

PATTERN SO-SAN

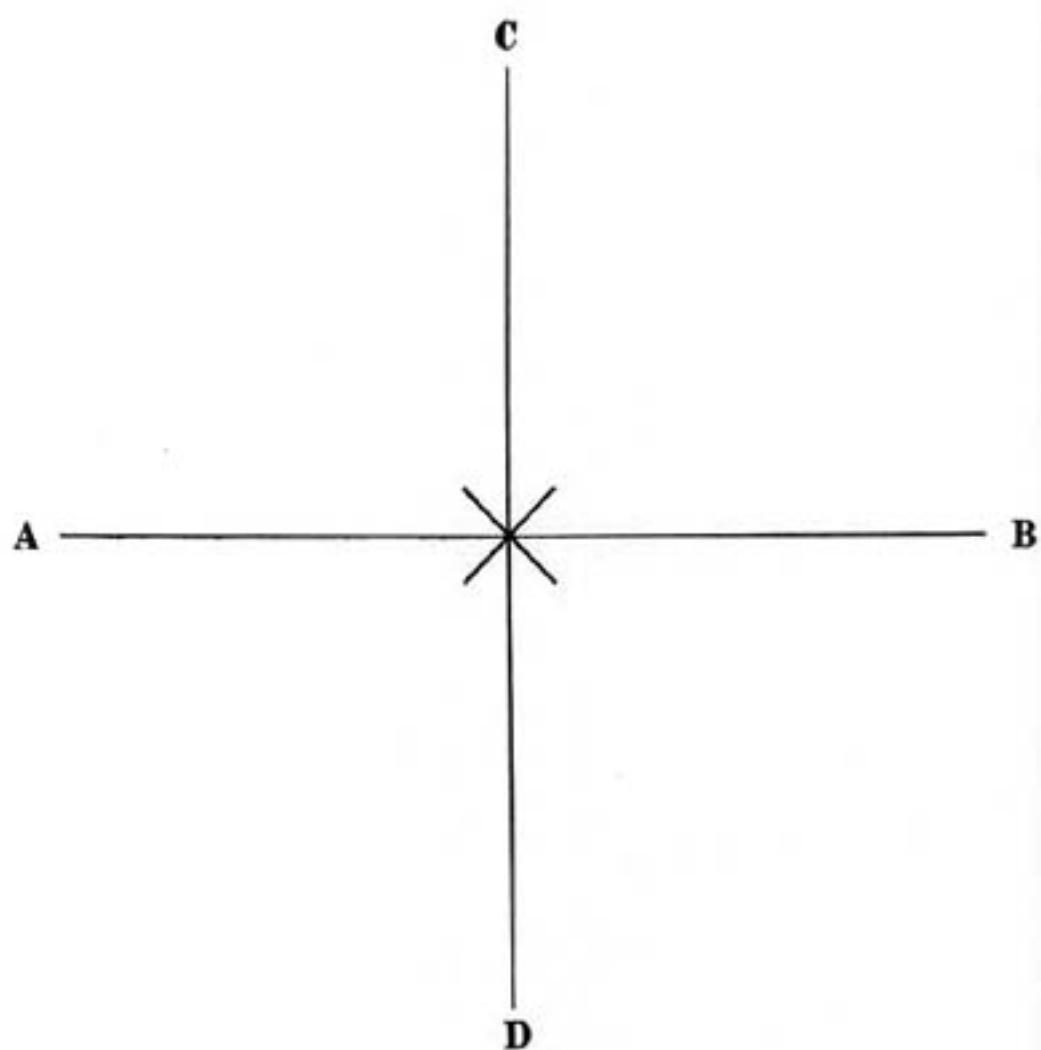
**This pattern is practised by the
5th degree.**

DIAGRAM: +

MOVEMENTS: 72

READY POSTURE: CLOSE READY STANCE A.

DIAGRAM (Yon Moo Son)

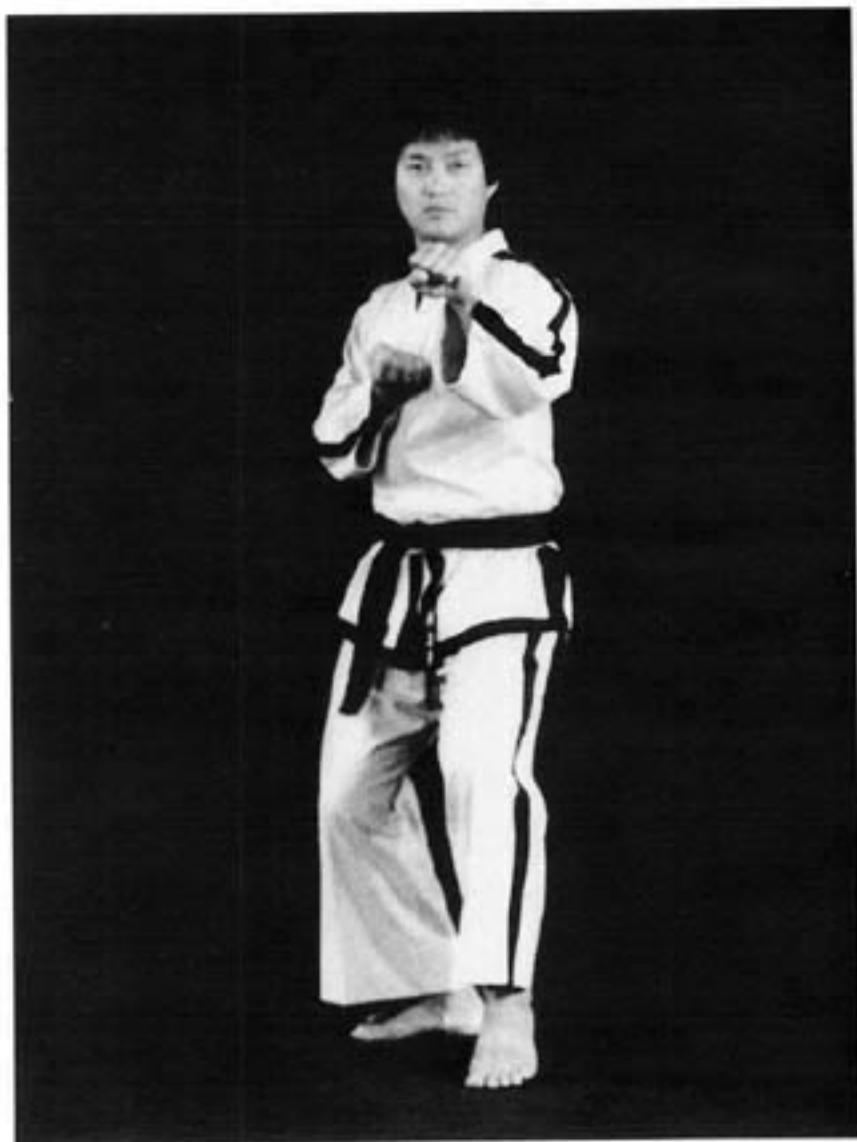


Ready Posture



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



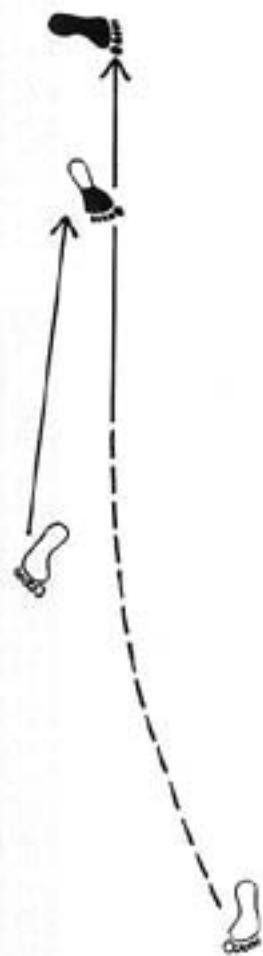
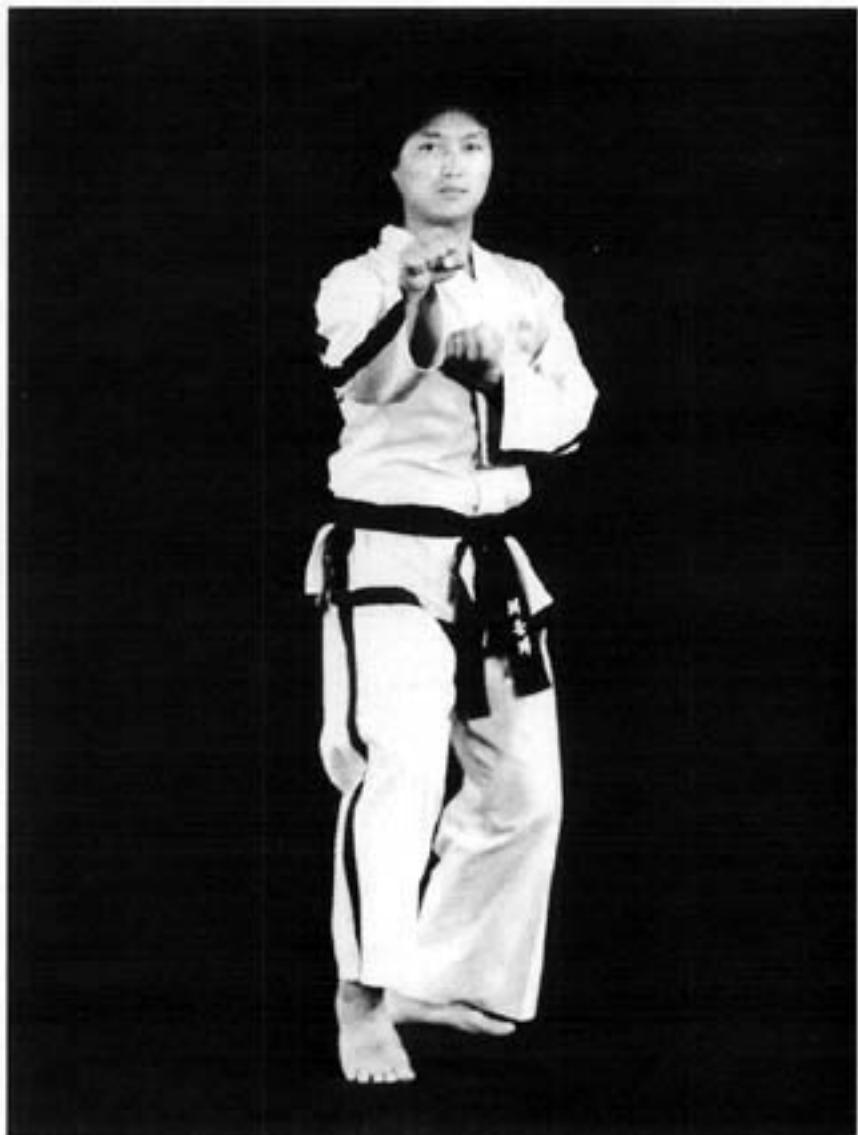
Side View



