

PATTERN SO-SAN

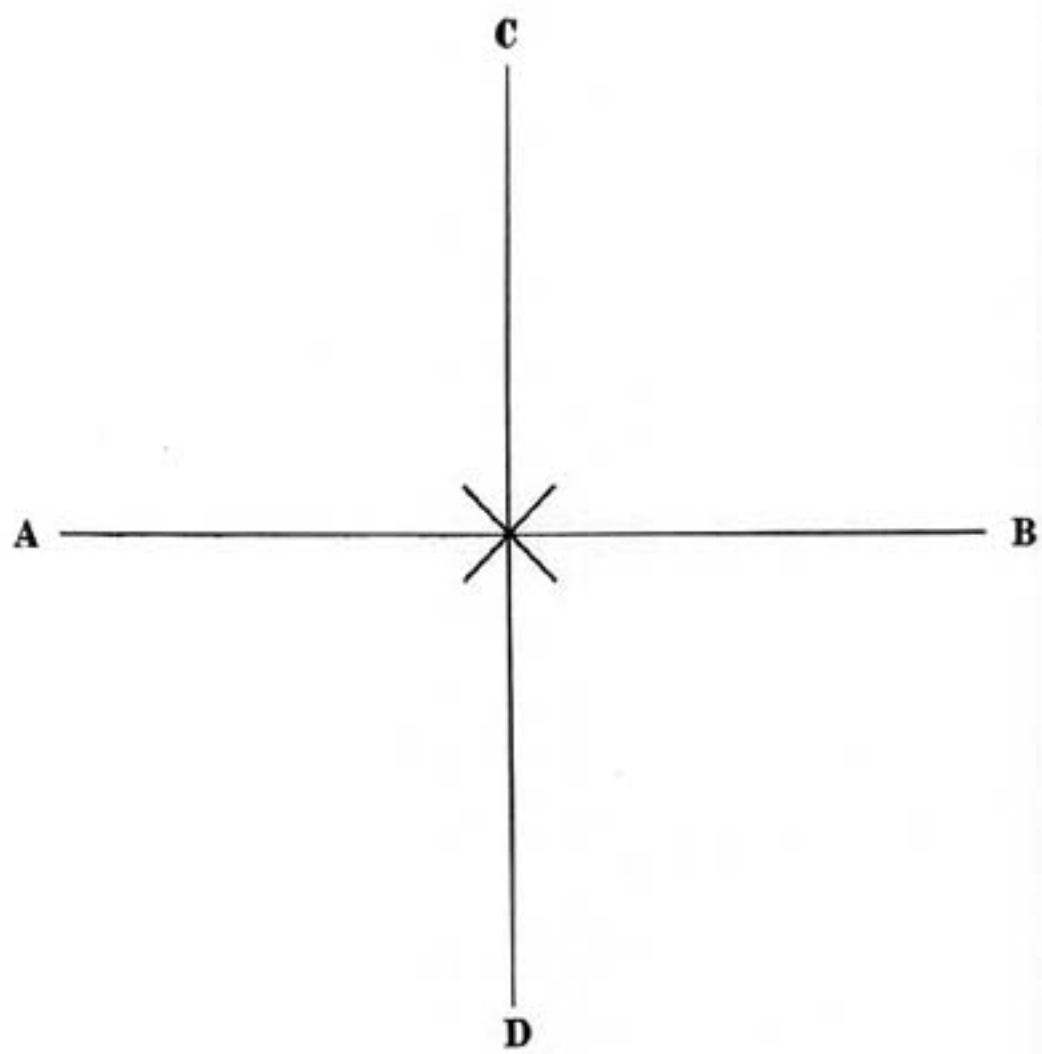
**This pattern is practised by the
5th degree.**

DIAGRAM: +

MOVEMENTS: 72

READY POSTURE: CLOSE READY STANCE A.

DIAGRAM (*Yon Moo Son*)



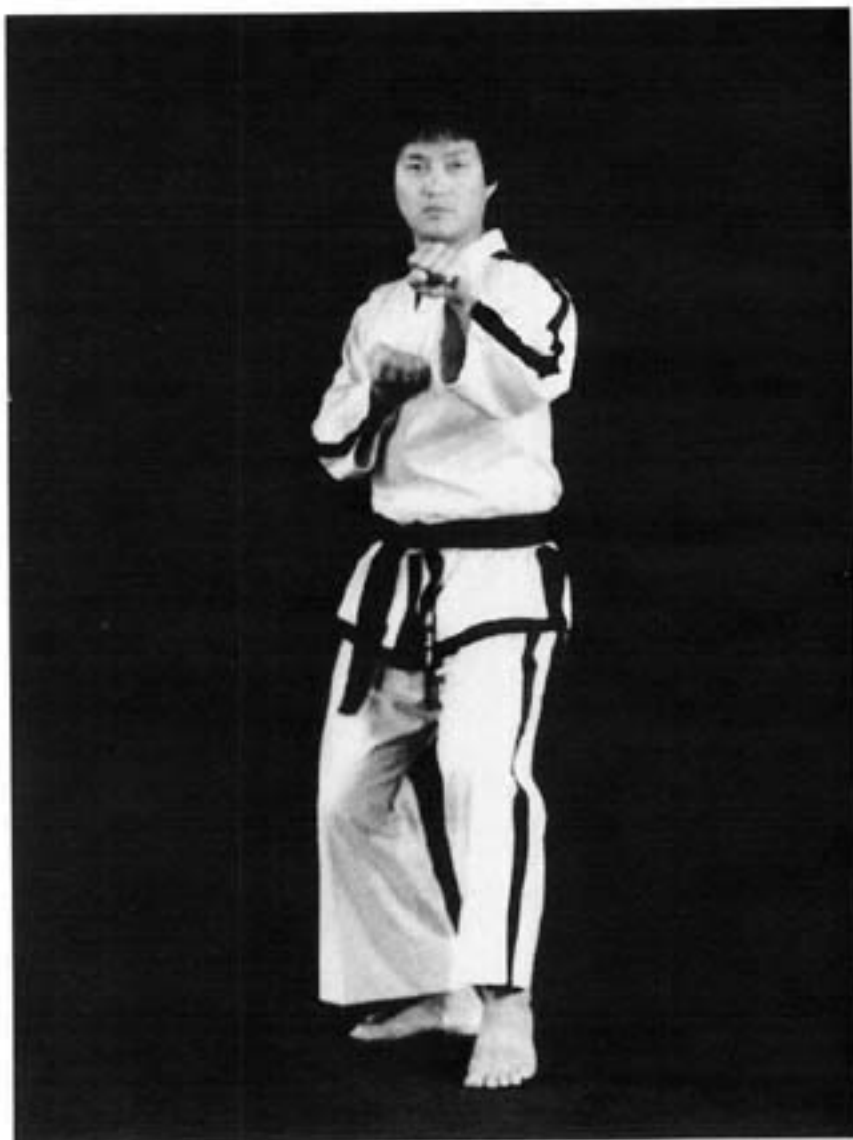
Ready Posture



Close ready stance A toward D



1. Slide to C to form a right rear foot stance toward D while executing a high guarding block to D with the forearm.



Right rear foot stance forearm
high guarding block toward D.

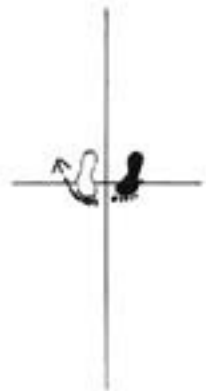
Previous Posture



Application



Side View



Top View

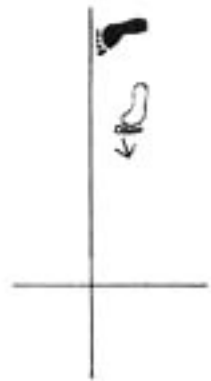


2. Execute a middle vertical punch to D with the right fist while forming a left walking stance toward D, slipping the left foot.



Left walking stance middle vertical punch with the right fist toward D.

Previous Posture



Application

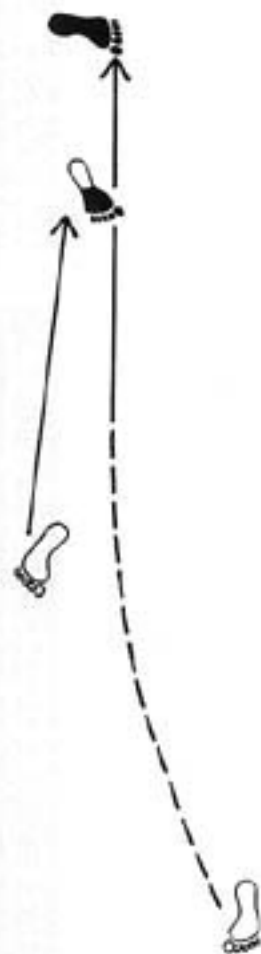
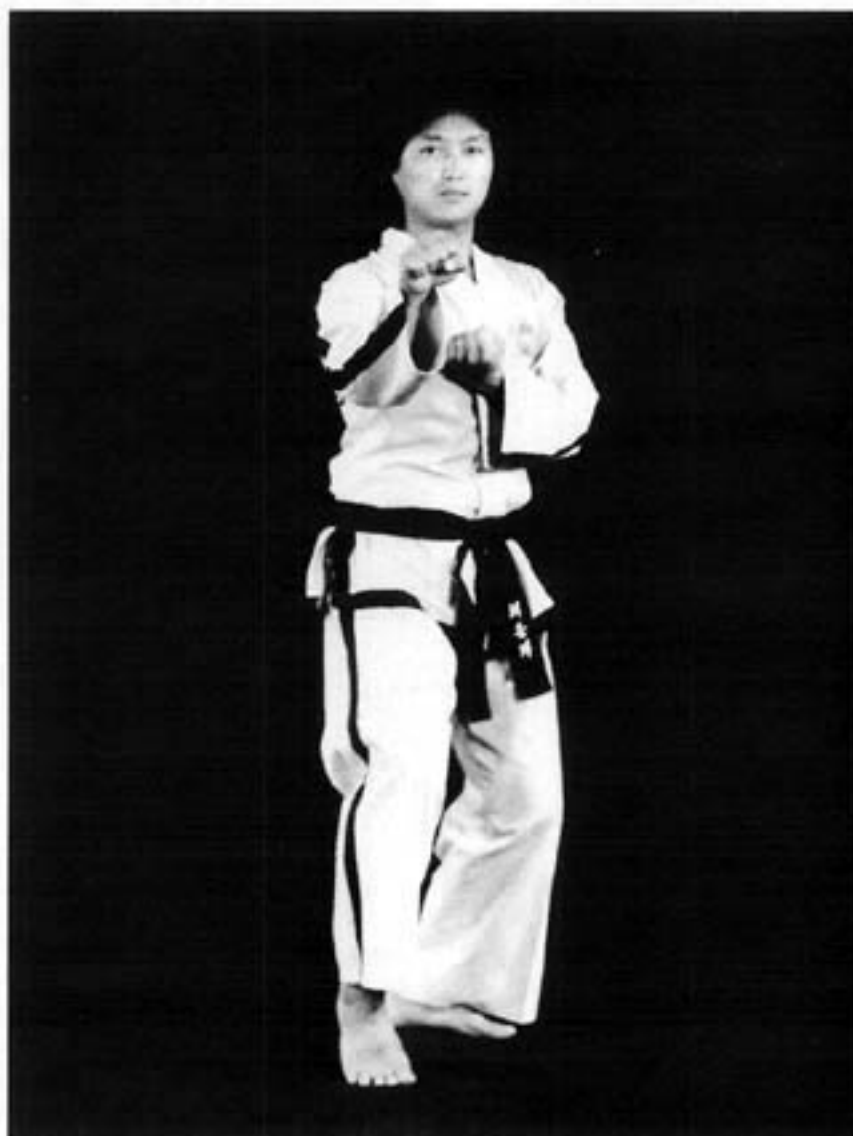


Side View

Side View



3. Slide to C, forming a left rear foot stance toward D while executing a high guarding block to D with the forearm.



Left rear foot stance forearm
high guarding block toward D.

Previous Posture



4. Execute a middle vertical punch to **D** with the left fist while forming a right walking stance toward **D**, slipping the right foot.



Right walking stance middle vertical punch with the left fist toward **D**.

