



+ shaped pattern

#	+	Move	Stance	Action
	N	On "Junbi"	Closed ready stance C	Left hand flat over right
1	N	Move left foot to	R back stance	Outer-forearm guarding block
2	N	Step forward to	R forward stance	R upper-section double forearm block
3	N	Step forward to	L forward stance	Right upper-section knife-hand block with left palm on back of right wrist
4	N			Mid-section right twisting kick to NE. Keep hands in same position
5	N	Step down to	R forward stance	R mid-section lunge punch
6	W	Move R foot to	Horse riding stance	Mid-section reverse knife-hand wedging block
7	S	Move L foot to	L forward stance	Grab with L hand, R lower-section upset spearhand
8	S	Pull L foot back to	R back stance	Simultaneous high block to N & lower-section block to S ¹
9	E	Turn 90° CC to E & swing R foot into	Horse-riding stance	Mid-section reverse knife-hand wedging block
10	S	Pull R foot back to	L back stance	Twin lower-section punch
11	S	Step forward to	L forward stance	Upper-section double arc-hand block to SW
12	S	Step forward to	R forward stance	Left mid-section reverse punch
13	N	Move R foot across	R back stance	Twin lower-section punch
14	W	Turn 90° moving L foot across into	R back stance	Upper-section reverse knife-hand guarding block
15	W	Slide L foot forward	L fixed stance	U-shaped block

¹ Look to S

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#	+	Move	Stance	Action
16	W	Footsweep with R foot & step down into	R fixed stance	U-shaped block
17	W	Jump 360° CC	L back stance	Knife-hand guarding block
18	W			R side kick
19	E	Step R foot down to L foot then move L foot into	L forward stance	R vertical elbow to L palm
20	N	Step R foot through into	Diagonal stance ²	Supported L mid-section back elbow to S ³
21	E	Step forward with R foot into	R forward stance	Lower-section X-block
22	S	L foot forward with a stamp to	Horse-riding stance	W-shaped block
23	E			L mid-section side kick
24	W	Step down on L foot & pivot into	L back stance	Lower-section knife-hand guarding block
25	W	Step forward	R cat stance	L palm upward block
26	W	Step forward	L cat stance	Twin palm pressing block
27	S	Turn 90° + step forward with a stamp	L forward stance	Twin upset punch
28	S	Step forward	L back stance	R lower-section block + pull L fist up to armpit
29	S			L mid-section reverse punch + pull R fist over L shoulder
30	N	Pivot on R foot	L forward stance	R inward forearm block <i>followed quickly by</i>
31	N			L upper-section lunge punch
32	N	Leave hand out		L lower-section front kick
33	N	Step forward + stamp	R forward stance	Upper-section twin vertical punch

² Like horse-riding stance but forward R foot is positioned with toes in line with the heel of L foot along the line of the stance

³ R palm over left fist

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#	+	Move	Stance	Action
	N	On "keuman" back foot up	Closed ready stance C	