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.**

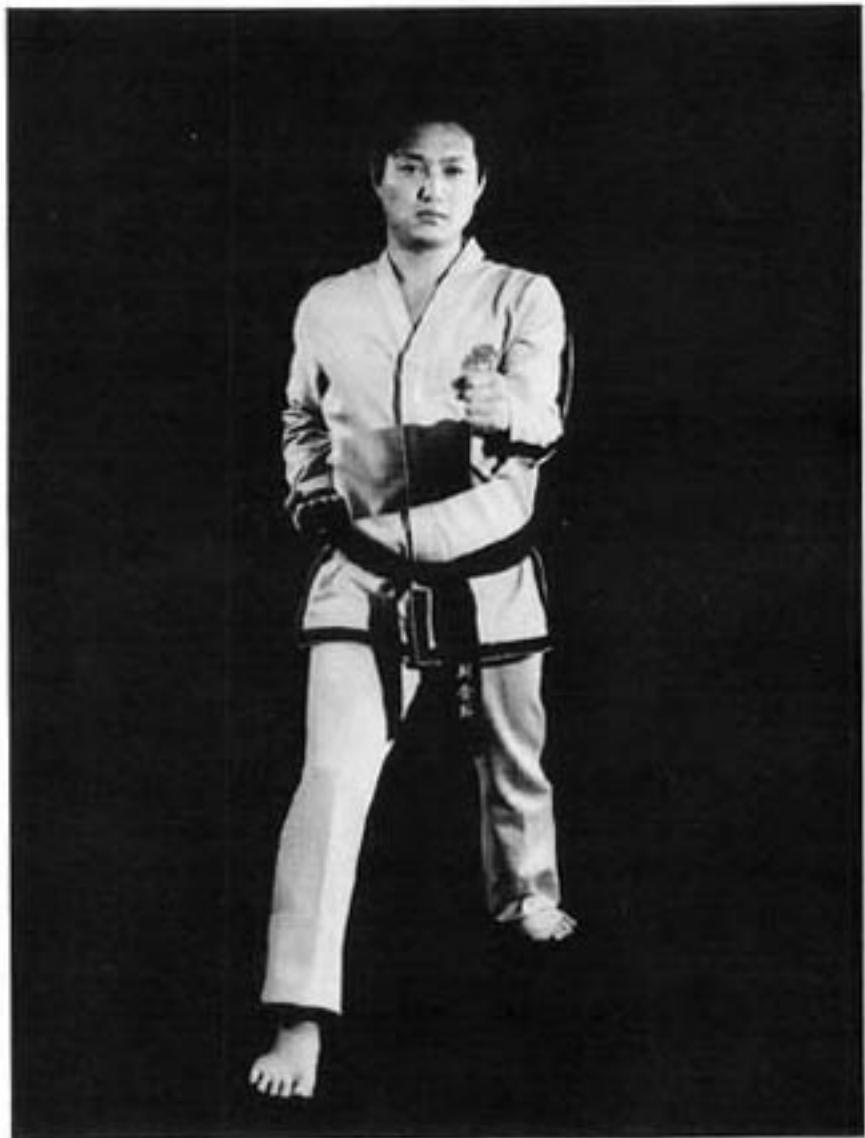


**Left rear foot stance forearm
high guarding block toward D.**

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



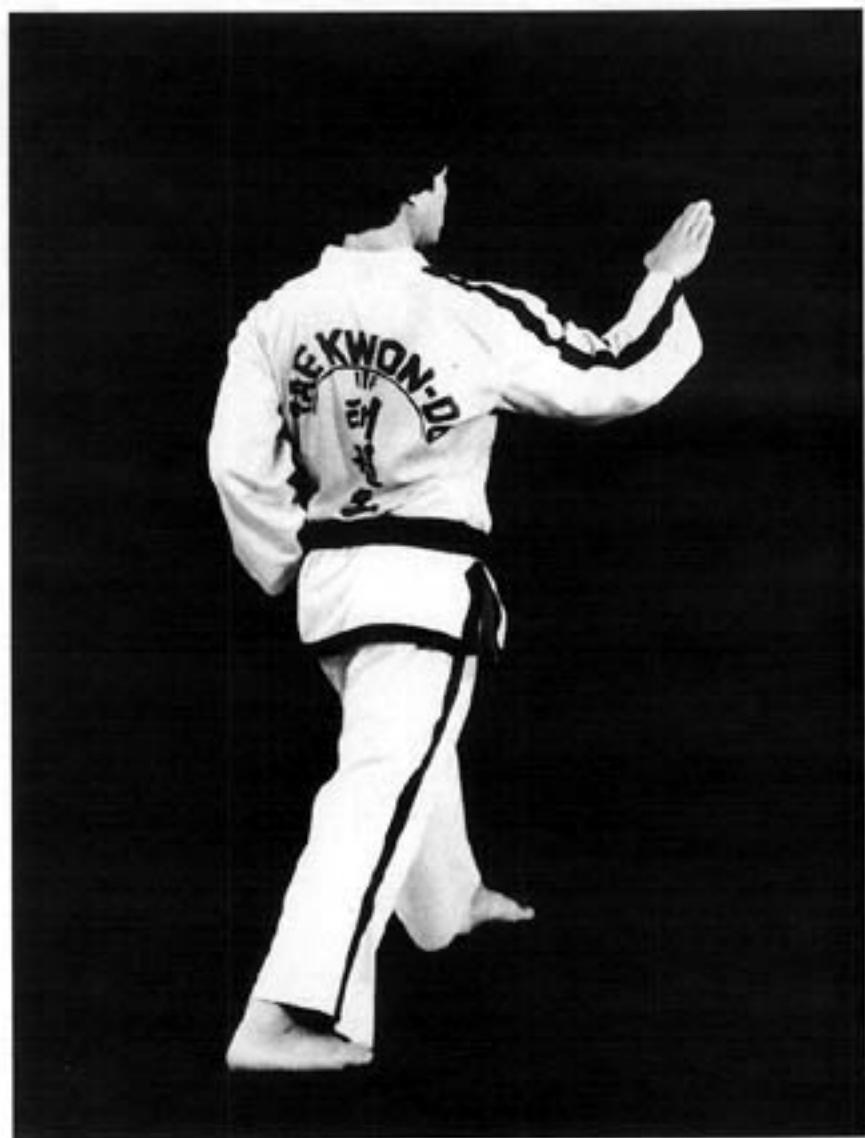
Side View



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



Side View

Keep both heels slightly off the ground.



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.



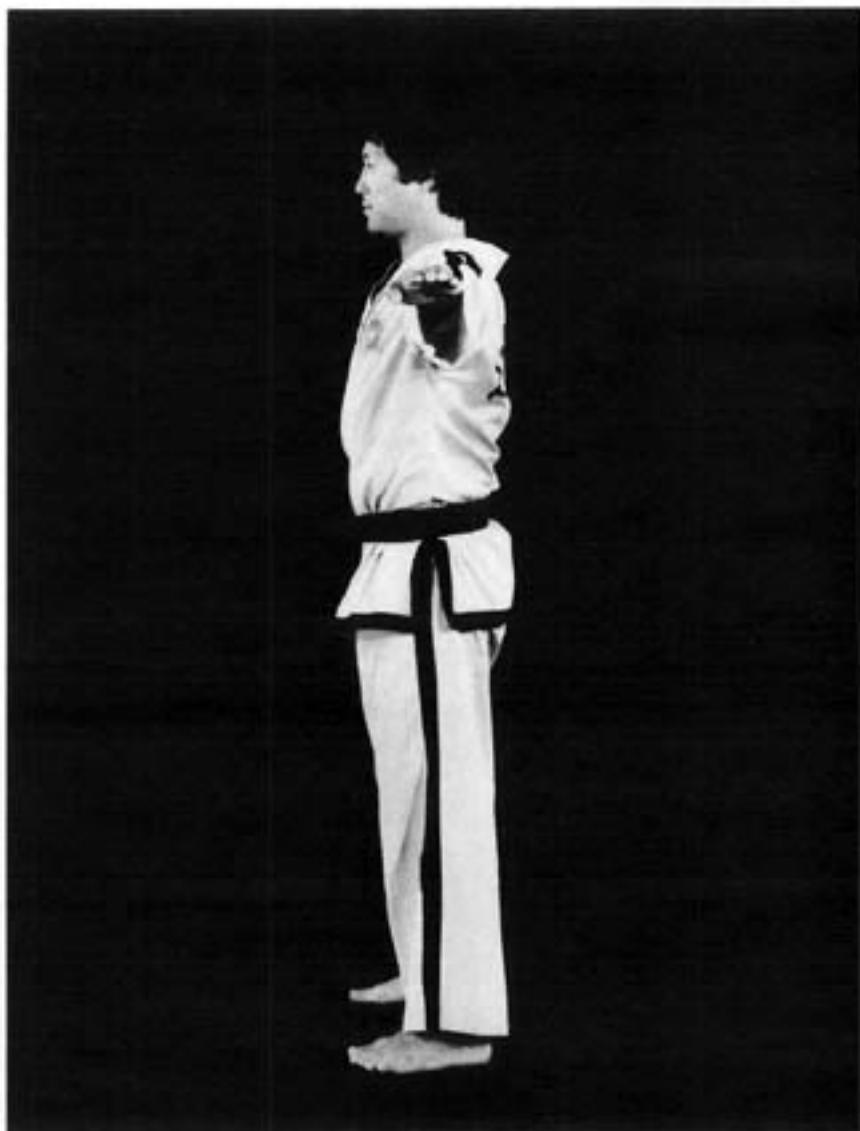
Previous Posture



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

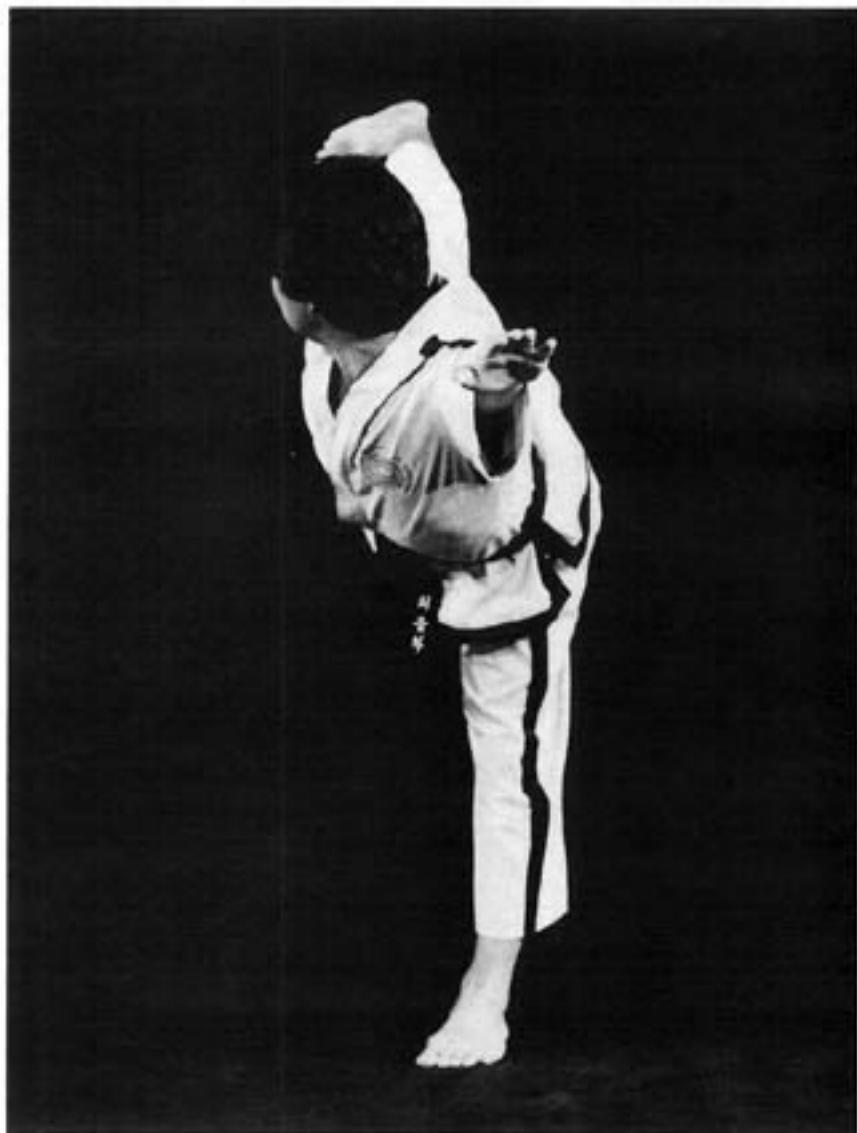


Top View

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.