Previous Posture



Application



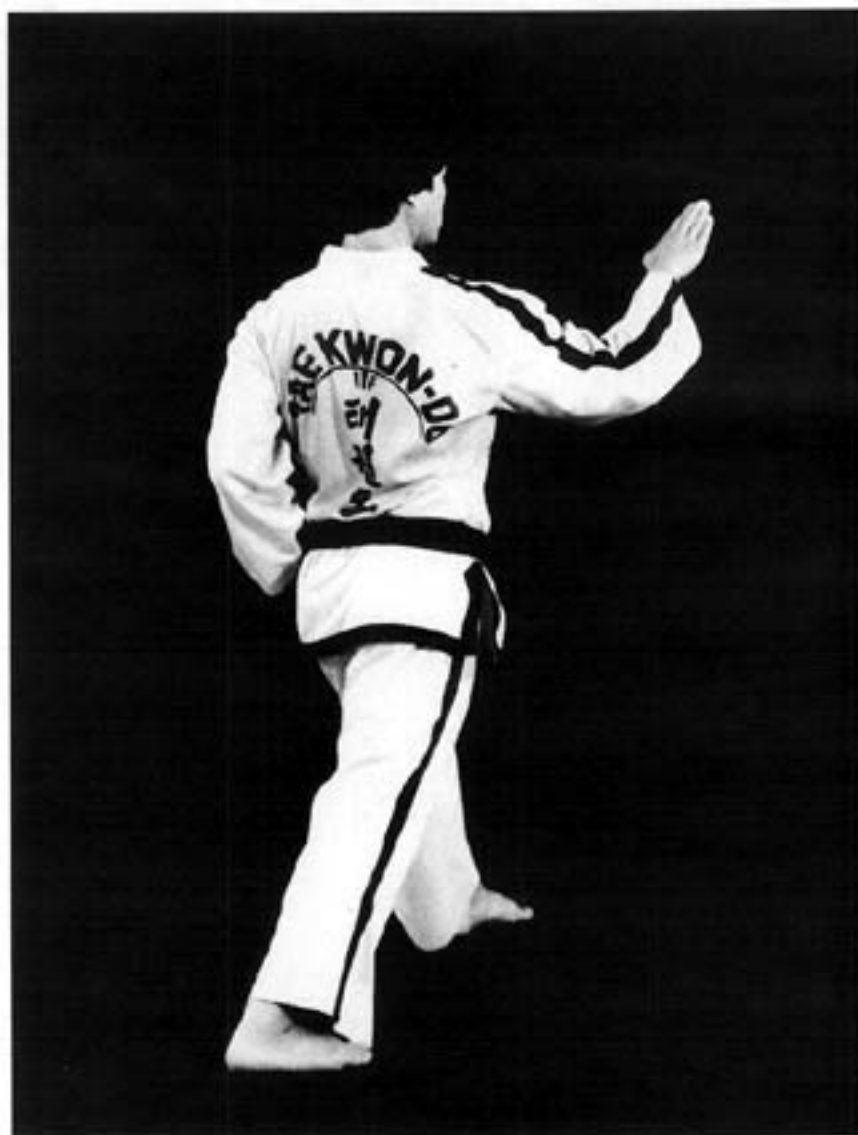
Side View



Other View



5. Execute a high side block to BC with the right knife-hand while forming a left walking stance toward BC.



Left walking stance high side block with the right knife-hand toward BC.

Application

Previous Posture



Keep both heels slightly off the ground.

Side View



Side View

- 6. Execute a middle punch to BD with the left fist while forming a sitting stance toward BD. Perform 5 and 6 in a fast motion.**



Sitting stance middle punch with the left fist toward BD.



Previous Posture

Keep both heels slightly off the ground.



Side View



Application



7. Execute a high side block to D with the left knife-hand while forming a right walking stance toward D.



Right walking stance high side block with the left knife-hand toward D.

Application

Previous Posture



Other View



Keep both heels slightly off the ground.

8. Execute a middle punch to BD with the right fist while forming a sitting stance toward BD.
Perform 7 and 8 in a fast motion.



Sitting stance middle punch with
the right fist toward BD.



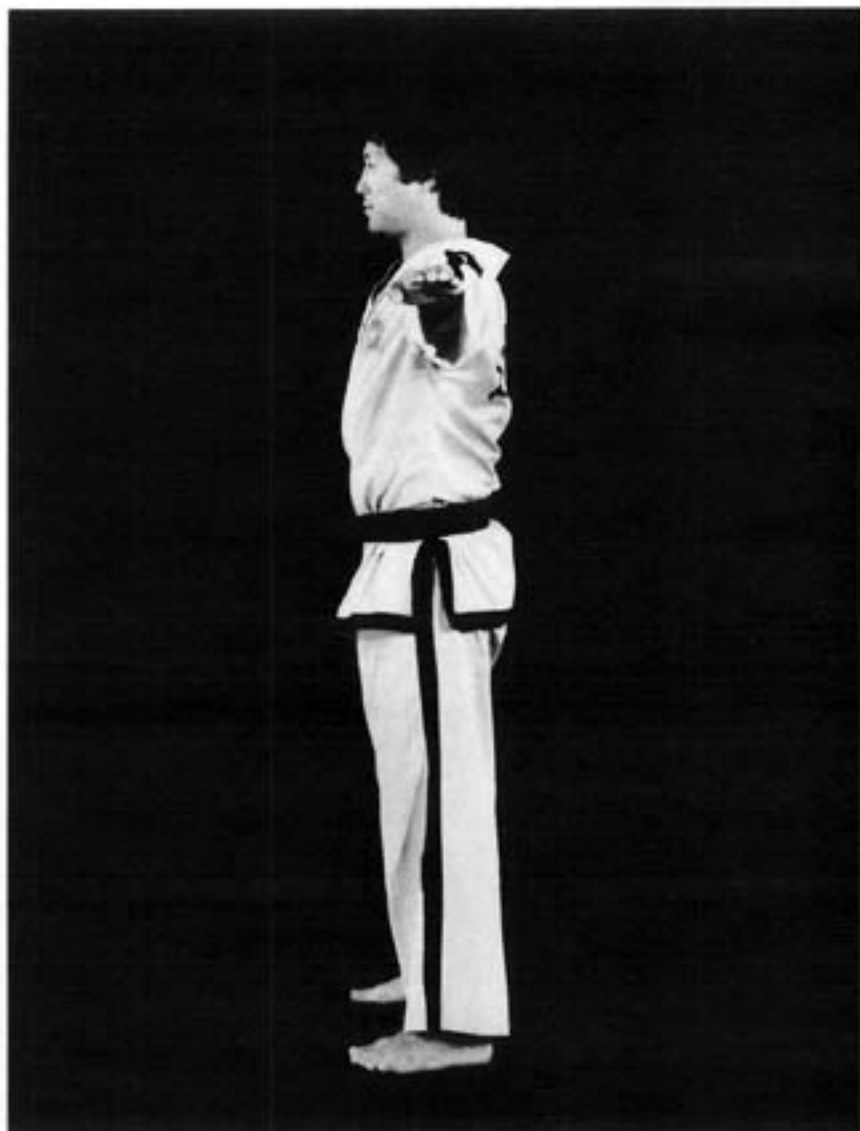
Previous Posture



Application



9. Move the right foot to C, turning clockwise to form a parallel stance toward A while executing a horizontal strike with a twin knife-hand.



Parallel stance toward A with a twin knife-hand horizontal strike.

Application

Previous Posture



Top View

Front View



10. Execute a middle side piercing kick to C with the right foot, keeping the position of the hands as they were in 9.



**Middle side piercing kick to C
with the right foot.**

Previous Posture



Application



Front View

Front View



- 11. Execute a middle turning kick to D with the right foot.
Perform 10 and 11 in a consecutive kick.**



**Middle side piercing kick to D
with the right foot.**

Application

Previous Posture



Front View



12. Lower the right foot to D in a jumping motion to form a right X-stance toward BD while executing a high side strike to D with the right back fist and bringing the left finger belly to the right side fist.



Reght X-stance toward BD with a right back fist high side strike to D.



Application

Previous Posture



Top View



Other View



- 13. Move the left foot to C, forming a parallel stance toward B while executing a horizontal strike with a twin knife-hand.**



Parallel stance toward B with a twin knife-hand horizontal strike.

Previous Posture



Back View

14. Execute a middle side piercing kick to C with the left foot, keeping the position of the hands as they were in 13.



Middle side piercing kick to C with the left foot.

Application

Previous Posture



Other View



- 15. Execute a middle turning kick to D with the left foot.
Perform 14 and 15 in a consecutive kick.**



**Middle turning kick to D
with the left foot.**

Previous Posture



Application



Side View



16. Lower the left foot to **D** in a jumping motion, forming a left **X**-stance toward **AD** while executing a high side strike to **D** with the left back fist and bringing the right finger belly to the left side fist.



Left X-stance toward AD with a left back fist high side strike to D.

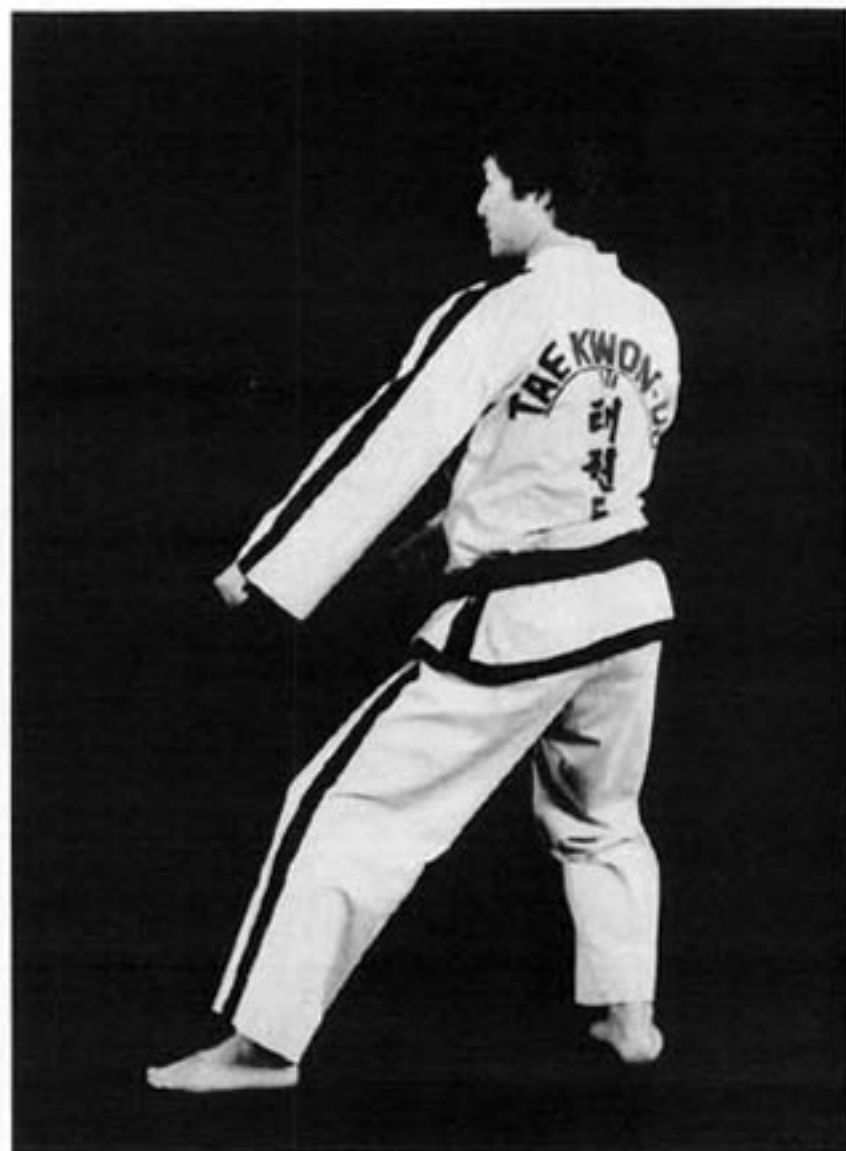
Previous Posture



Side View



17. Move the left foot to A, forming a right L-stance toward A while executing a low punch to A with a left double fist.

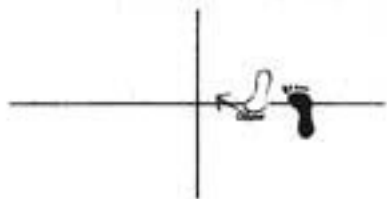


Right L-stance low punch with a left double fist toward A.

Front View



Previous Posture



Application



18. Bring the right palm on the left forefist and then twist them counter-clockwise until the left back fist faces downward while forming a left walking stance toward A, slipping the left foot. Perform in a releasing motion.



Previous Posture



Left walking stance releasing motion toward A.



Application



Front View

19. Execute a high punch to A with the right fist while maintaining a left walking stance toward A.



Left walking stance high punch
with the right fist toward A.

