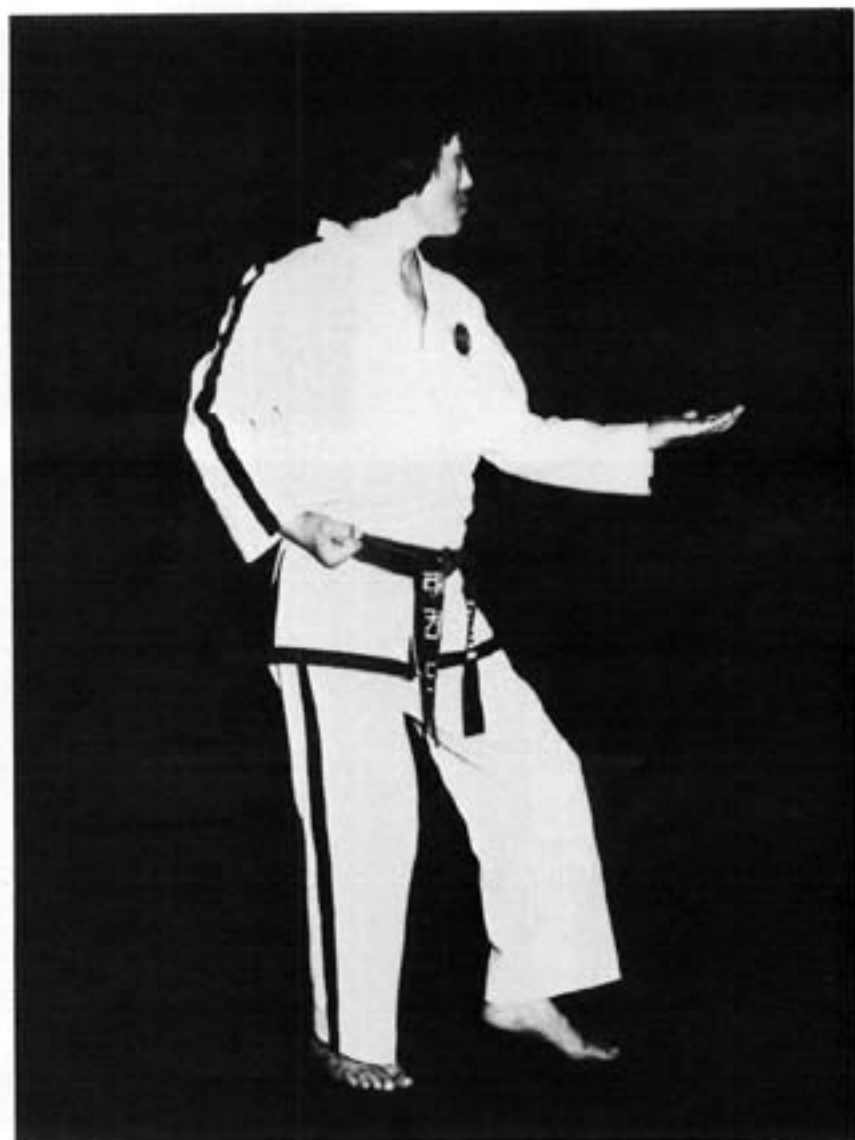
Front View



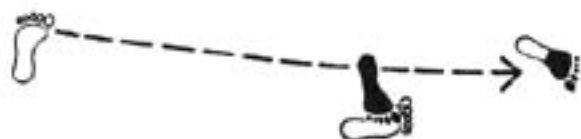
Keep the left heel slightly off the ground.



25. Move the left foot to B, forming a right rear foot stance toward B while executing an upward block with a left palm.



Right rear foot stance toward B with a left palm upward block.