Application

Previous Posture



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

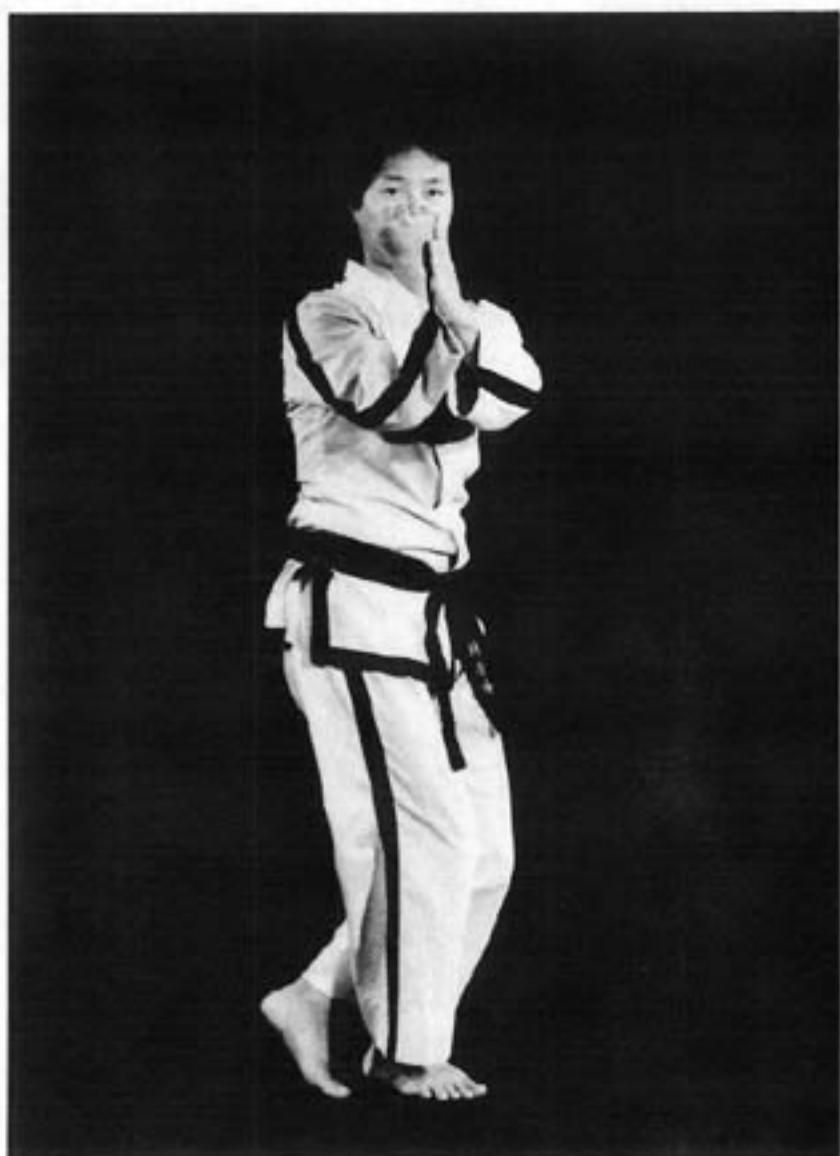
Previous Posture



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.



Right 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.

Application

Previous Posture



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.

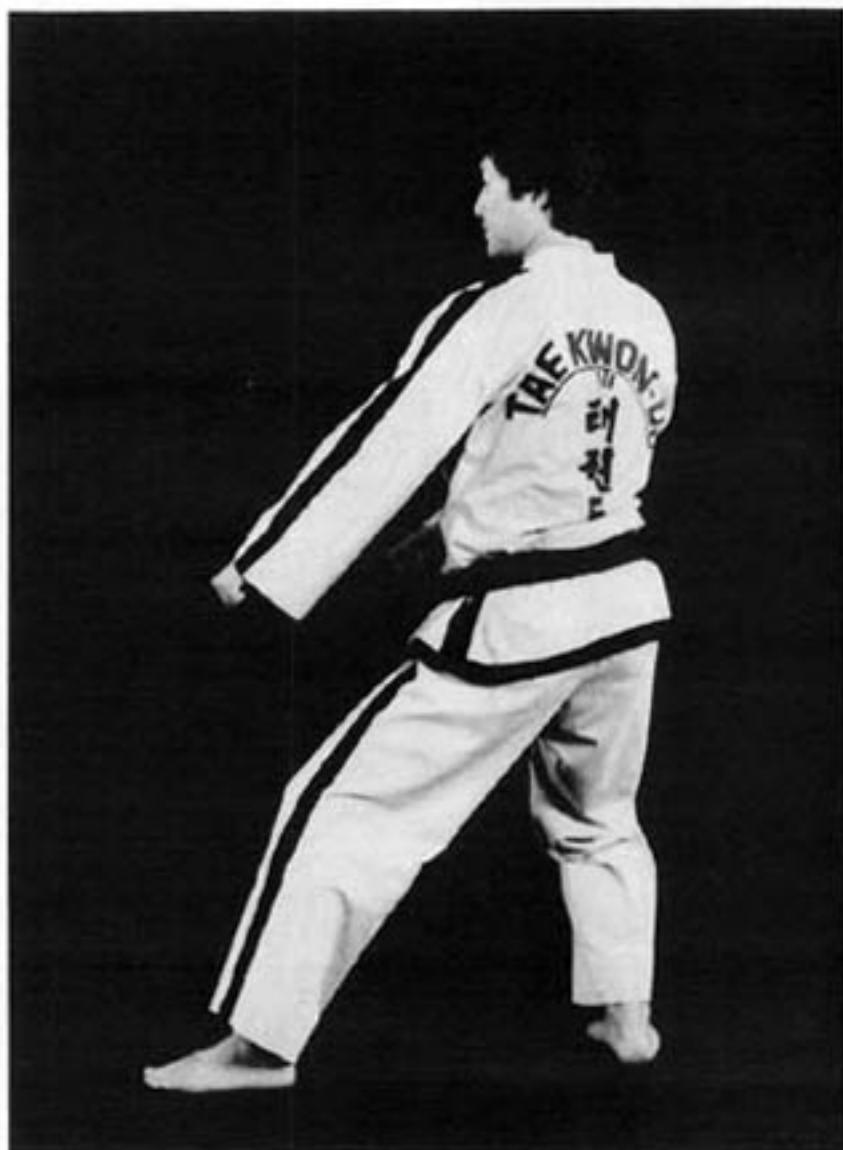
Previous Posture



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.

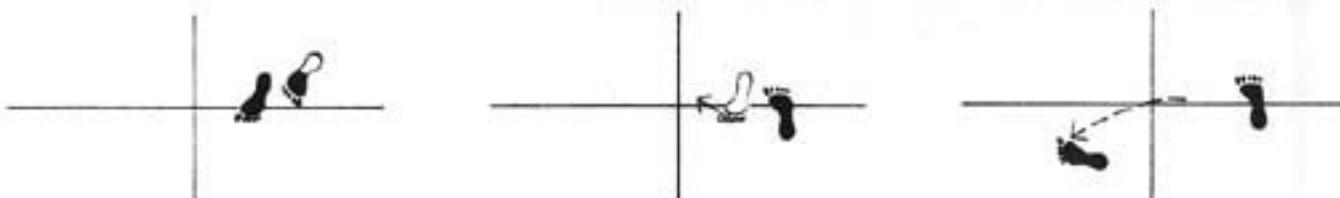


**Right L-stance low punch with
a left double fist toward A.**

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.



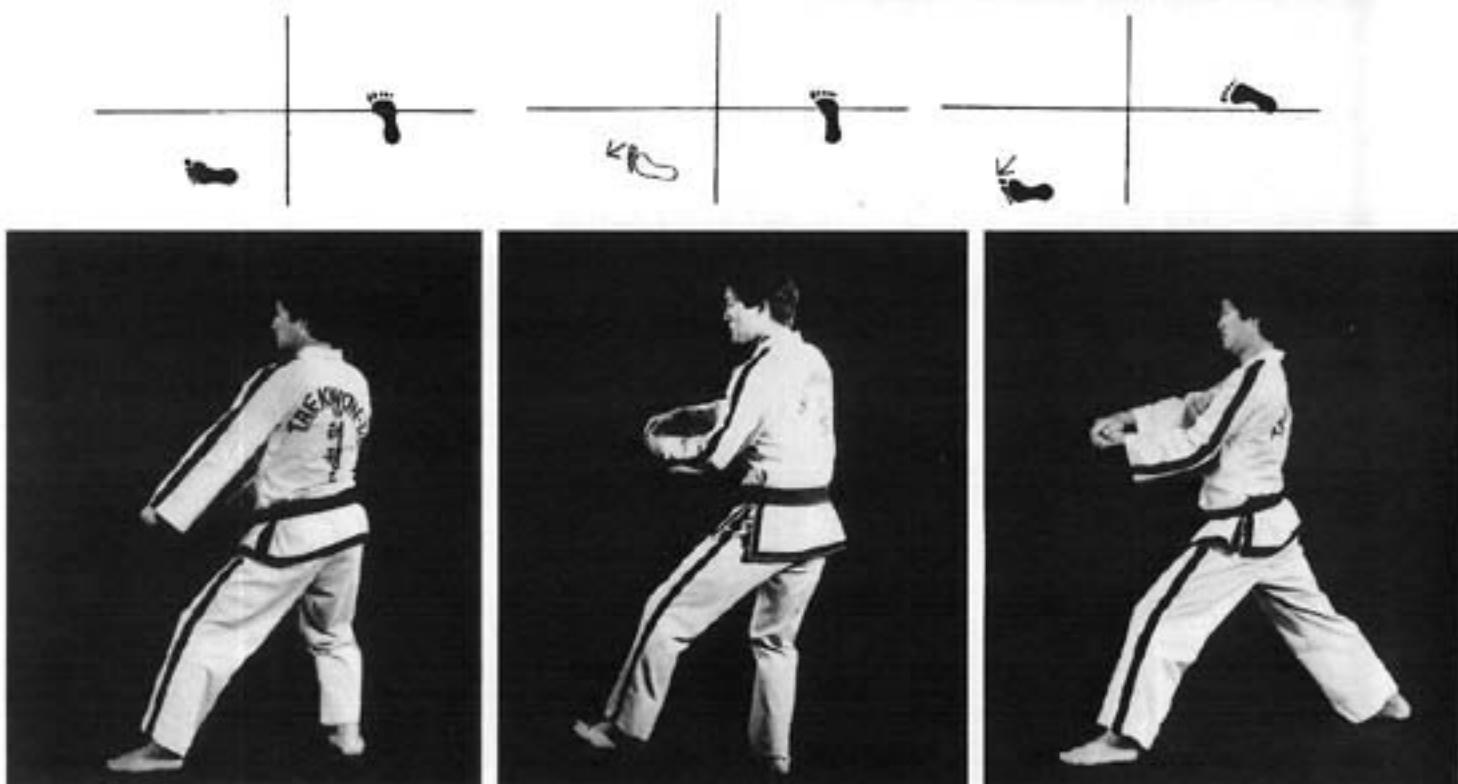
Left walking stance releasing motion toward A.