Application

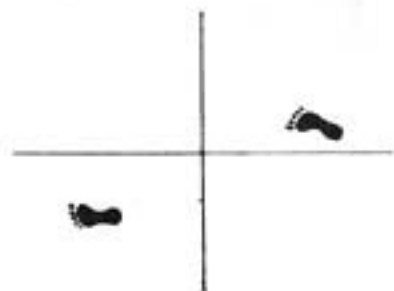
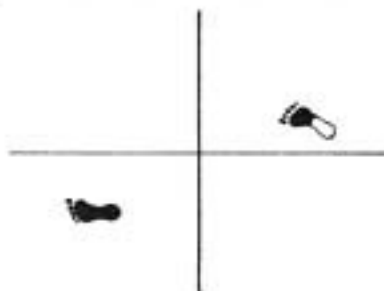
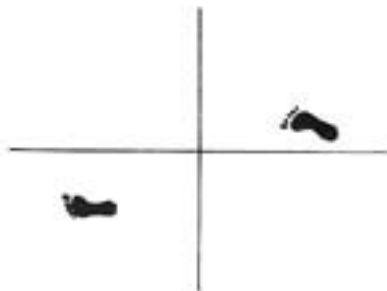


Front View

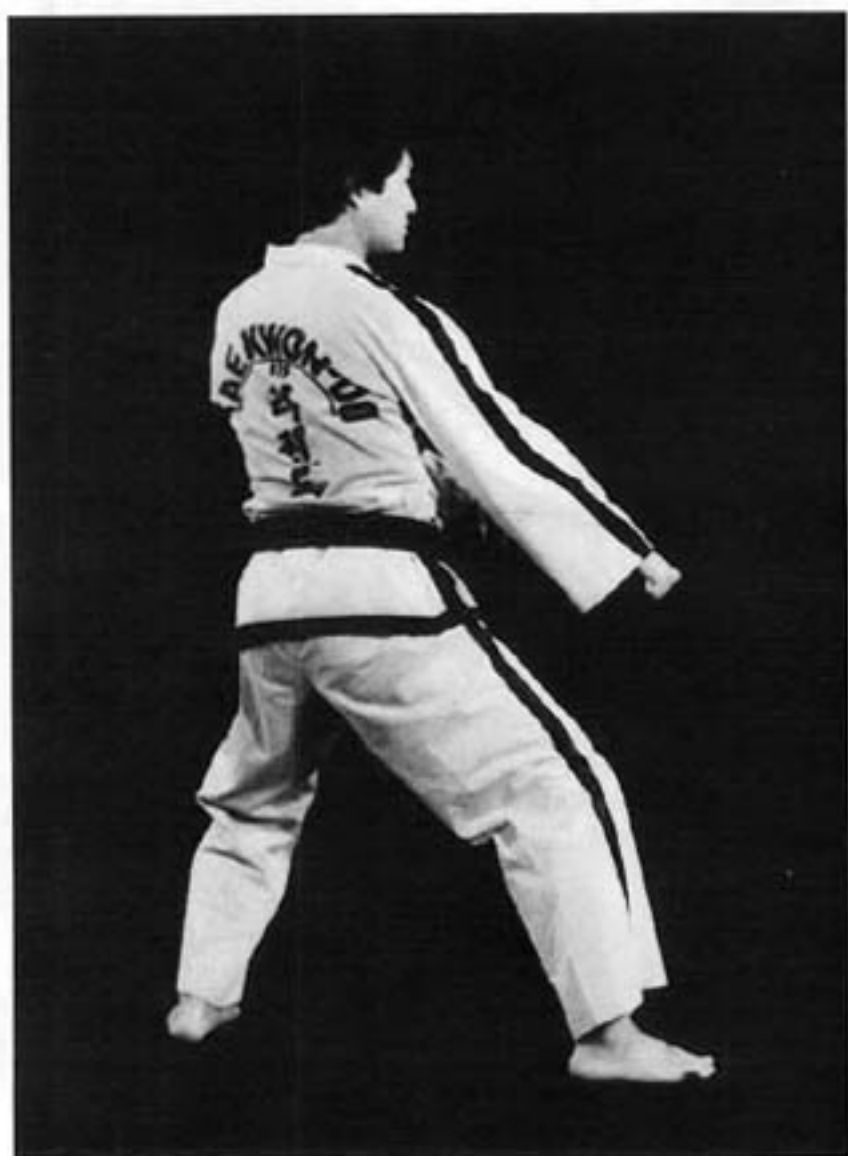


Previous Posture

Keep the right heel slightly off the ground.



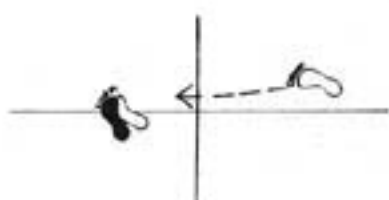
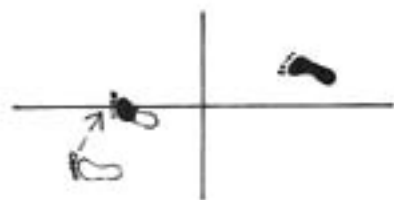
20. Move the left foot on line AB to form a left L-stance toward B while executing a low punch to B with a right double fist.



Left-L-stance low punch with a right double fist toward B.



Previous Posture



Keep the left heel slightly off the ground.

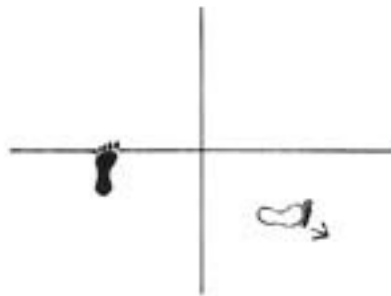
21. Bring the left palm on the right forefist, and then twist them clockwise until the right back fist faces downward while forming a right walking stance toward B, slipping the right foot. Perform in a releasing motion.



Right walking stance releasing motion toward B.



Previous Posture



Side View



Front View



Application

- 22. Execute a high punch to B with the left fist while maintaining a right walking stance toward B.**



**Right walking stance high punch
with the left fist toward B.**

Application



Previous Posture

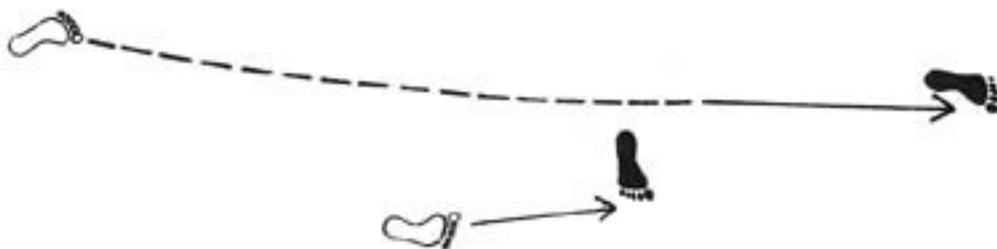
Keep the left heel slightly off the ground.



23. Slide to B to form a right L-stance to ward B while executing an upset punch to B with the right middle knuckle fist and bringing the left side fist in front of the right shoulder.



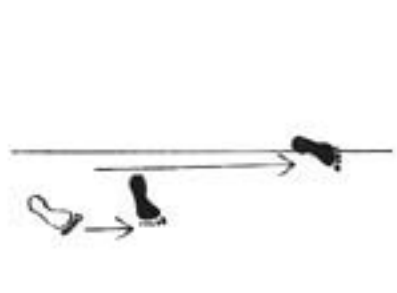
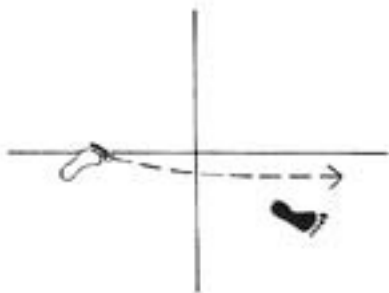
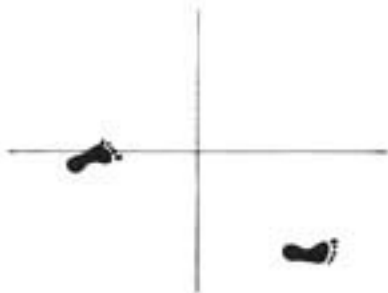
Right L-stance middle punch with the right middle knuckle fist toward B.



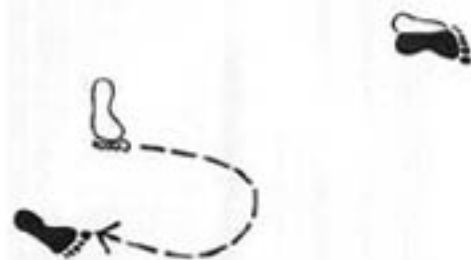
Front View



Previous Posture



24. Execute a front strike to B with the right back fist while forming a left walking stance toward B, slipping the right foot.

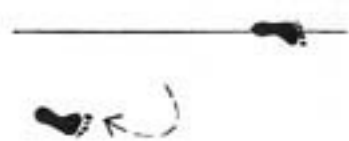
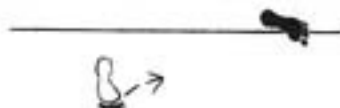
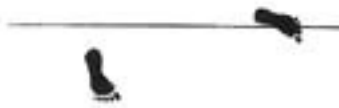


Left walking stance front strike
with the right back fist toward B.

Front View



Previous Posture



Application



25. Slide to A, turning clockwise to form a left L-stance toward A while executing an upset punch to A with the left middle knuckle fist and bringing the right side fist in front of the left shoulder.



Left L-stance middle punch with a left middle knuckle fist toward A.





Application

Previous Posture



26. Execute a front strike to A, with the left back fist while forming a right walking stance toward A, slipping the left foot.



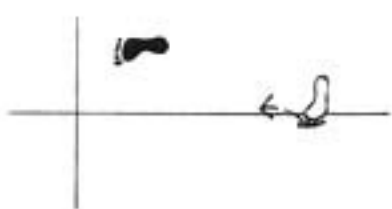
Right walking stance front strike with a left back fist toward A.



Top View



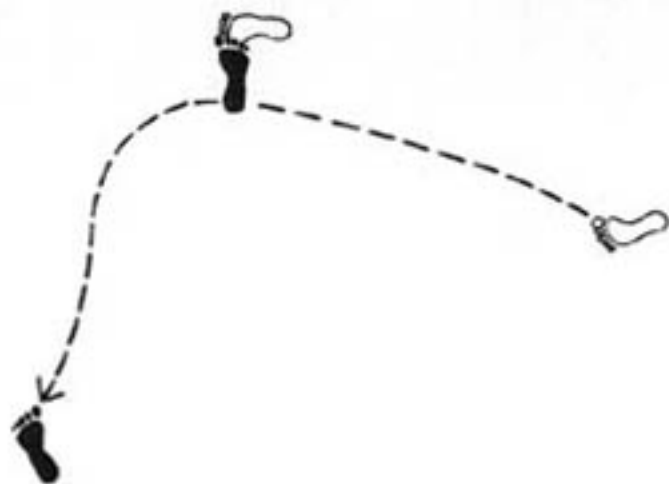
Previous Posture



27. Move the left foot to D, forming a right walking ready stance toward C.



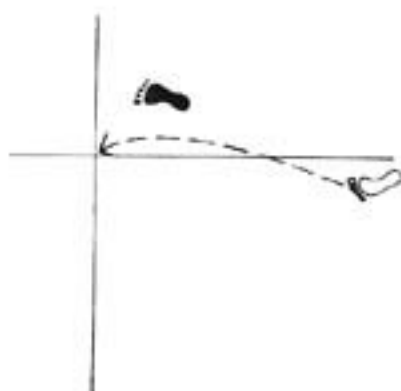
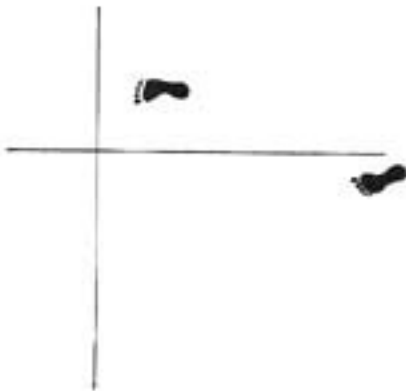
Right walking ready stance toward C.



Other View



Previous Posture



28. Jump to execute a flying front snap kick to C with the right foot.



Flying front snap kick to C with the right foot.



Previous Posture



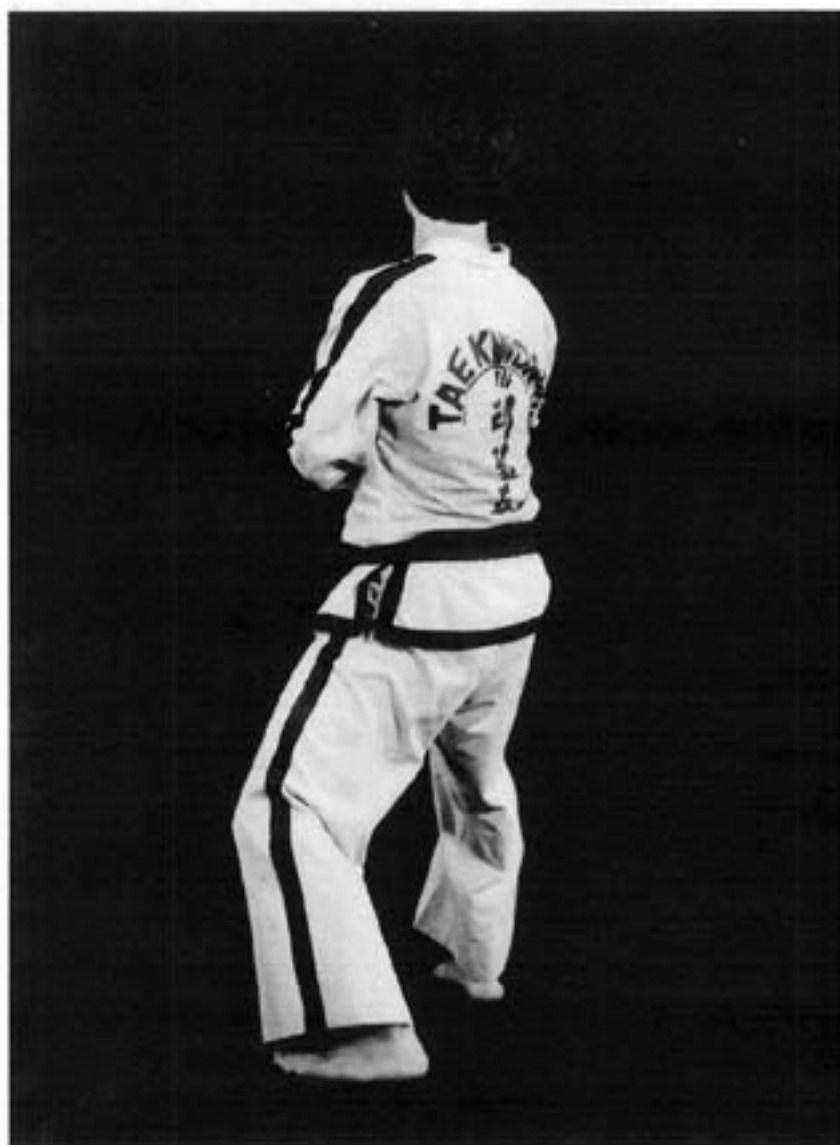
Application



Side View



29. Land to C, forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.



Left L-stance knife-hand middle guarding block toward C.