Previous Posture



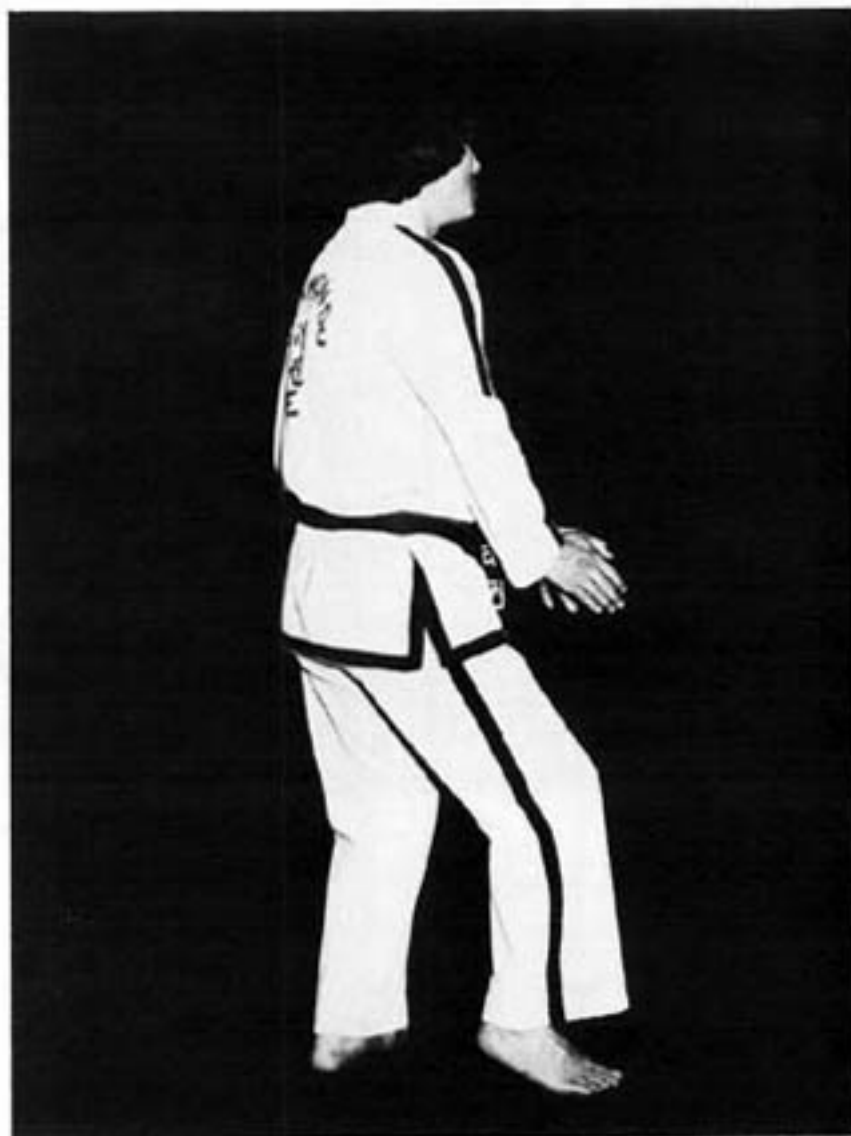
Front View



Application



26. Move the right foot to B, forming a left rear foot stance toward B while executing a pressing block with a twin palm.



Left rear foot stance toward B with a twin palm pressing block.

Application

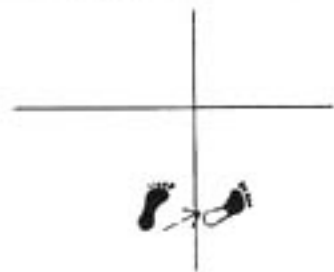
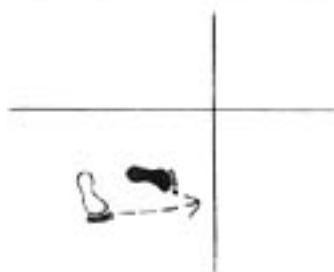
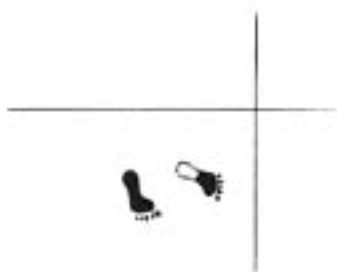


Front View



Other View

Previous Posture



27. Move the left foot to C in a stamping motion to form a left walking stance toward C while executing an upset punch to C with a twin fist.



Left walking stance upset punch
with a twin fist toward C.

Application

Previous Posture



Other View



28. Move the right foot to C, forming a left L-stance toward C while executing a low block to C with the right forearm, pulling the left fist under the left armpit.



Left L-stance low block with the right forearm toward C.

Previous Posture



Application



Side View



Other View



29. Execute a middle punch to C with the left fist while maintaining the left L-stance toward C, bringing the right fist over the left shoulder.



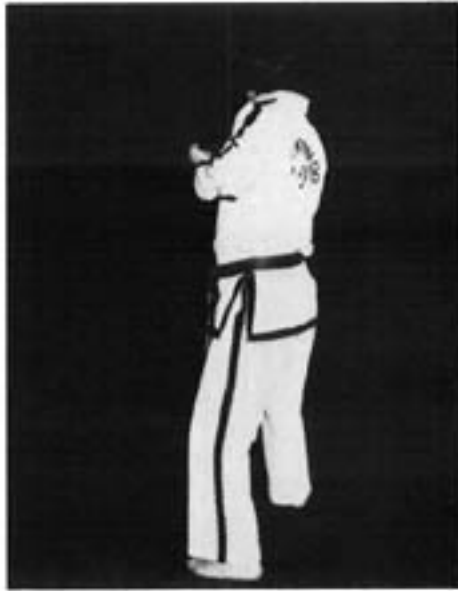
Left L-stance middle punch with the left fist toward C.