Previous Posture



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.**

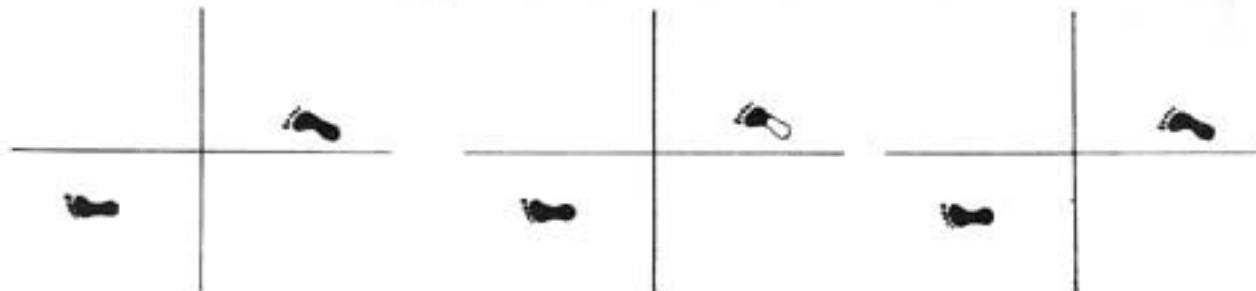
Application



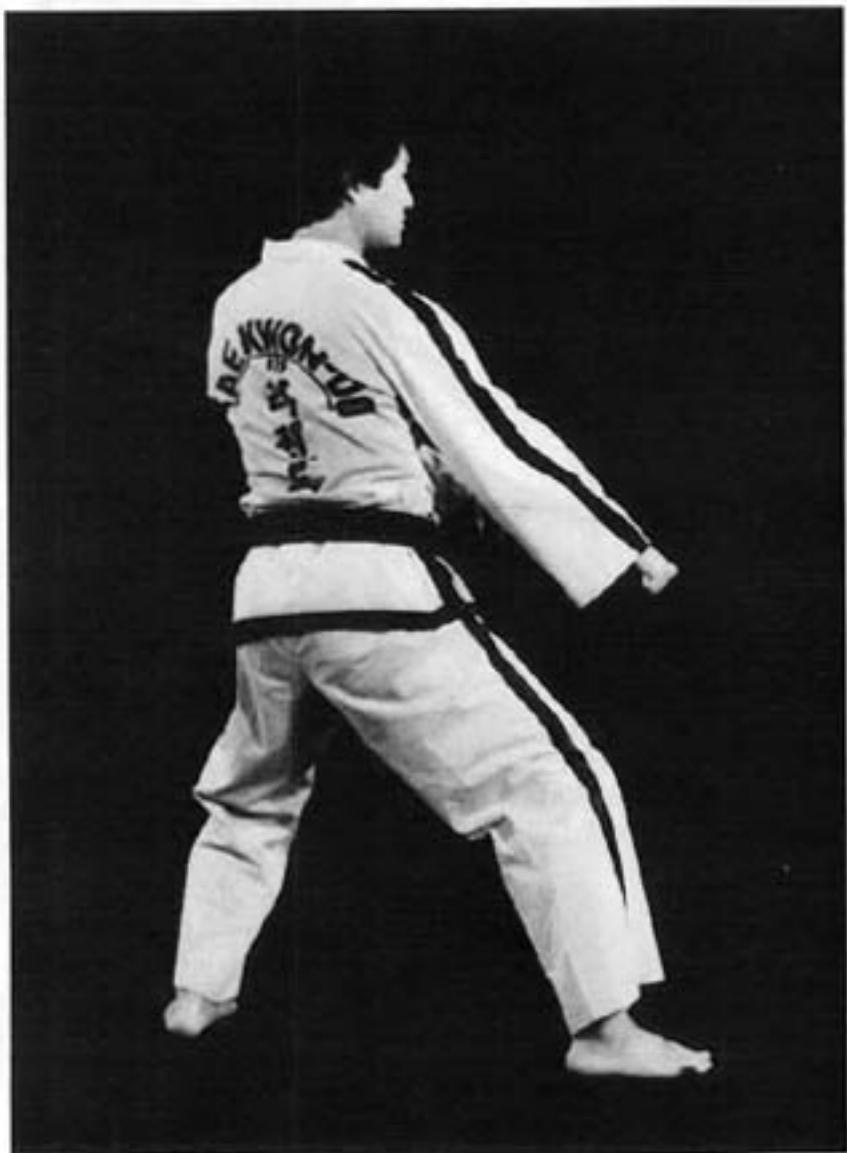
Previous Posture

Keep the right heel slightly off the ground.

Front View

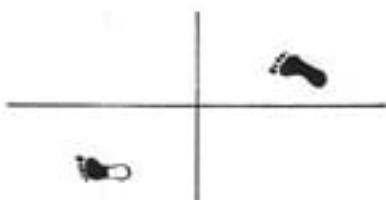


20. Move the left foot on line AB to form a left L-stance toward B while executing a low punch to B with a right double fist.



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

Previous Posture



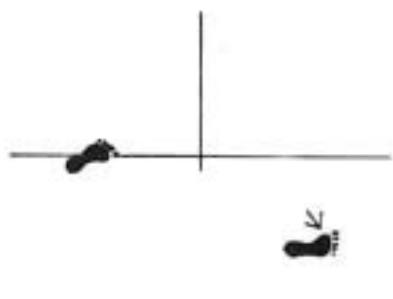
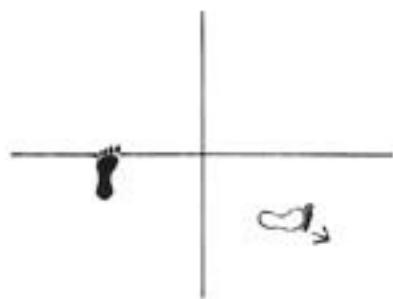
Keep the left heel slightly off the ground.

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.



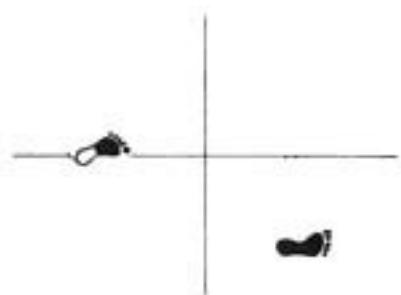
**Right walking stance high punch
with the left fist toward B.**

Application



Previous Posture

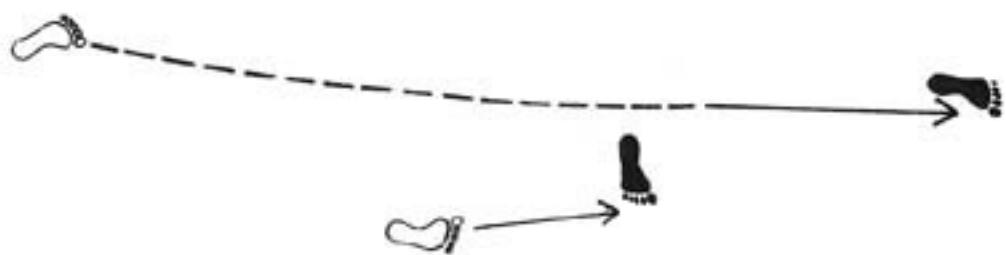
Keep the left heel slightly off the ground.



- 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.



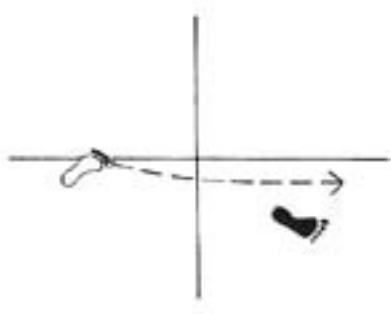
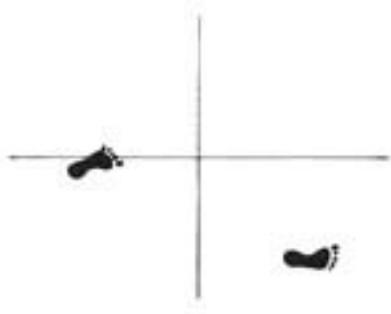
Right L-stance middle punch with the right middle knuckle fist toward B.



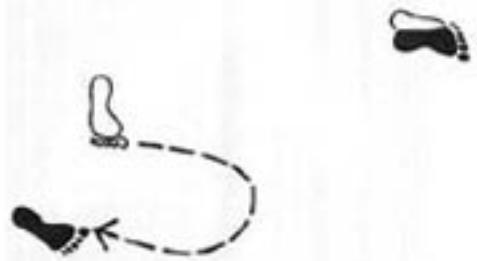
Front View



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.

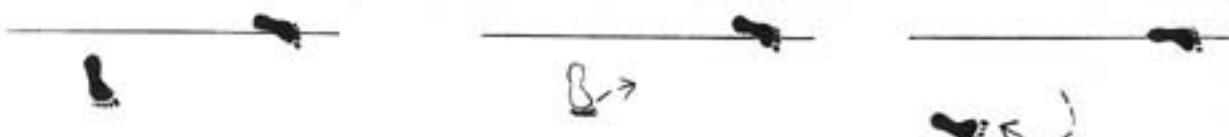


Left walking stance front strike
with the right back fist toward B.

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.



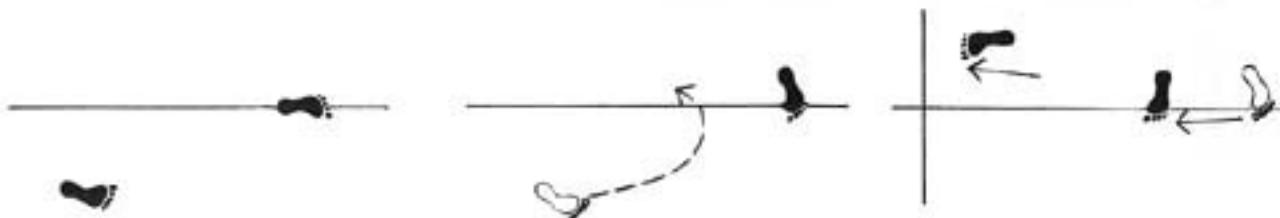
Left L-stance middle punch with a left middle knuckle fist toward A.





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.