Previous Posture



Application



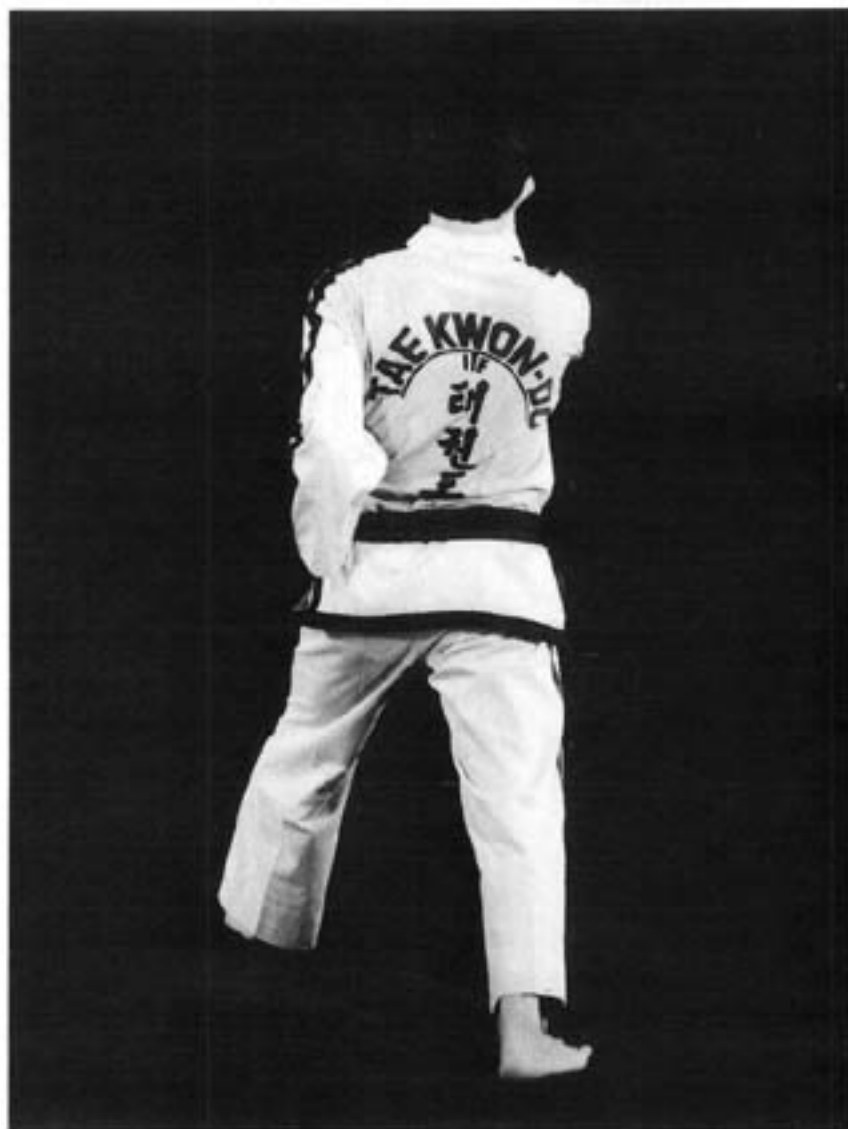
Top View



Side View



- 30. Move the right foot to D to form a left walking stance toward C while executing a high front block with the right forearm.**



Left walking stance toward C with a right forearm high front block.

Application

Previous Posture



Side View



Other View



31. Execute a middle punch to C with the left fist while shifting to C, maintaining a left walking stance toward DC.

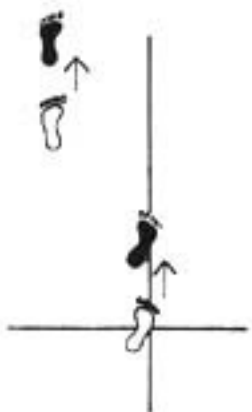


Left walking stance middle punch with the left fist toward C.

Previous Posture



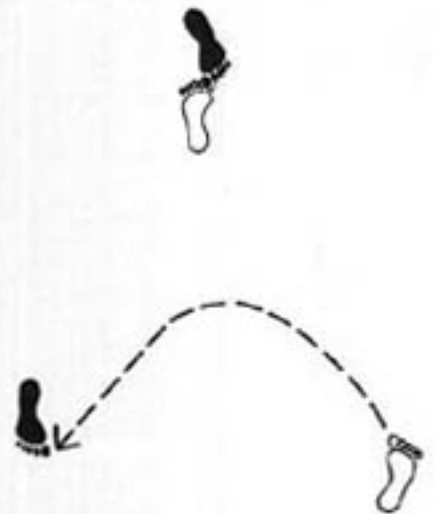
Side View



32. Turn clockwise, pivoting with the left foot to form a right walking stance toward D while executing a high front block with the left forearm.



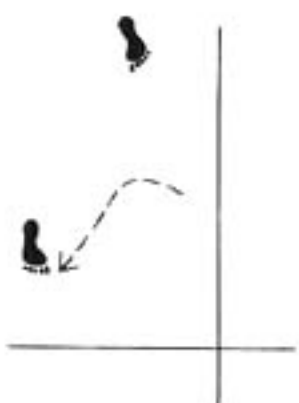
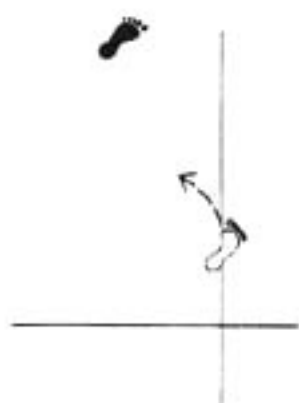
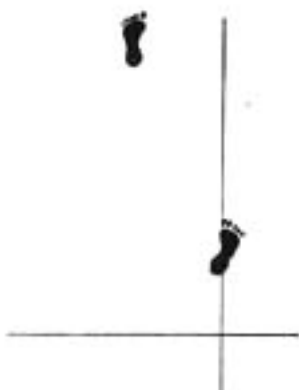
Right walking stance high front block
with a left forearm toward D



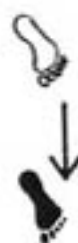
Previous Posture



Side View



33. Execute a middle punch to D with the right fist while shifting to D, maintaining a right walking stance toward D.

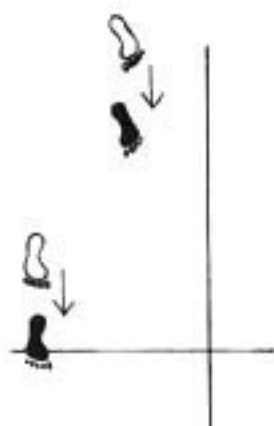
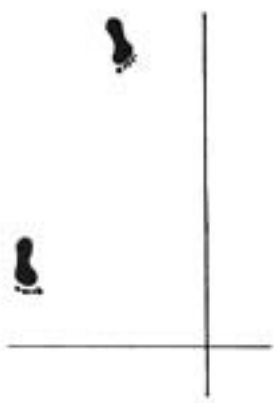


Right walking stance middle punch with the right fist toward D.

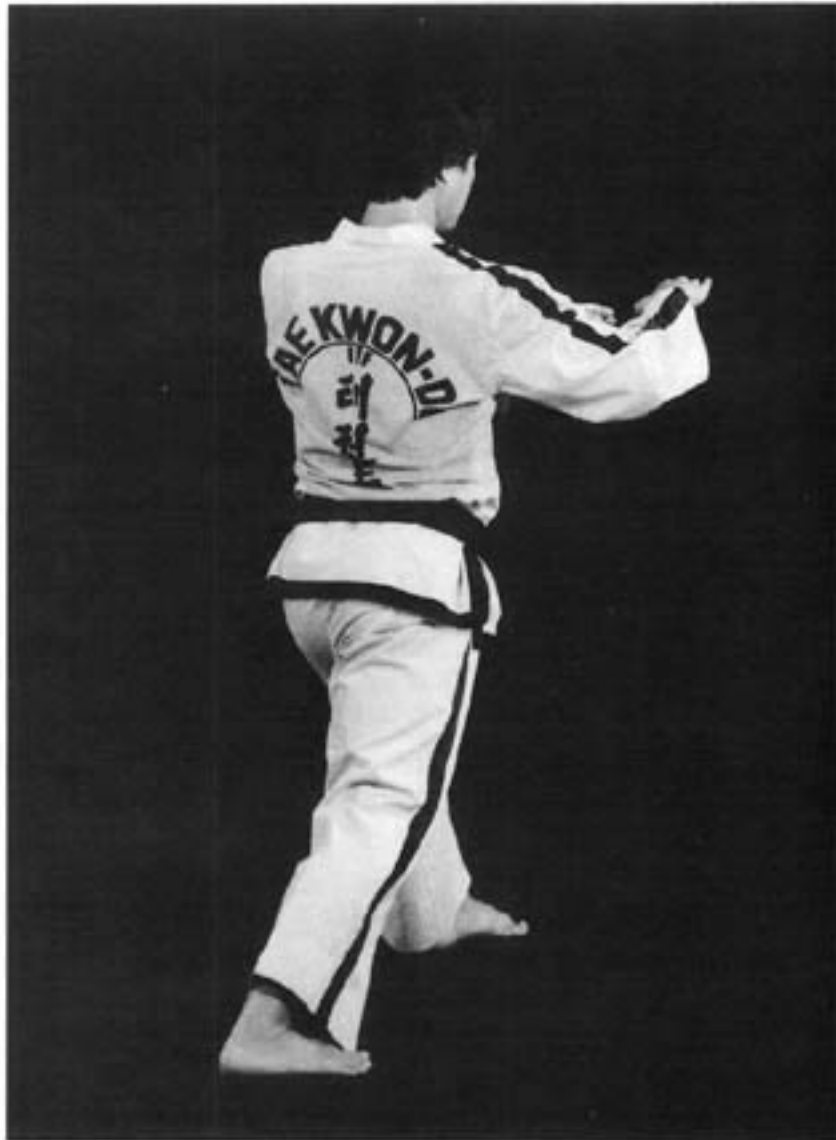
Previous Posture



Side View

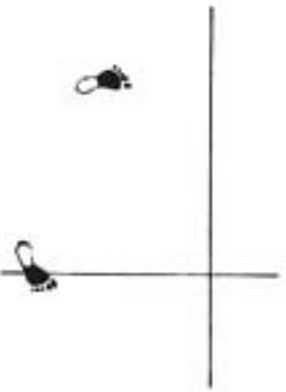
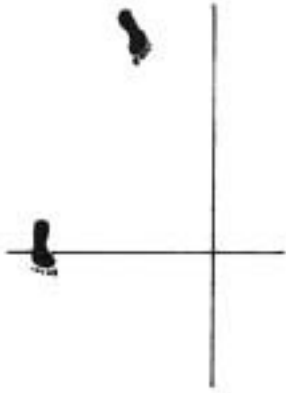


34. Execute a middle block to BD with a double arc-hand while forming a left walking stance toward BC and looking through the hands.

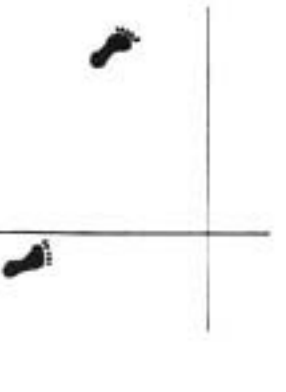


Left walking stance toward BC with a double arc-hand middle block to BD.