Application

Previous Posture



Side View

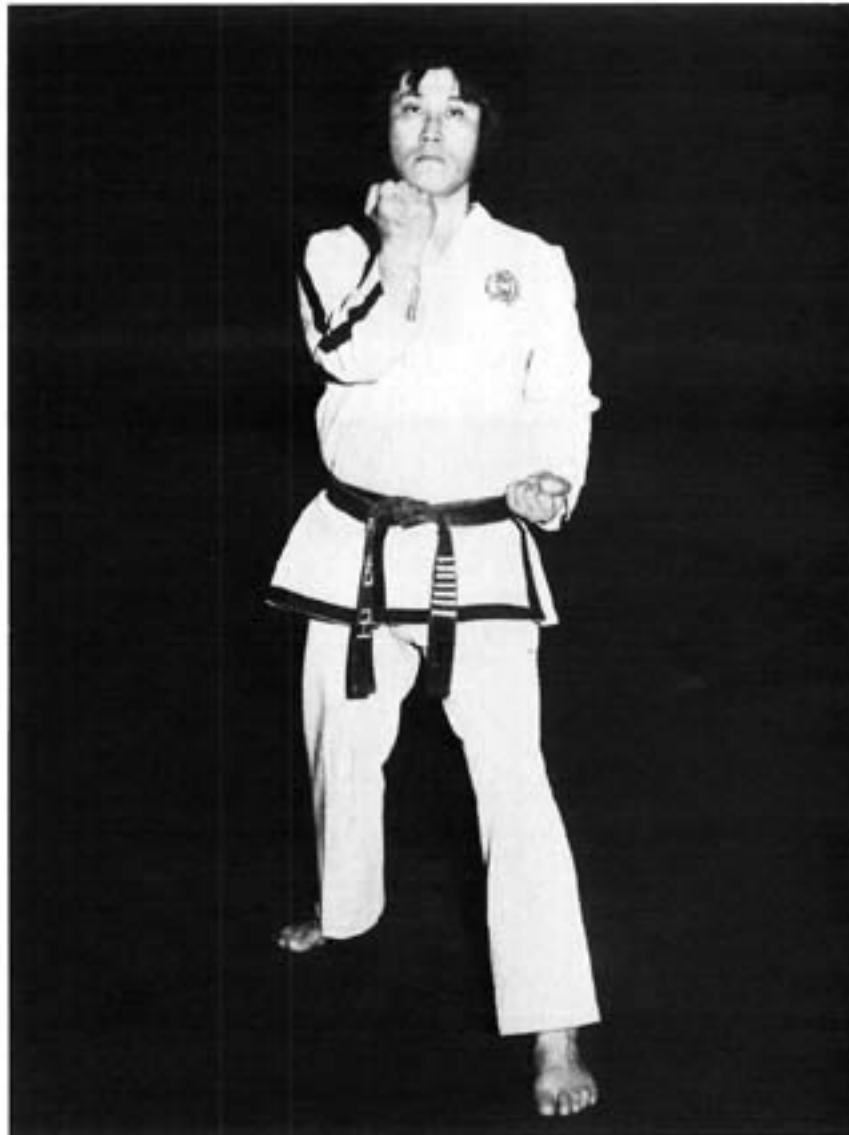


Raise the body slightly.



Side View

30. Execute a middle front block with the right forearm while forming a left walking stance toward D, pivoting with the right foot.



Left walking stance toward D with a right forearm front block.

Previous Posture



Application



Side View

- 31. Execute a high punch to D with the left fist while maintaining the left walking stance toward D. Perform 30 and 31 in a continuous motion.**



**Left walking stance high punch
with the left fist toward D.**

Previous Posture



Application



Side View

Keep the right heel slightly off the ground.



Side View

32. Execute a low front snap kick to D with the left foot, keeping the position of the hands as they were in 31.



Low front snap kick to D with the left foot.



Previous Posture



33. Lower the left foot to D, and then move the right foot to D in a stamping motion, forming a right walking stance toward D while executing a high vertical punch to D with a twin fist.



Right walking stance high vertical punch with a twin fist toward D.

Previous Posture



Keep the left heel slightly off the ground.



Side View



END: Bring the left foot back to a ready posture.



Close ready stance C toward D

Previous Posture



Side View