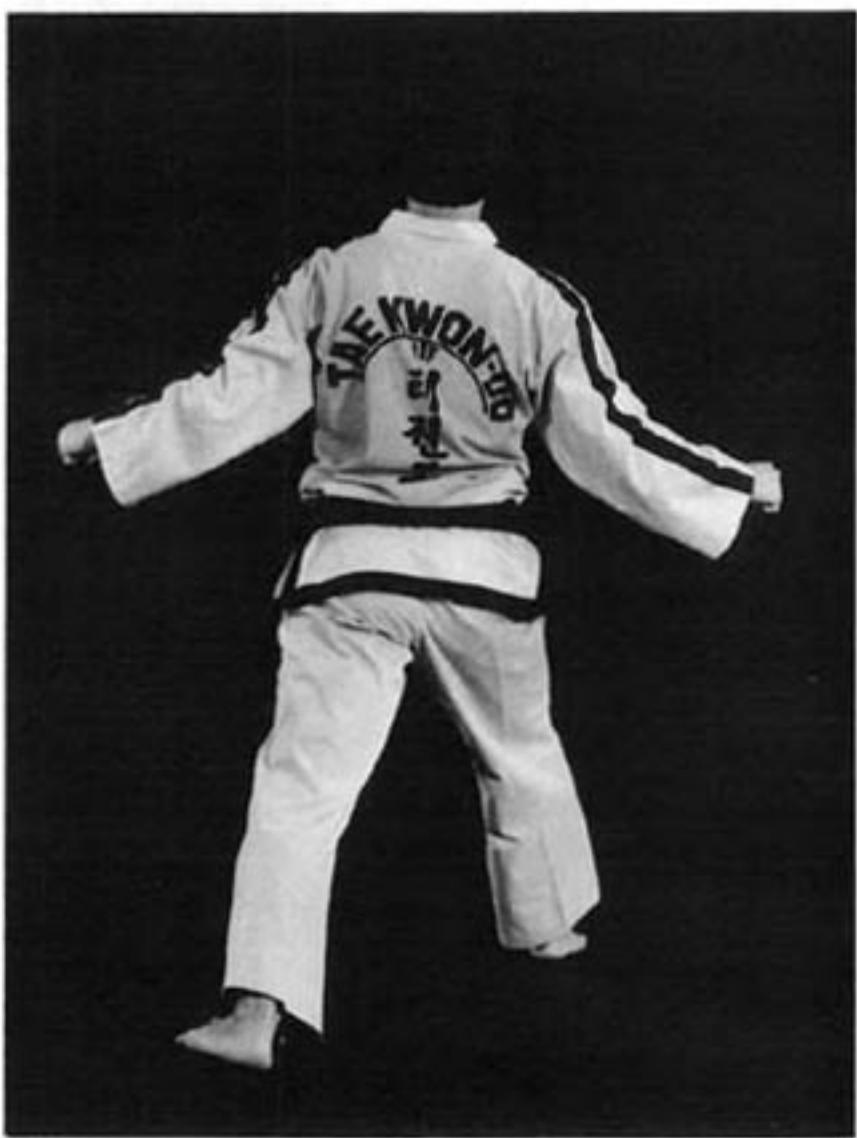
Top View



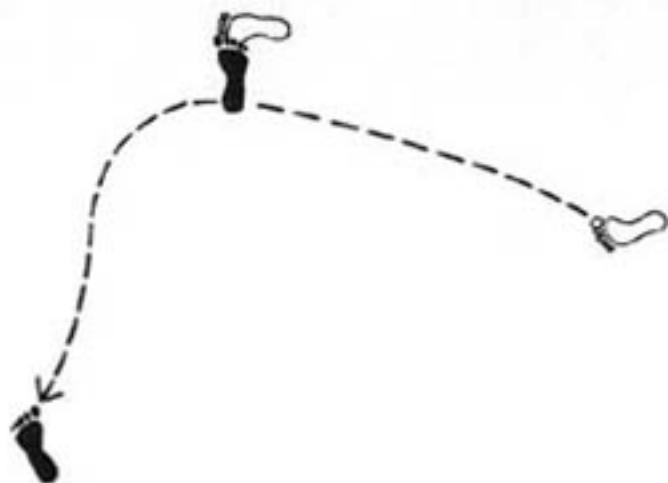
Previous Posture



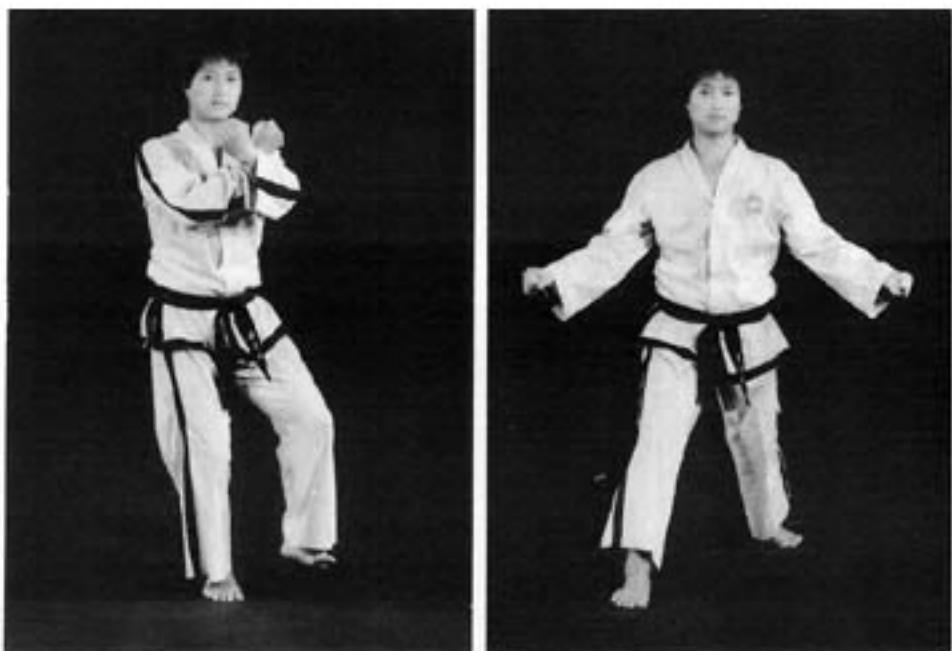
27. Move the left foot to D, forming a right walking ready stance toward C.



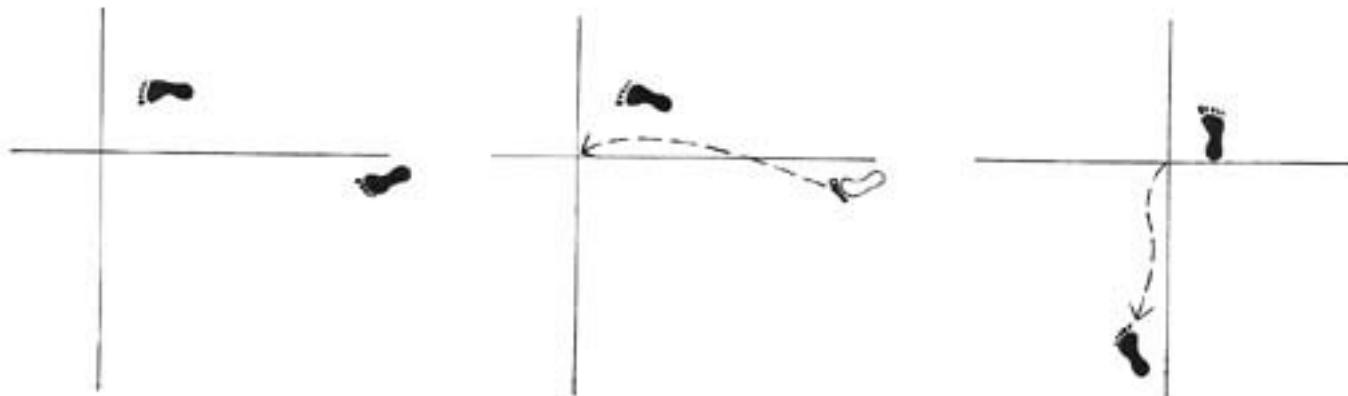
Right walking ready stance toward C.