Previous Posture

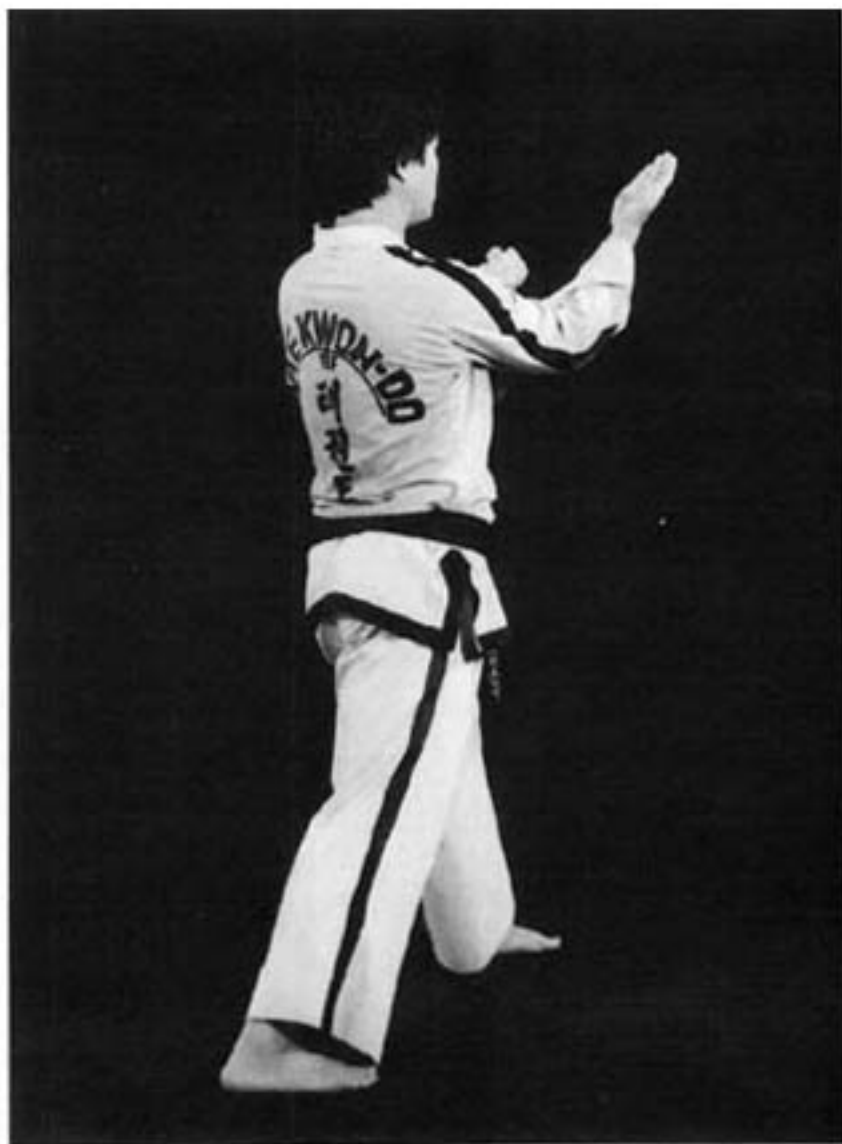


Keep both heels slightly off the ground.



Top View

35. Execute a high inward strike to BC with the right knife-hand and bringing the left side fist in front of the right shoulder while maintaining a left walking stance toward BC.



Left walking stance high inward strike with the right knife-hand toward BC.

Application

Previous Posture



Keep the right heel slightly off the ground.



Top View

36. Execute a circular block to BD with the left inner forearm while forming a right walking stance toward D.



Right walking stance toward D with a left inner forearm circular block to BD.

Previous Posture



Keep both heels slightly off the ground.



Side View

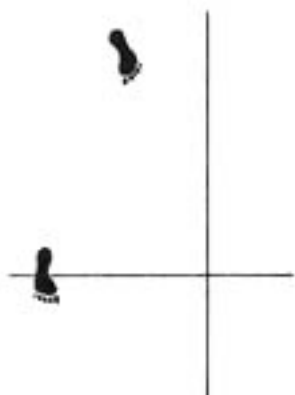


- 37. Execute a high punch to D with the right fist while maintaining a right walking stance toward D.**

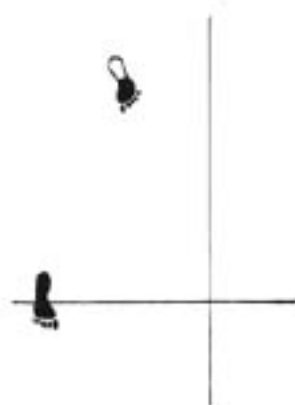


**Right walking stance high punch
with the right fist toward D.**

Previous Posture



Side View



Keep the left heel slightly off the ground.



38. Execute a low front snap kick to **D** with the left foot, keeping the position of the hands as they were in 37.

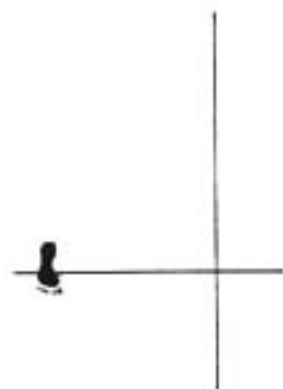
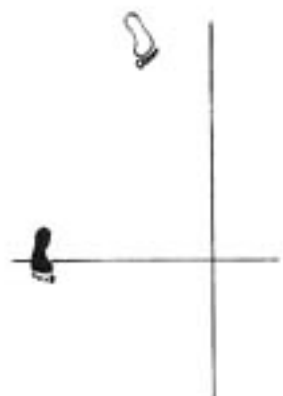


Low front snap kick to **D** with the left foot.

Previous Posture



Side View



39. Lower the left foot to **D**, forming a left walking stance toward **D** while executing a middle punch to **D** with the left fist.



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

Application

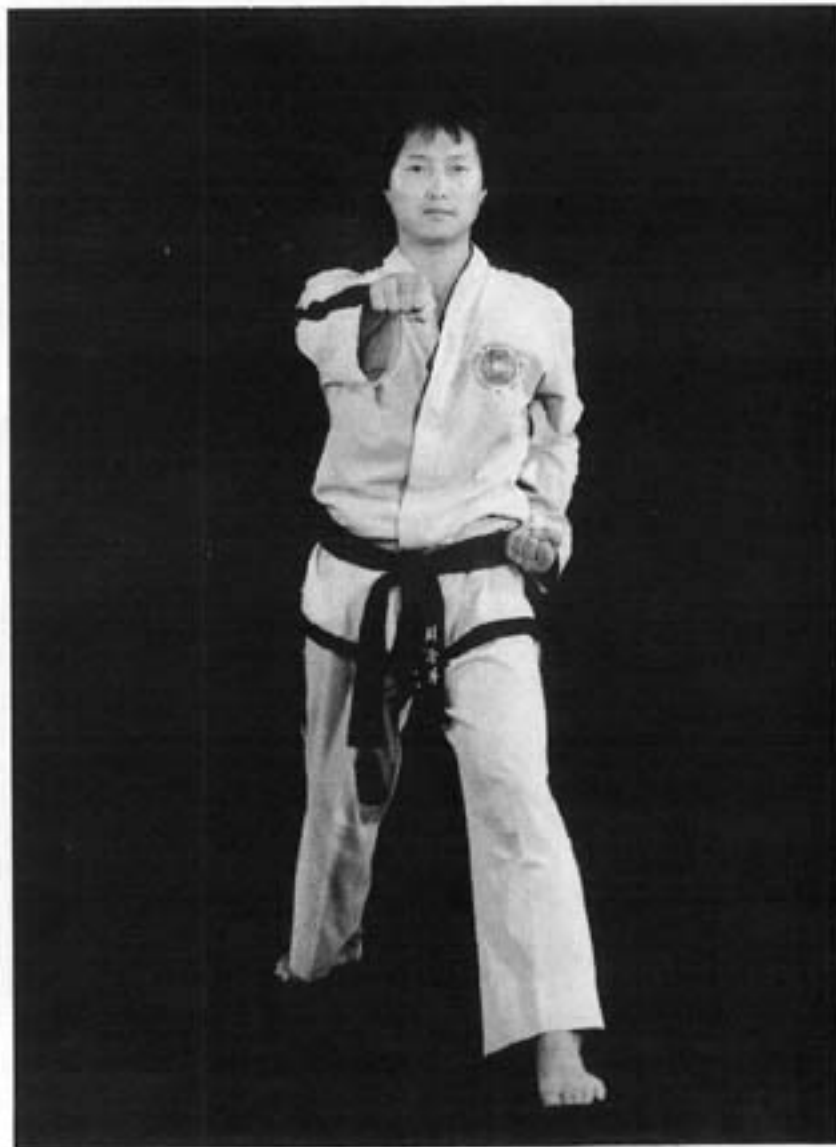
Previous Posture



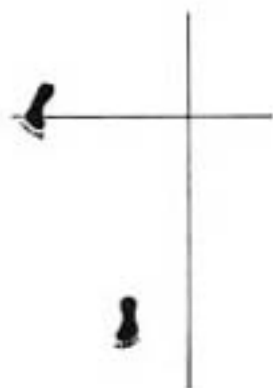
Side View



40. Execute a middle punch to D with the right fist while maintaining a left walking stance toward D. Perform 39 and 40 in a fast motion.



Left walking stance middle punch with the right fist toward D.

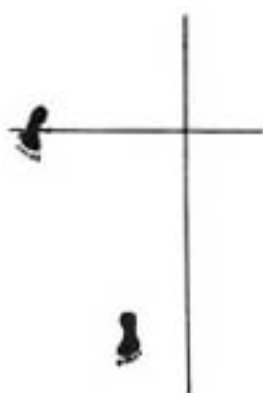


Previous Posture

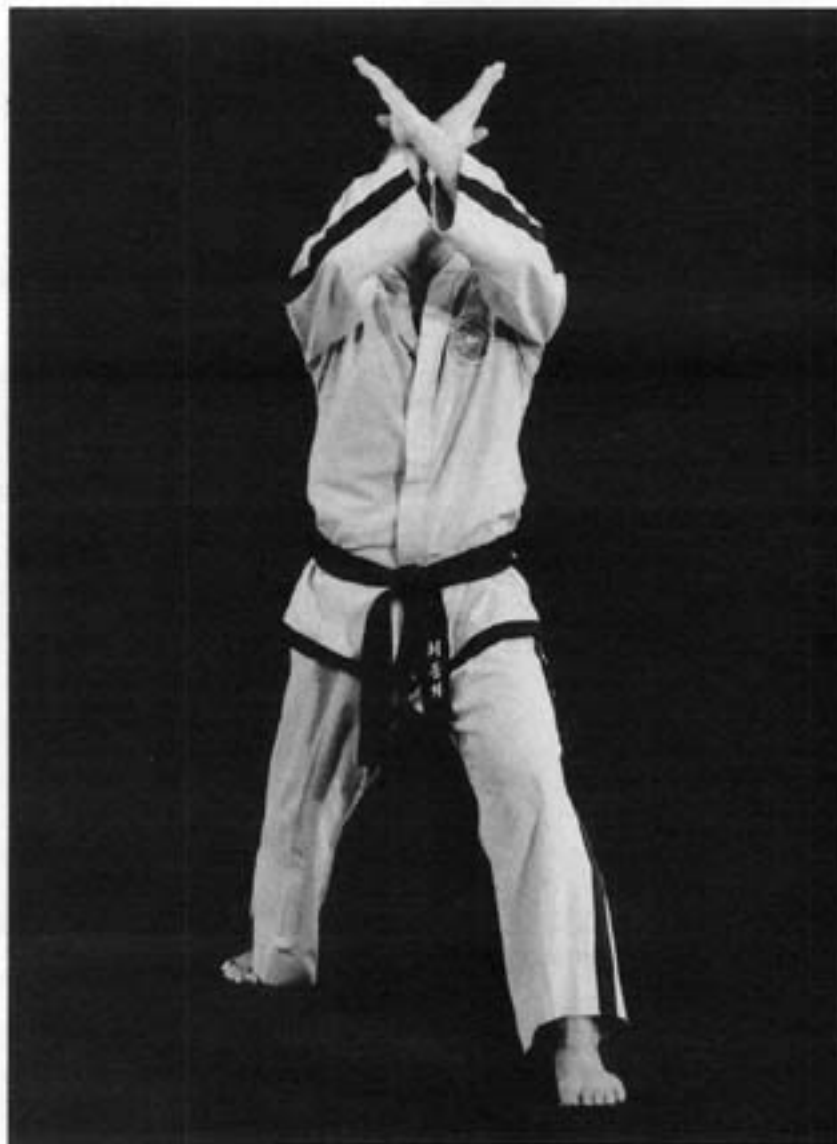
Keep the right heel slightly off the ground.



Side View



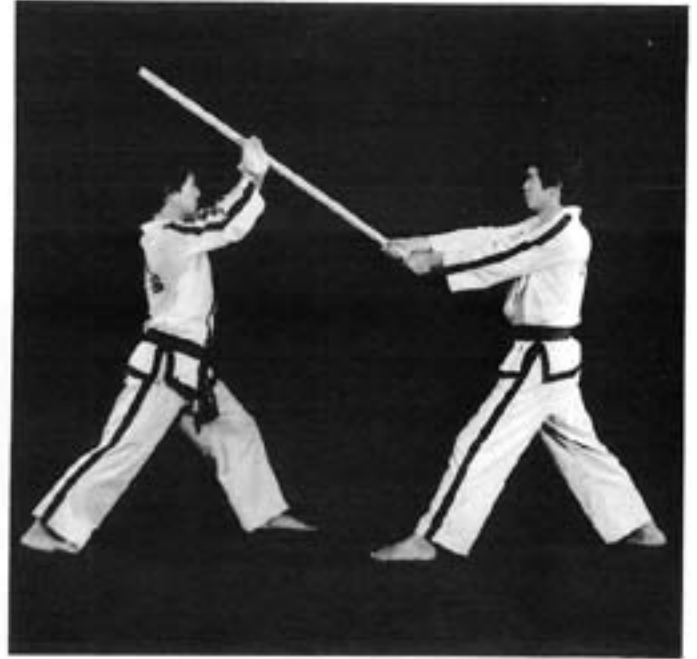
41. Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D.



Left walking stance toward D with an X-knife-hand rising block.

Application

Previous Posture



Keep the right heel slightly off the ground.



Side View



42. Execute a middle block to AD with a double arc-hand while forming a right walking stance toward AC and looking through the hands.



Right walking stance toward AC with a double arc-hand middle block to AD.

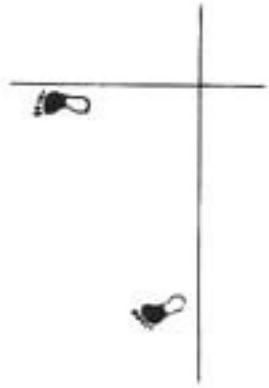
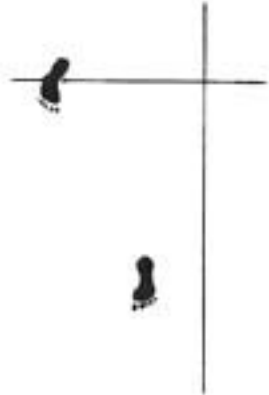
Application



Previous Posture



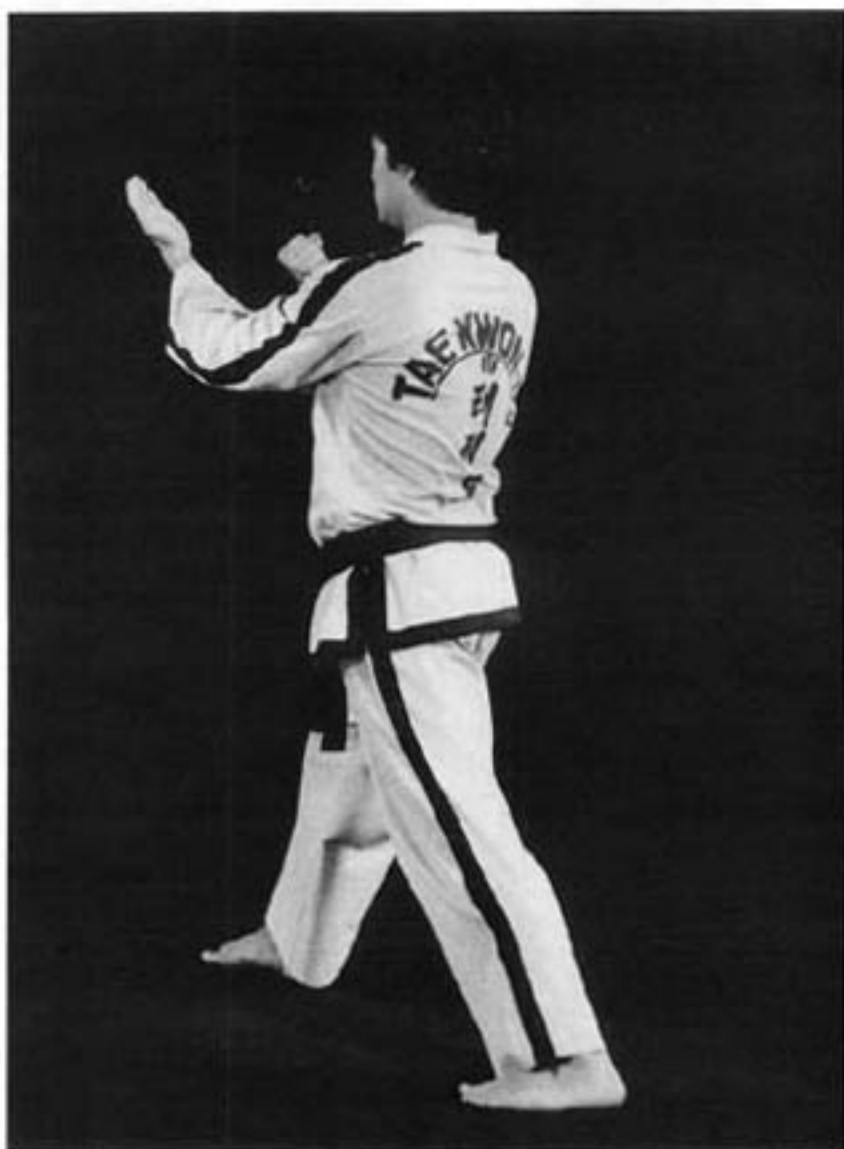
Keep both heels slightly off the ground.



Back View



43. Execute a high inward strike to AC with the left knife-hand and bringing the right side fist in front of the left shoulder while maintaining a right walking stance toward AC.



Right walking stance high inward strike with the left knife-hand toward AC.

Previous Posture



Keep the left heel slightly off the ground.



Back View

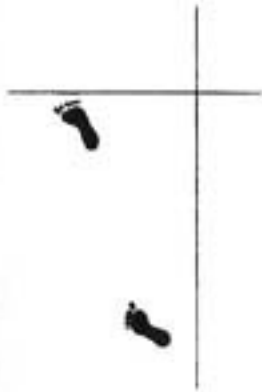
44. Execute a circular block to AD with the right inner forearm while forming a left walking stance toward D.



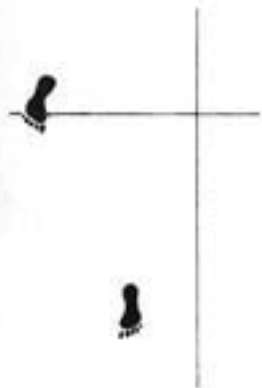
Left walking stance toward D with a right inner forearm circular block to AD.



Previous Posture



Keep both heels slightly off the ground.

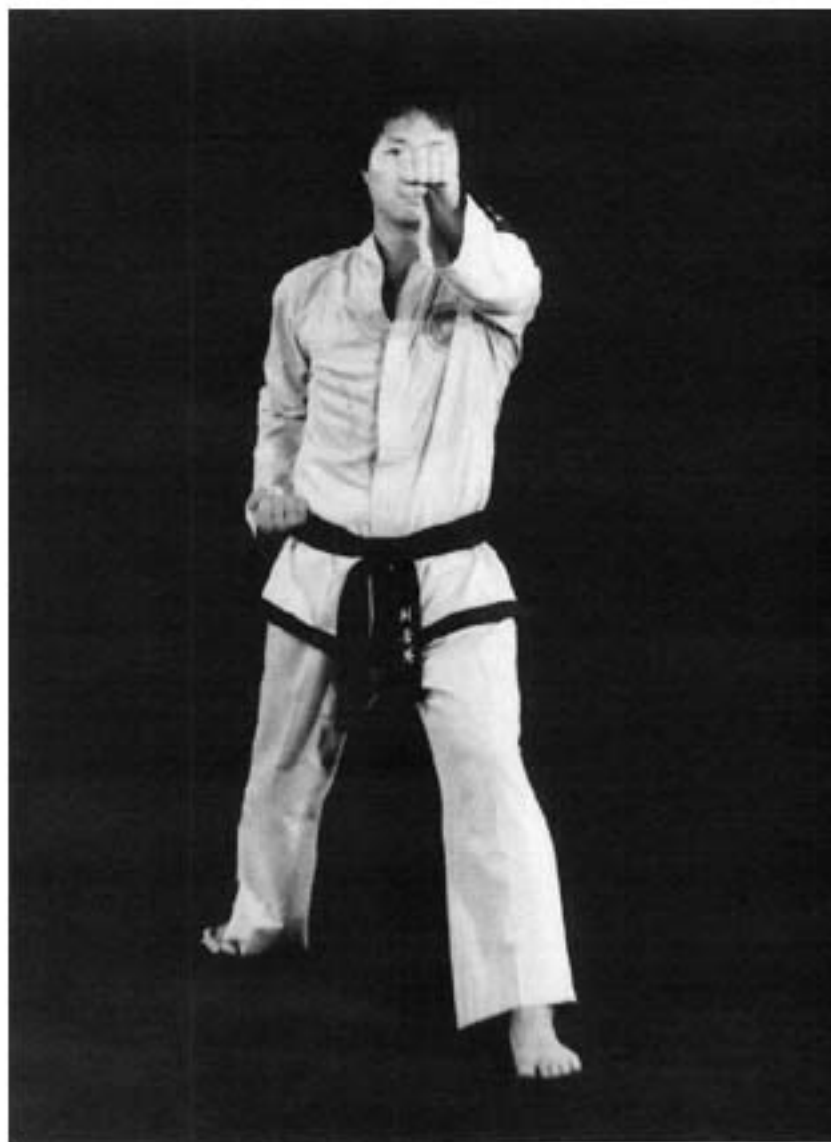


Application



Top View

45. Execute a high punch to D with the left fist while maintaining a left walking stance toward D.



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



Previous Posture

Keep the right heel slightly of the ground.



Side View



Application



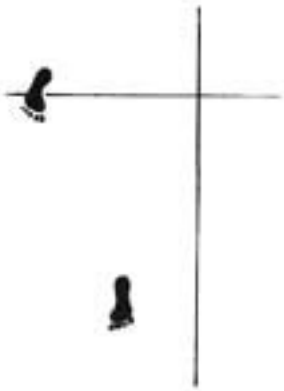
Side View

- 46. Execute a low front snap kick to D with the right foot, keeping the position of the hands as they were in 45.**

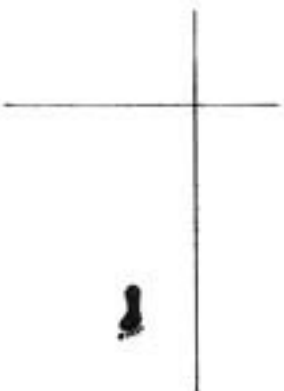
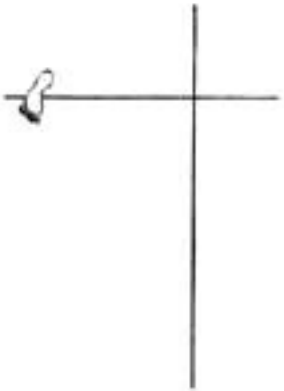


**Low front snap kick to D
with the right foot.**

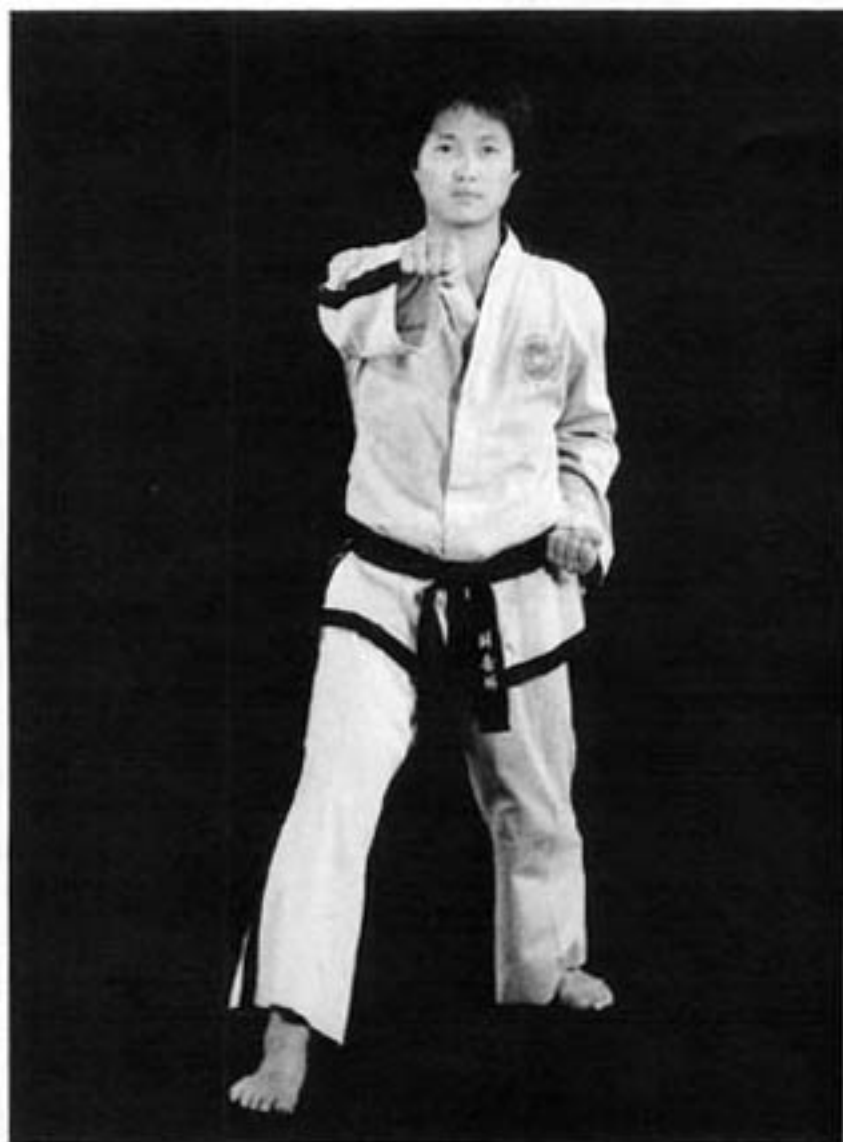
Previous Posture



Side View

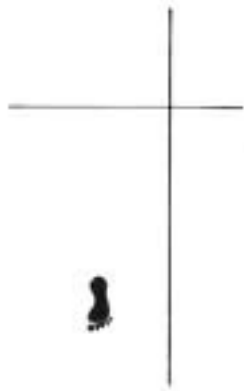


47. Lower the right foot to D to form a right walking stance toward D while executing a middle punch to D with the right fist.



Right walking stance middle punch
with the right fist toward D.