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.**

Application

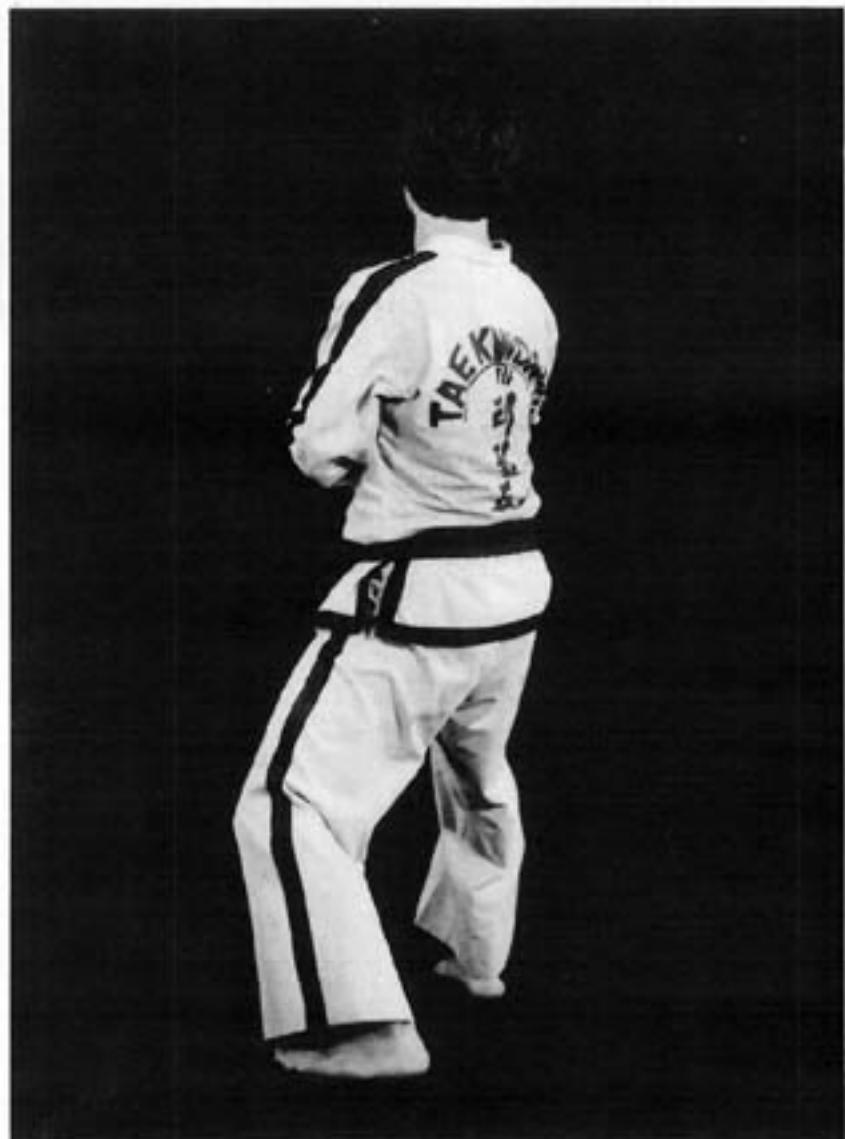
Previous Posture



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.**

Application

Previous Posture



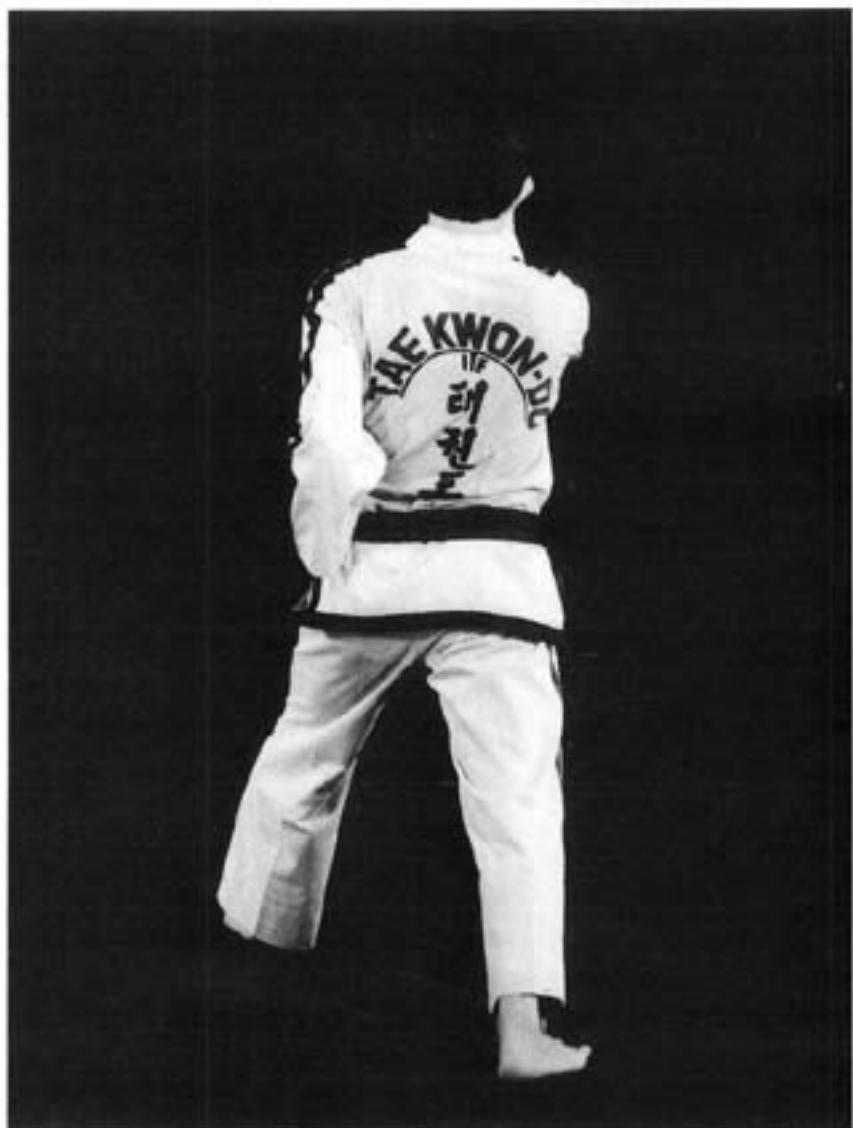
Top View



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



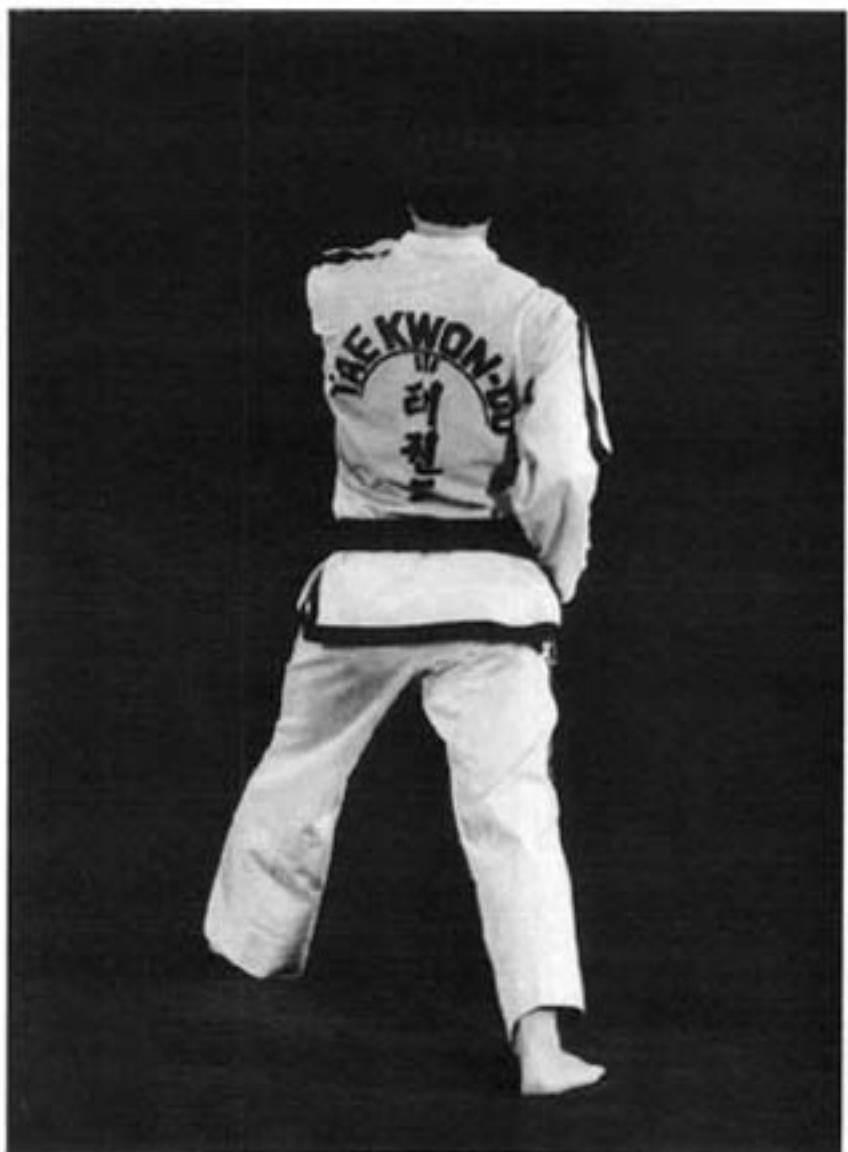
Side View



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.

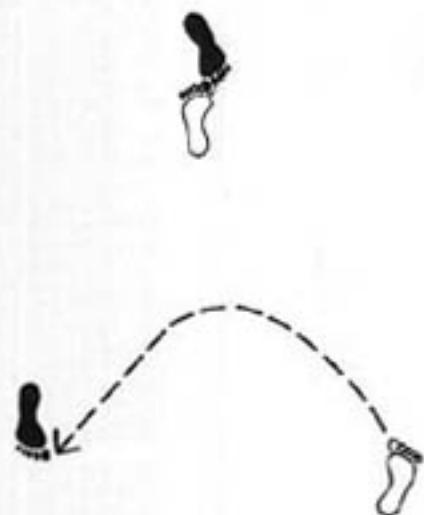
Previous Posture



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.**

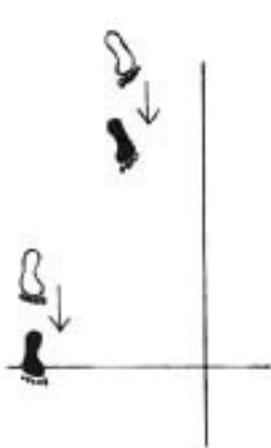


**Right walking stance middle punch
with the right fist toward D.**

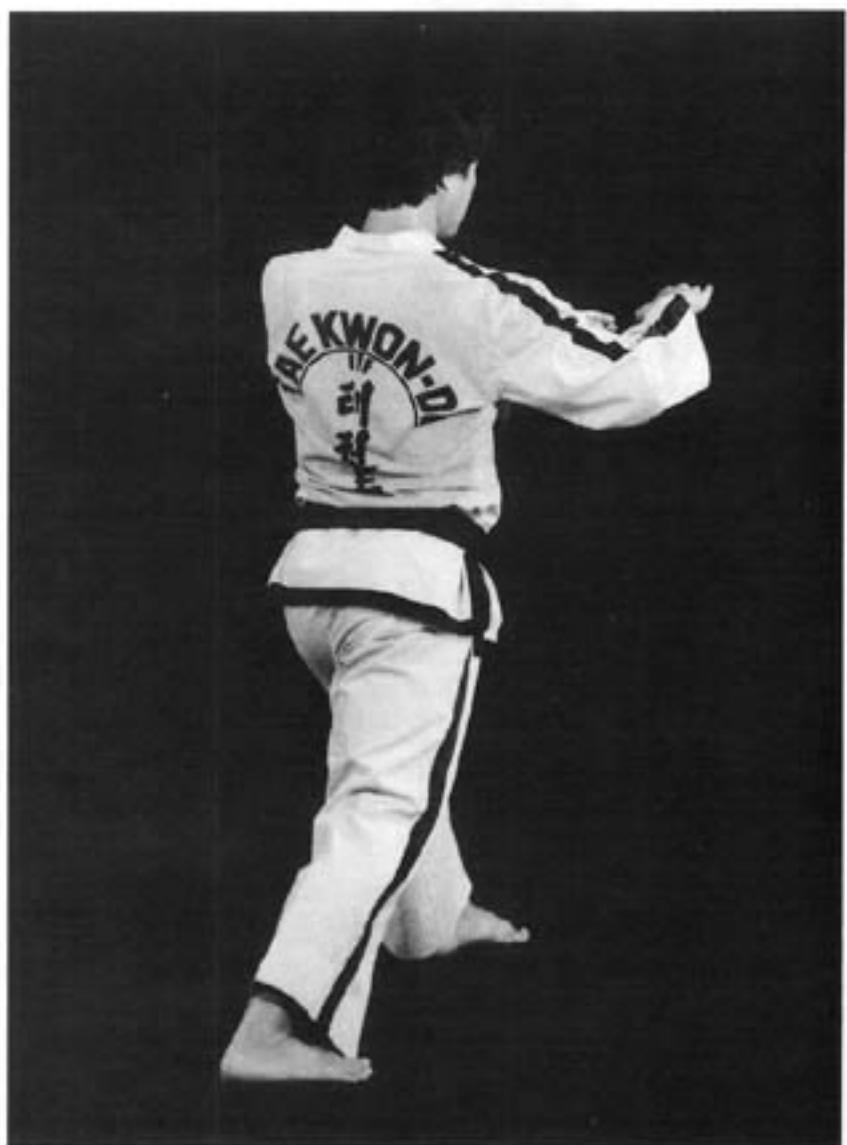
Previous Posture



Side View

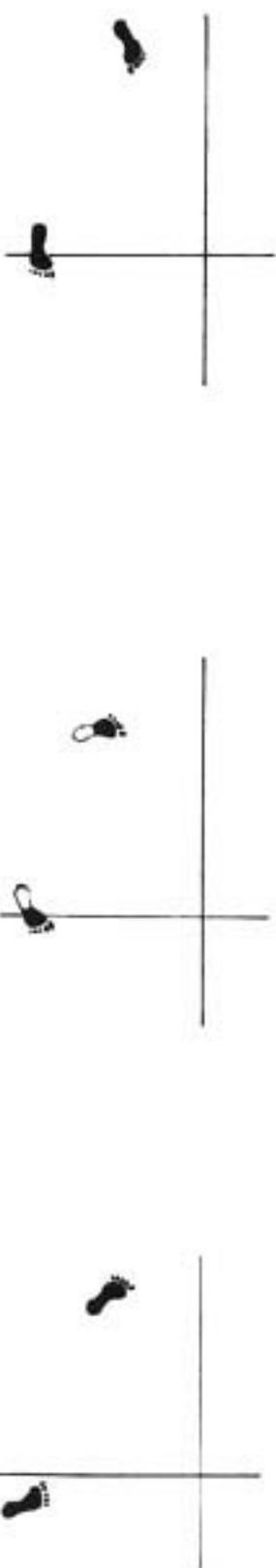


34. Execute a middle block to BD with a double arc-hand while forming a left walking stance toward BC and looking through the hands.