Previous Posture



Side View



- 48. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D. Perform 47 and 48 in a fast motion.**



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

Previous Posture

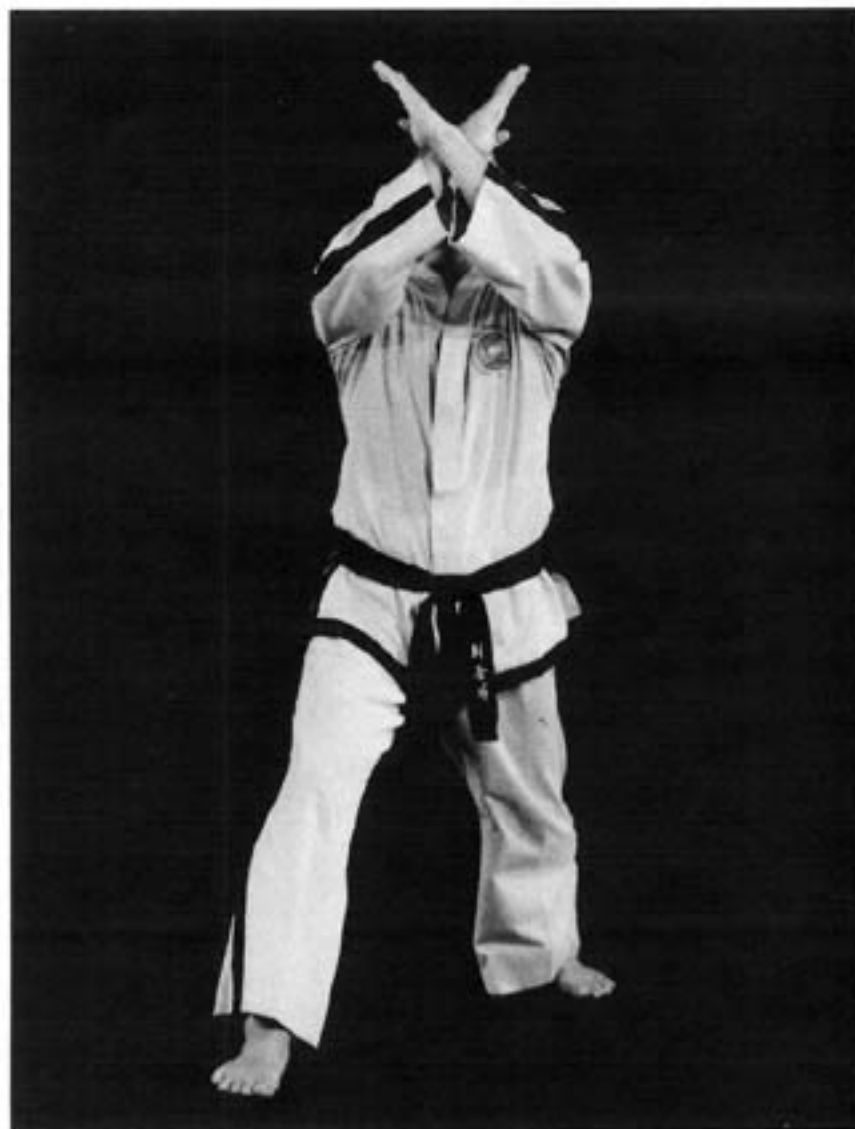


Keep the left heel slightly off the ground.



Side View

49. Execute a rising block with an X-knife-hand while maintaining a right walking stance toward D.



Right walking stance toward D with the X-knife-hand rising block.

Previous Posture



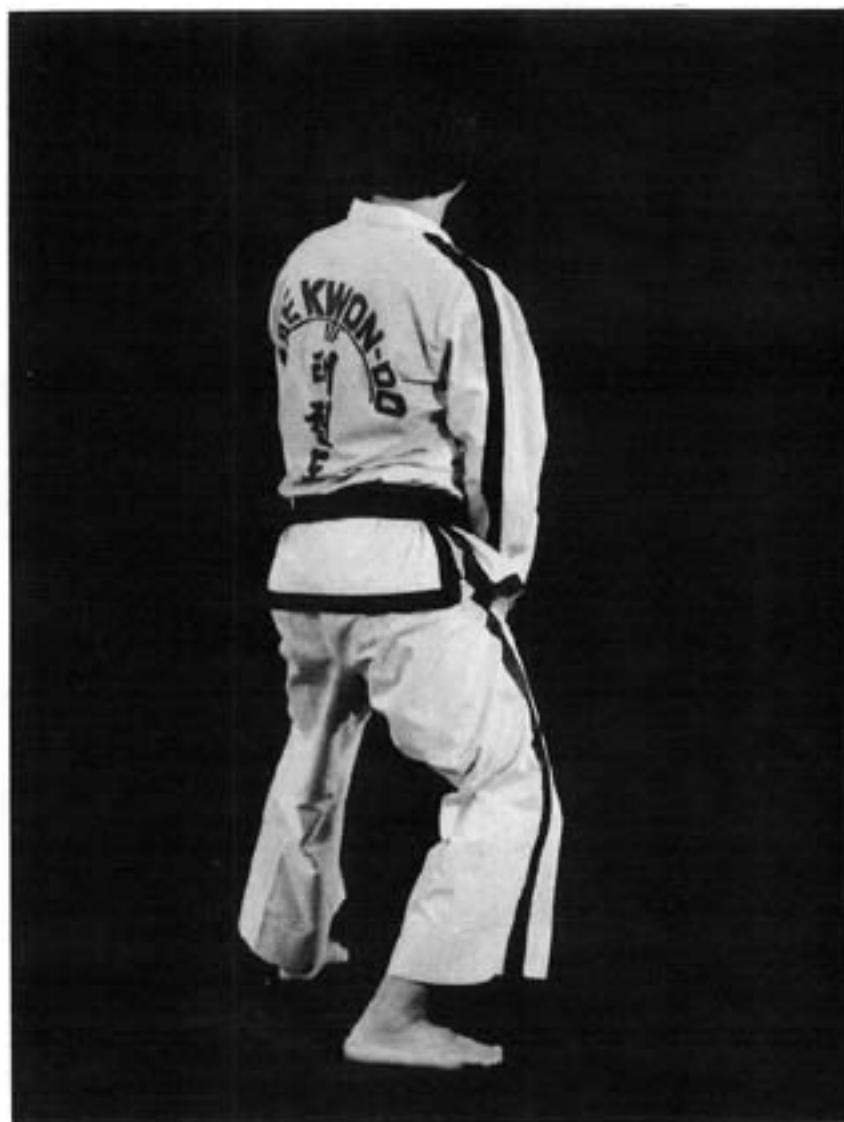
Keep the left heel slightly off the ground.



Side View



50. Move the left foot to D, and then slide to D, turning counter-clockwise to form a right L-stance toward C while executing a low guarding block to C with a knife-hand.



Right L-stance knife-hand low guarding block toward C.



Previous Posture

Keep the left heel slightly off the ground.



Other View



51. Jump to C, spinning counter-clockwise to form a right L-stance toward D while executing a middle guarding block to D with the forearm.



Jumping to C turning-counter-clockwise.



Right L-stance forearm middle guarding block toward D.

Previous Posture



Application



52. Execute a low block to D with the right knife-hand and a middle side front block to D with the left inner forearm while forming a left walking stance toward D, slipping the left foot.



Left walking stance knife-hand low blow and inner forearm middle side front block toward D.

Previous Posture



Application



Side View



Side View



- 53. Execute a high punch to D with the right fist while maintaining a left walking stance toward D. Perform 52 and 53 in a continuous motion.**



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

Previous Posture



Keep the right heel slightly off the ground.



Side View



54. Execute a middle punch to D with the left fist while forming a right-L-stance toward D, pulling the left foot.



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

Application

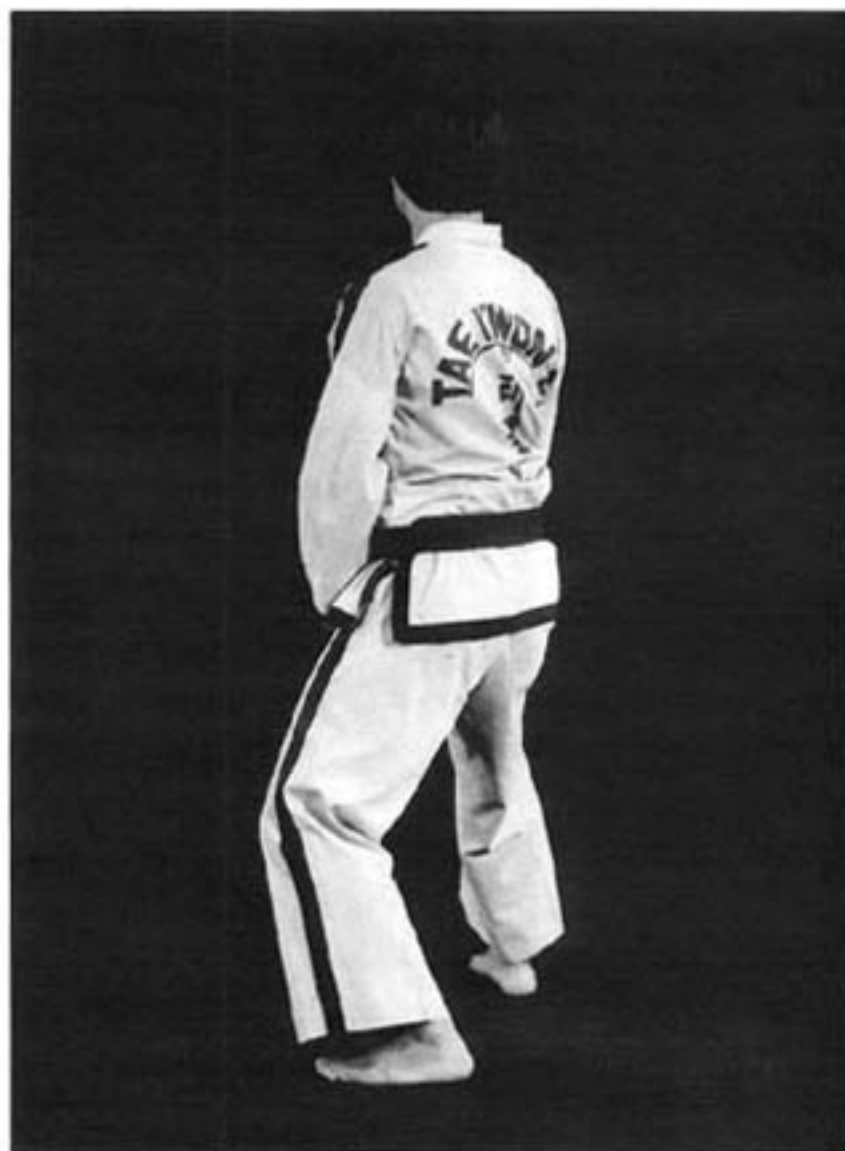
Previous Posture



Side View



55. Move the right foot to D, and then slide to D, turning clockwise to form a left L-stance toward C while executing a low guarding block to C with a knife-hand.



Left L-stance knife-hand low guarding block toward C.



Application



Previous Posture



Keep the right heel slightly off the ground.

Side View



56. Jump to C, spinning clockwise to form a left L-stance toward D while executing a middle guarding block to D with the forearm.



Jumping to C turning clock-wise.



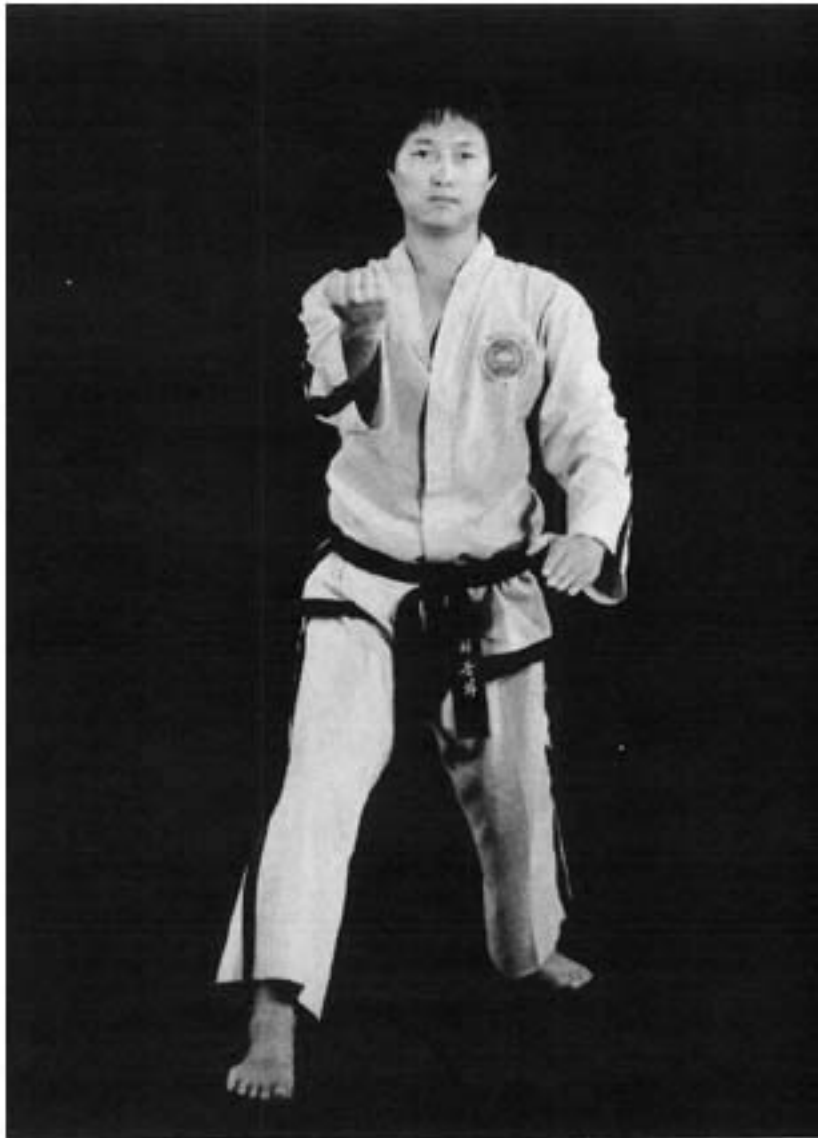
Left L-stance forearm middle guarding block toward D.



Previous Posture



57. Execute a low block to D with the left knife-hand and a middle side front block to D with the right inner forearm while forming a right walking stance toward D, slipping the right foot.



Right walking stance knife-hand low block and inner forearm middle side front block toward D.



Previous Posture



58. Execute a high punch to D with the left fist while maintaining a right walking stance toward D. Perform 57 and 58 in a continuous motion.



Right walking stance high punch with the left fist toward D.

Previous Posture



Keep the left heel slightly off the ground.



Side View

59. Execute a middle punch to D with the right fist while forming a left L-stance toward D, pulling the right foot.



Left L-stance middle punch with the right fist toward D.



Previous Posture



Side View



60. Move the right foot to the side rear of the left foot, and then slide to C, forming a left L-stance toward D at the same time executing a scooping block with the right palm.



Left L-stance toward D with a right palm scooping block.



Previous Posture



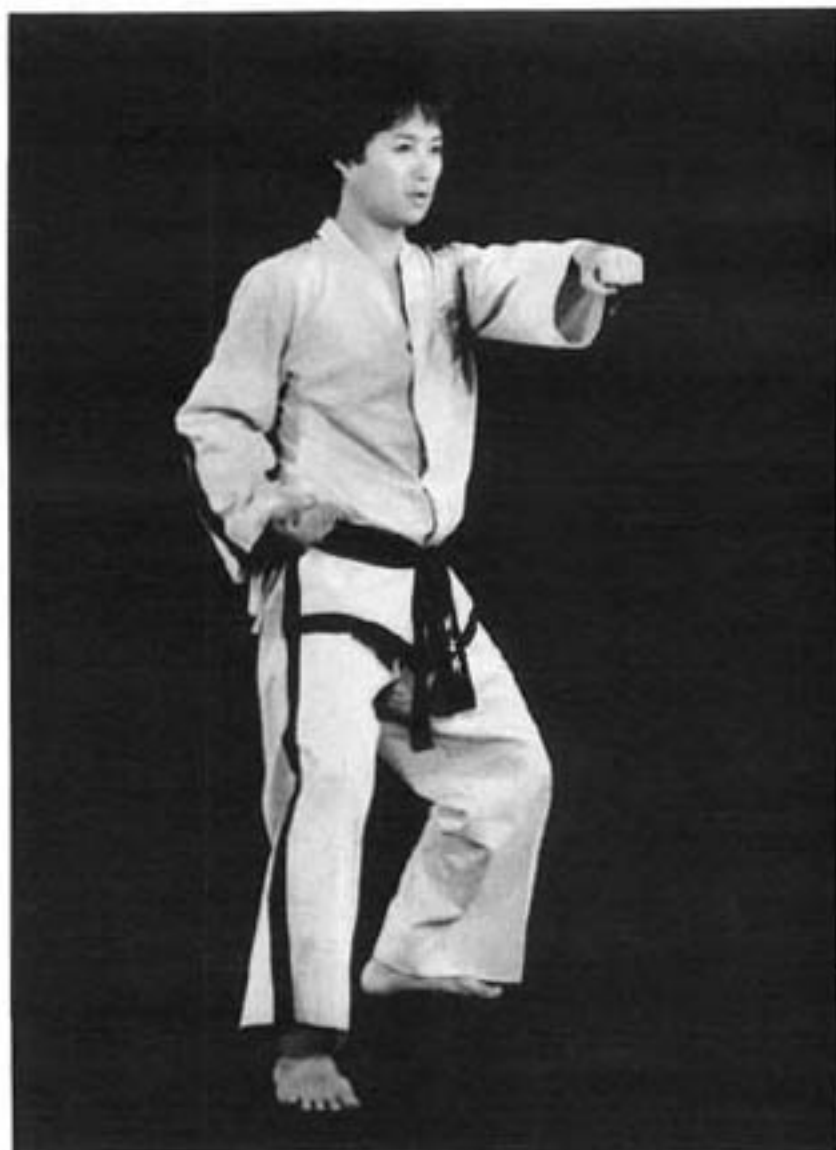
Application



Side View



61. Shift to D, maintaining a left L-stance toward D while executing a middle punch to D with the left fist.



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



Previous Posture

Raise the body slightly.



Side View



Top View



Application

62. Turn C clockwise while forming a left bending ready stance A toward C.



Left bending ready stance A toward C.

Previous Posture



Side View



63. Execute a middle side piercing kick to C with the right foot.



Middle side piercing kick to C with the right foot.

Previous Posture



Side View

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



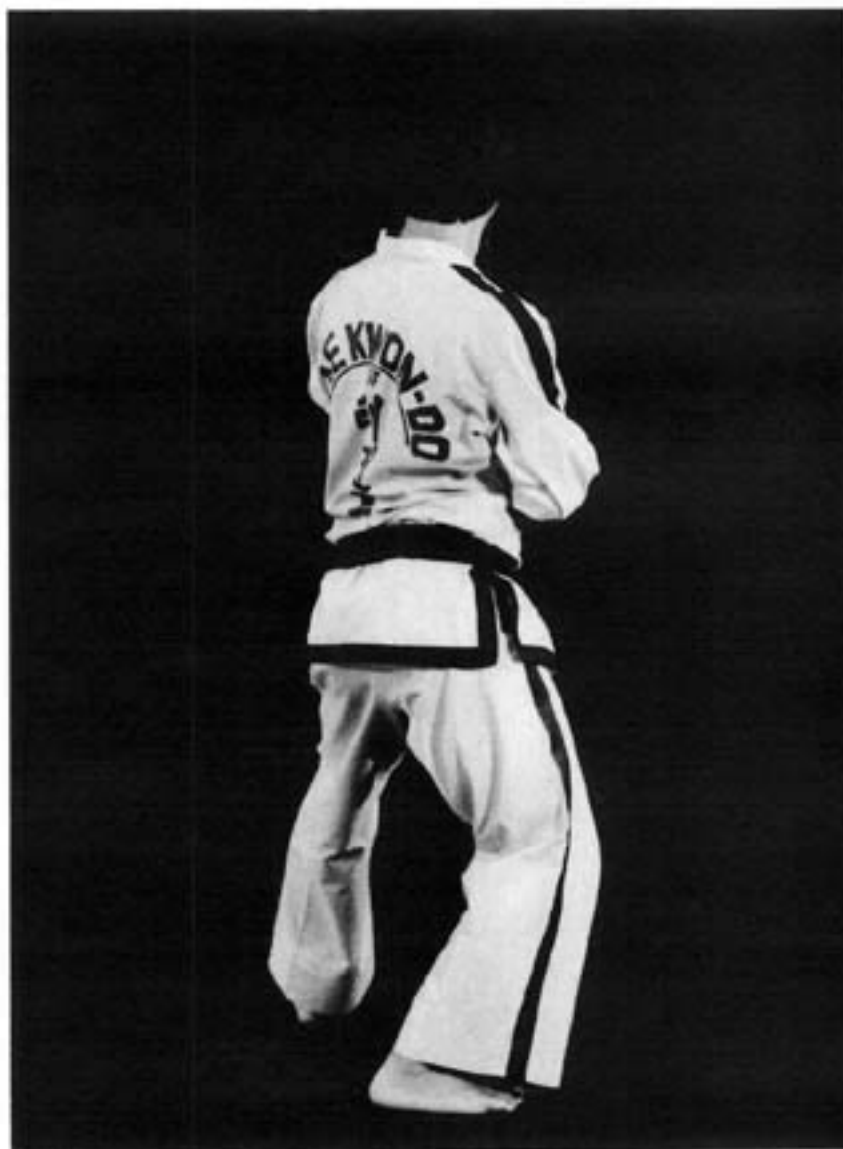
Right walking stance middle punch
right the left fist toward C.

Previous Posture



Side View

65. Move the right foot to D, forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.



Right L-stance knife-hand middle guarding block toward C.

Previous Posture



66. Move the left foot to the side rear of the right foot, and then slide to D, forming a right L-stance toward C while executing a scooping block with the left palm.



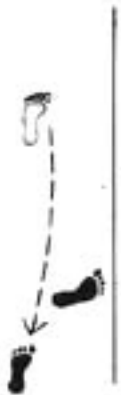
Right L-stance toward C with a left palm scooping Block.



Previous Posture

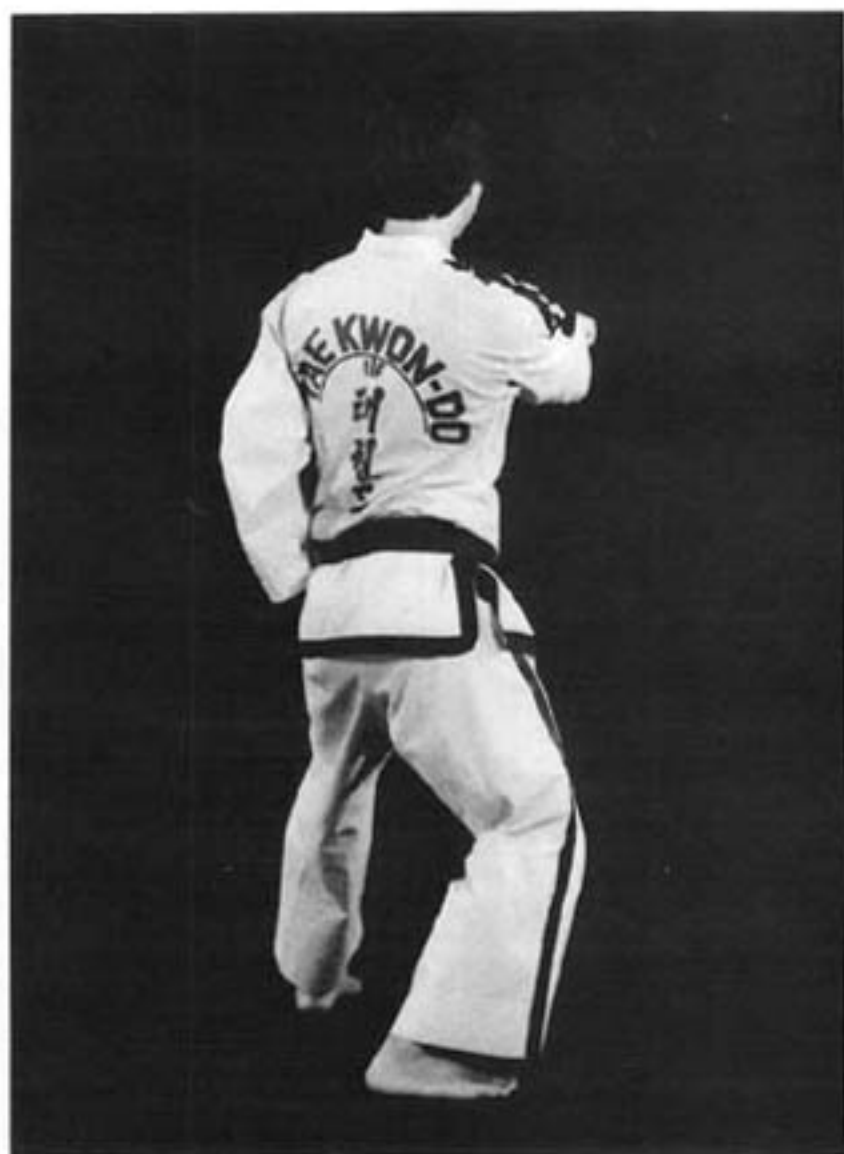


Side View



Raise the body slightly

67. Shift to C, maintaining a right L-stance toward C while executing a middle punch to C with the right fist.



Right L-stance middle punch with the right fist toward C.

Previous Posture



Raise the body slightly



Side View

68. Turn counter-clockwise while forming a right bending ready stance A toward D.



Right bending ready stance
A toward D.

Previous Posture



Application



Side View



Side View

69. Execute a middle side piercing kick to D with the left foot.



**Middle side piercing kick to D
with the left foot.**

Previous Posture



Application



Side View



Side View

70. Lower the left foot to D to form a left walking stance toward D at the same time executing a middle punch to D with the right fist.



Left walking stance middle punch
with the right fist toward D.

Previous Posture



Side View



71. Move the left foot to **C** to form a left L-stance toward **D** while executing a middle guarding block to **D** with a knife-hand.



Left L-stance knife-hand middle guarding block toward D.

Previous Posture



Other View



72. Execute a high punch to D with the right fist while forming a right walking stance toward D, slipping the right foot.
Perform 71 and 72 in a continuous motion.



Right walking stance high punch
with the right fist toward C.

Previous Posture



Application



Side View

Side View



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



Close ready stance A toward D.

Previous Posture



Side View



Top View