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

Previous Posture

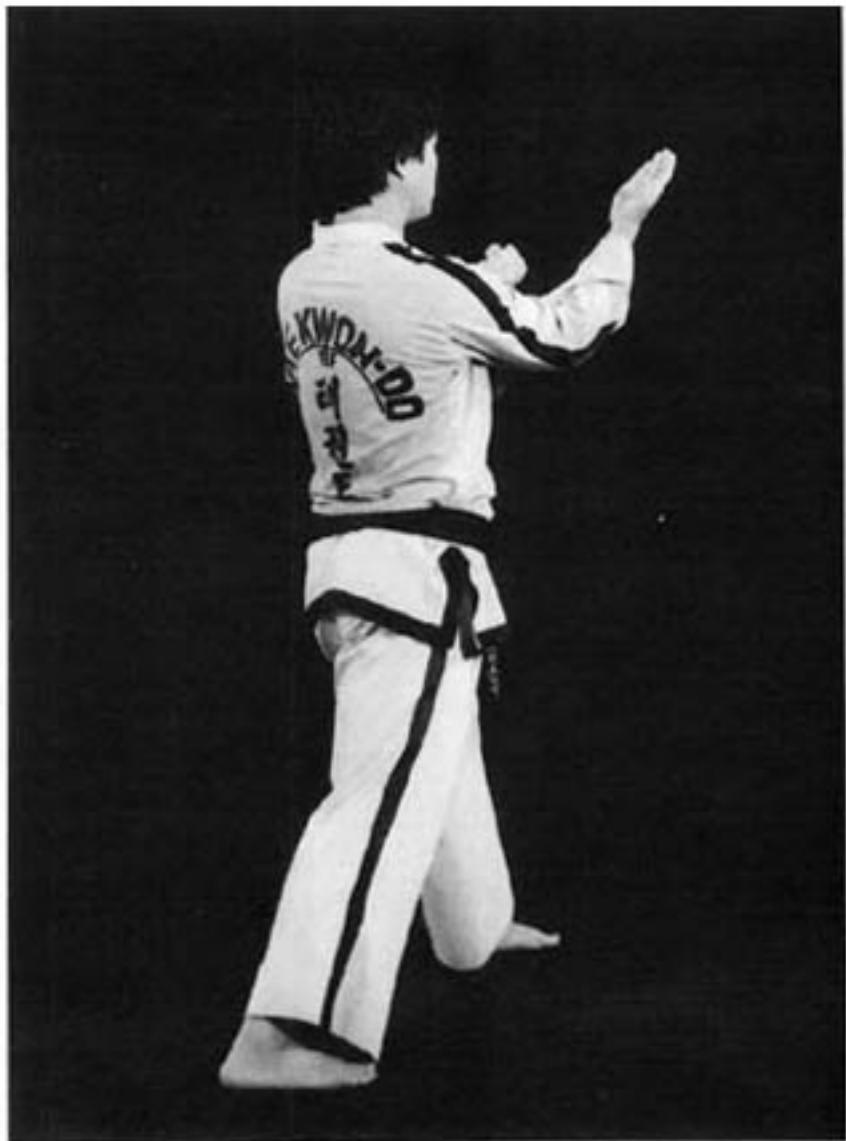


Keep both heels slightly off the ground.



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.



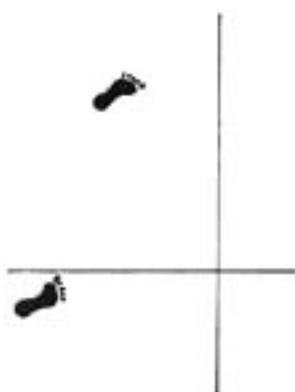
Top View

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.



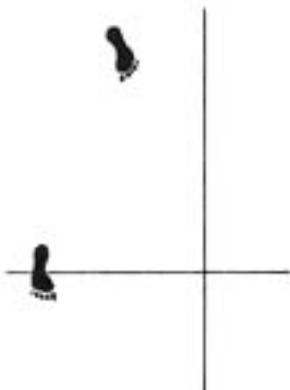
Side View

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

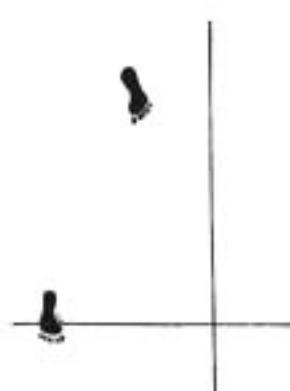
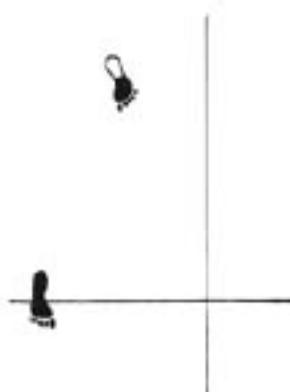


**Right walking stance high punch
with the right fist toward D.**

Previous Posture



Side View



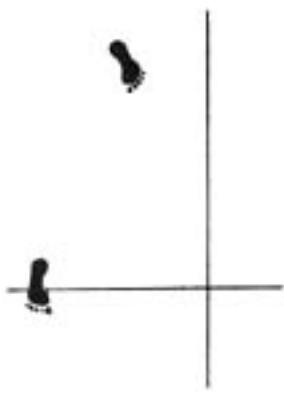
Keep the left heel slightly off the ground.

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

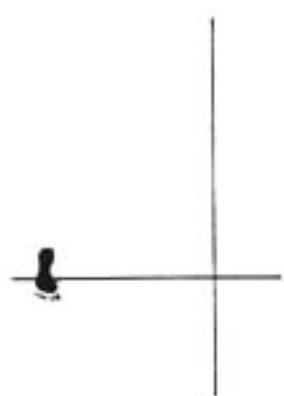
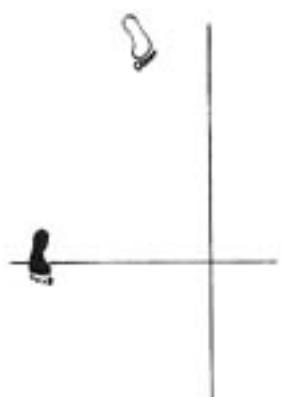


Low front snap kick to D with the left foot.

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.

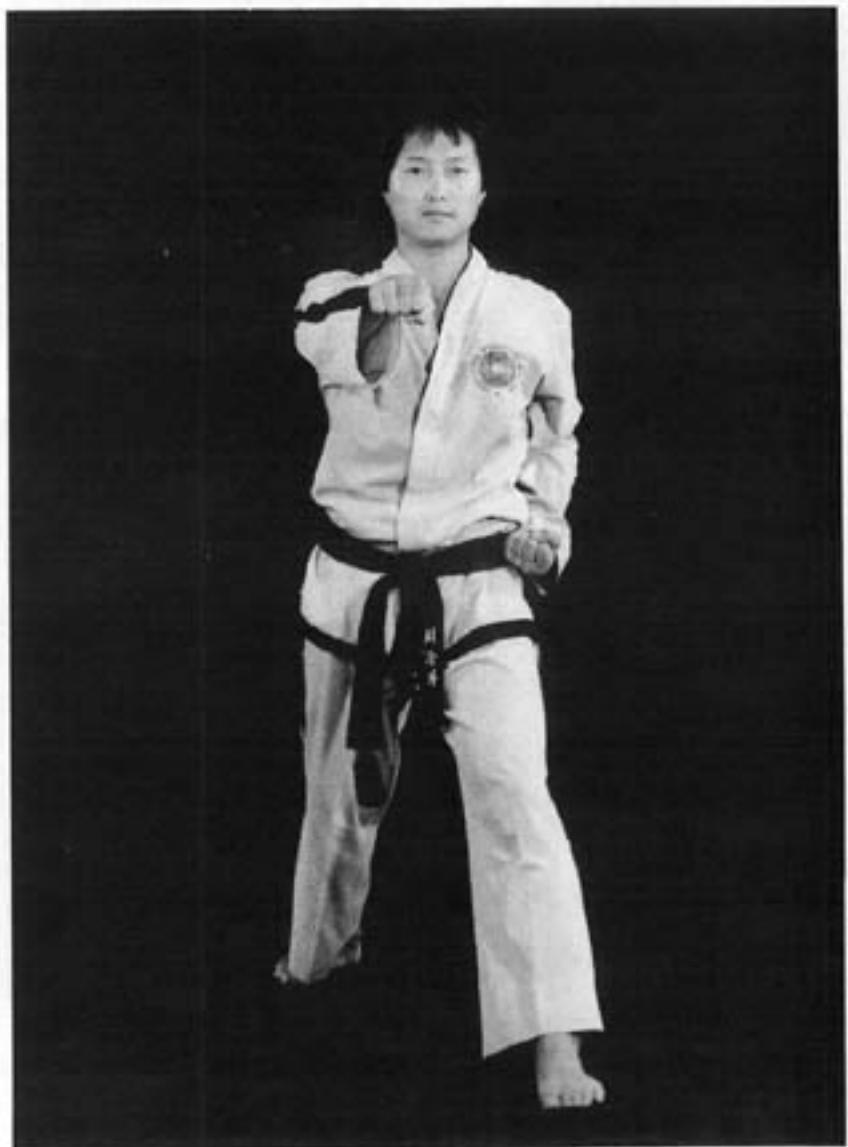
Application

Previous Posture

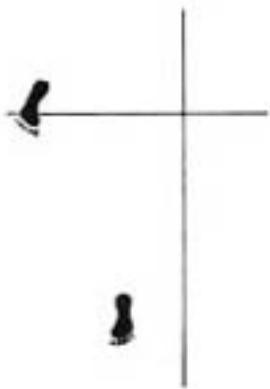


Side View

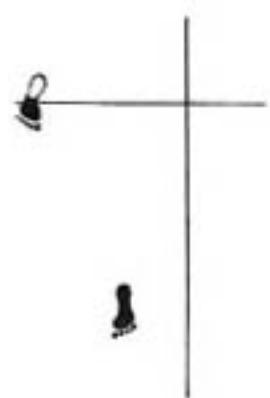
40. Execute a middle punch to D with the right fist while maintaining a left walking stance toward D.
Perform 39 and 40 in a fast motion.



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



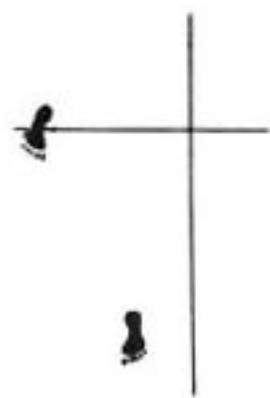
Previous Posture



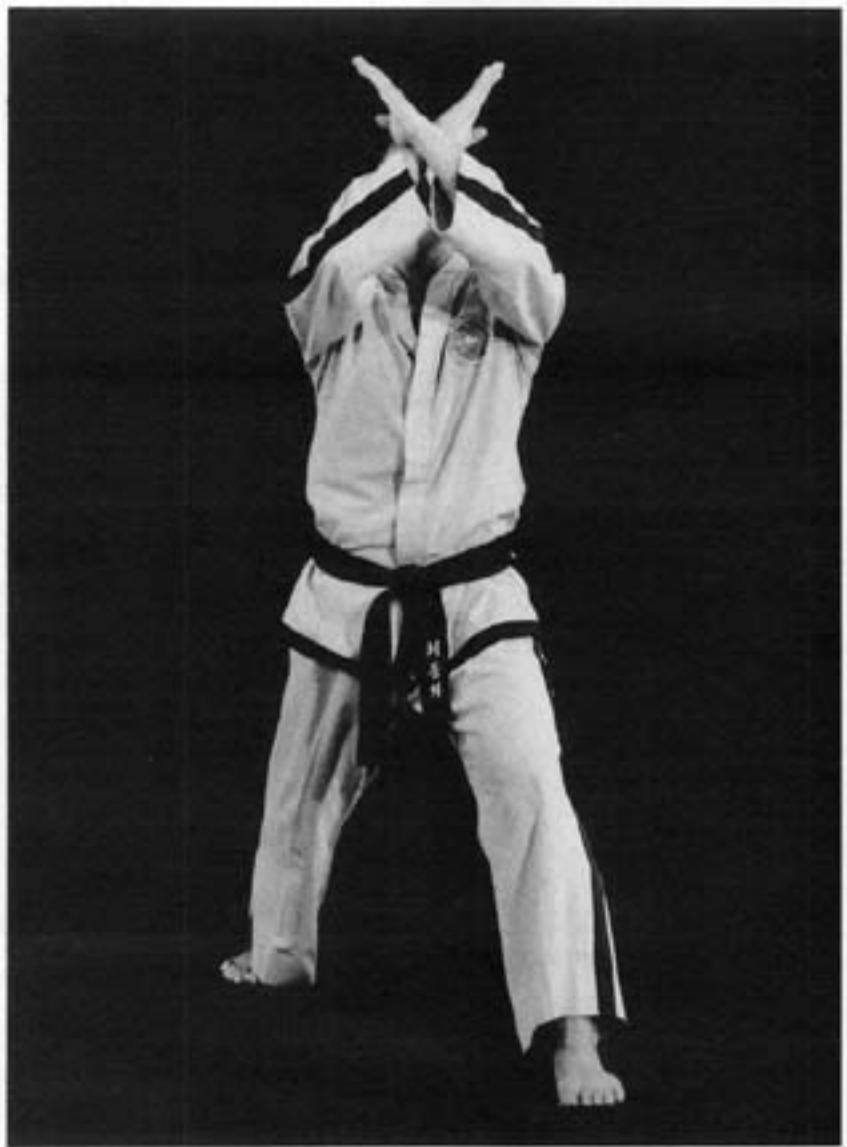
Keep the right heel slightly off the ground.



Side View



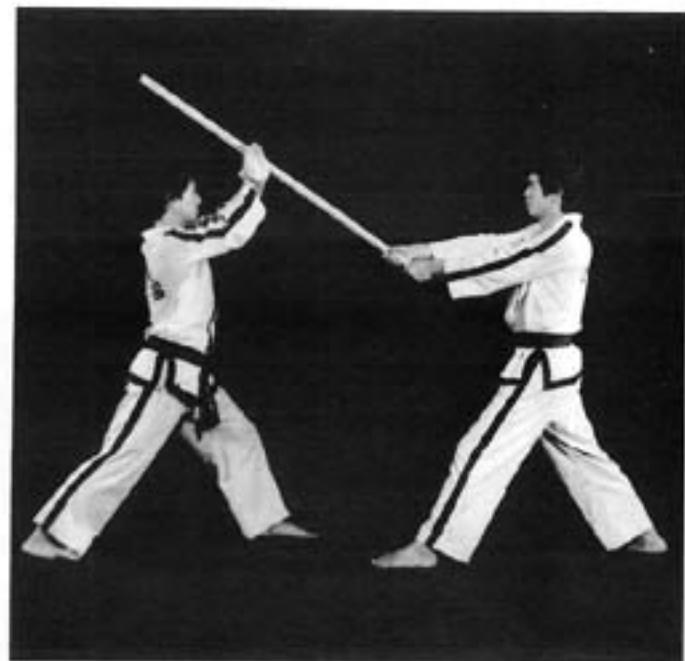
41. Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D.



**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

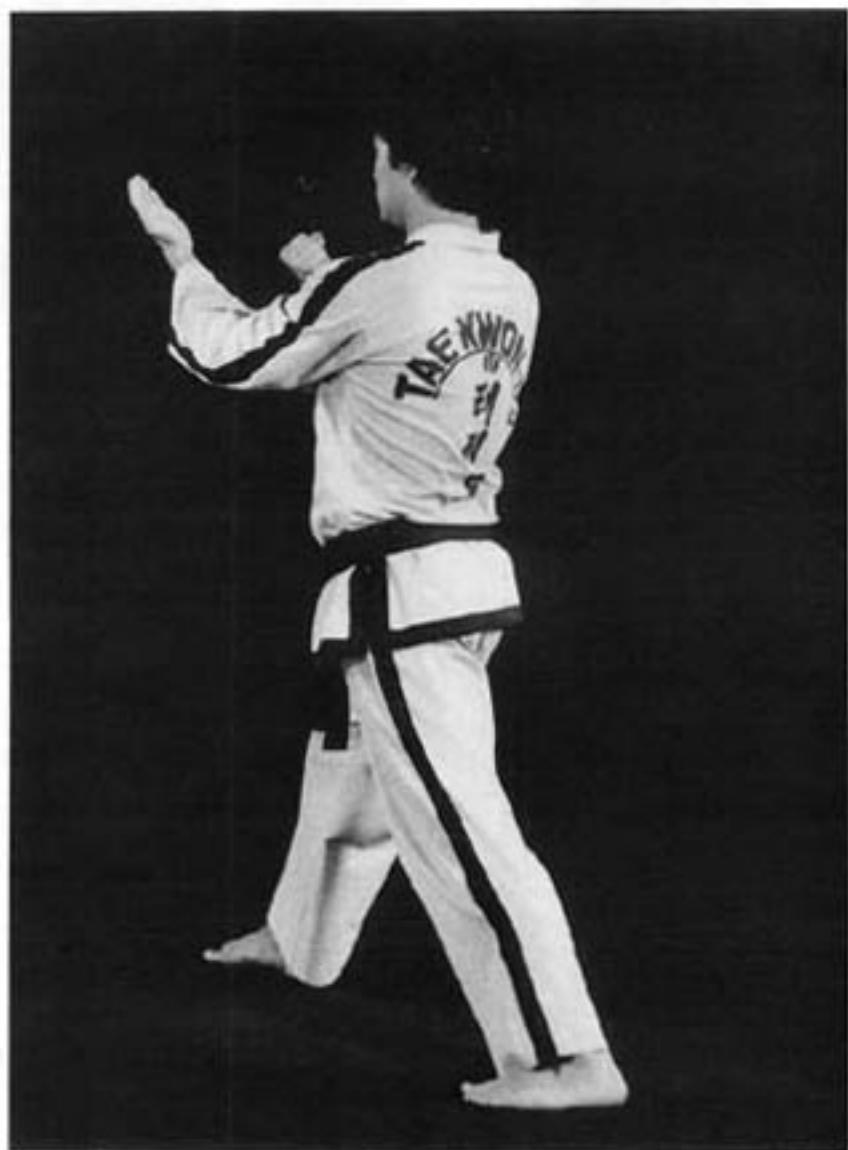


Keep both heels slightly off the ground.



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.



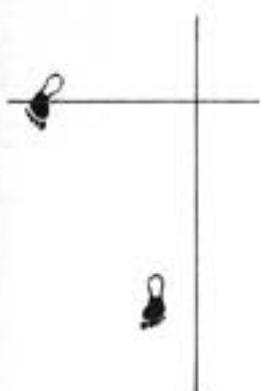
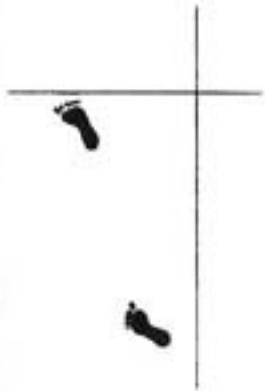
Back View

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

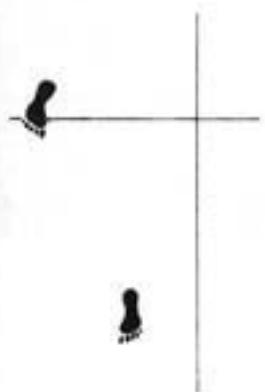


Keep both heels slightly off the ground.

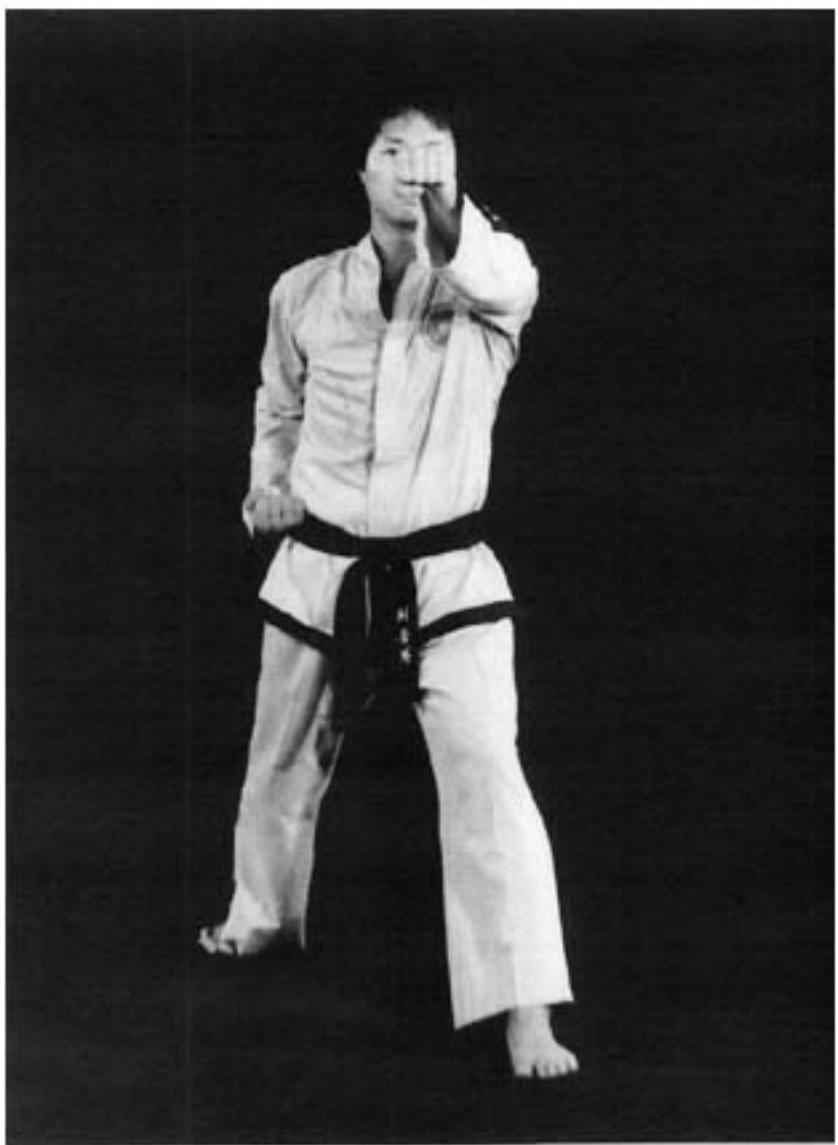
Application



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



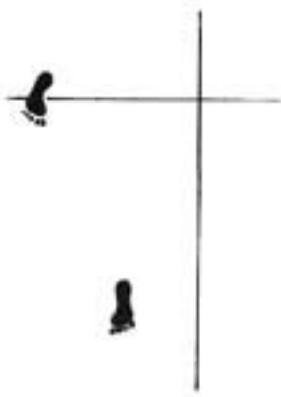
Side View

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

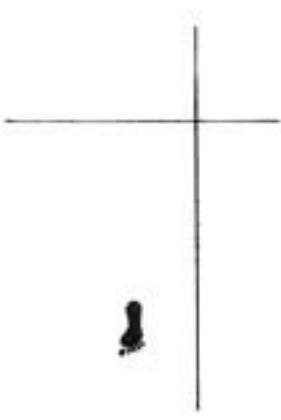
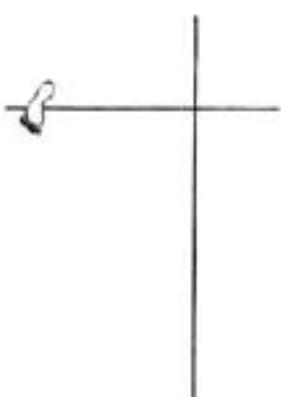


**Low front snap kick to D
with the right foot.**

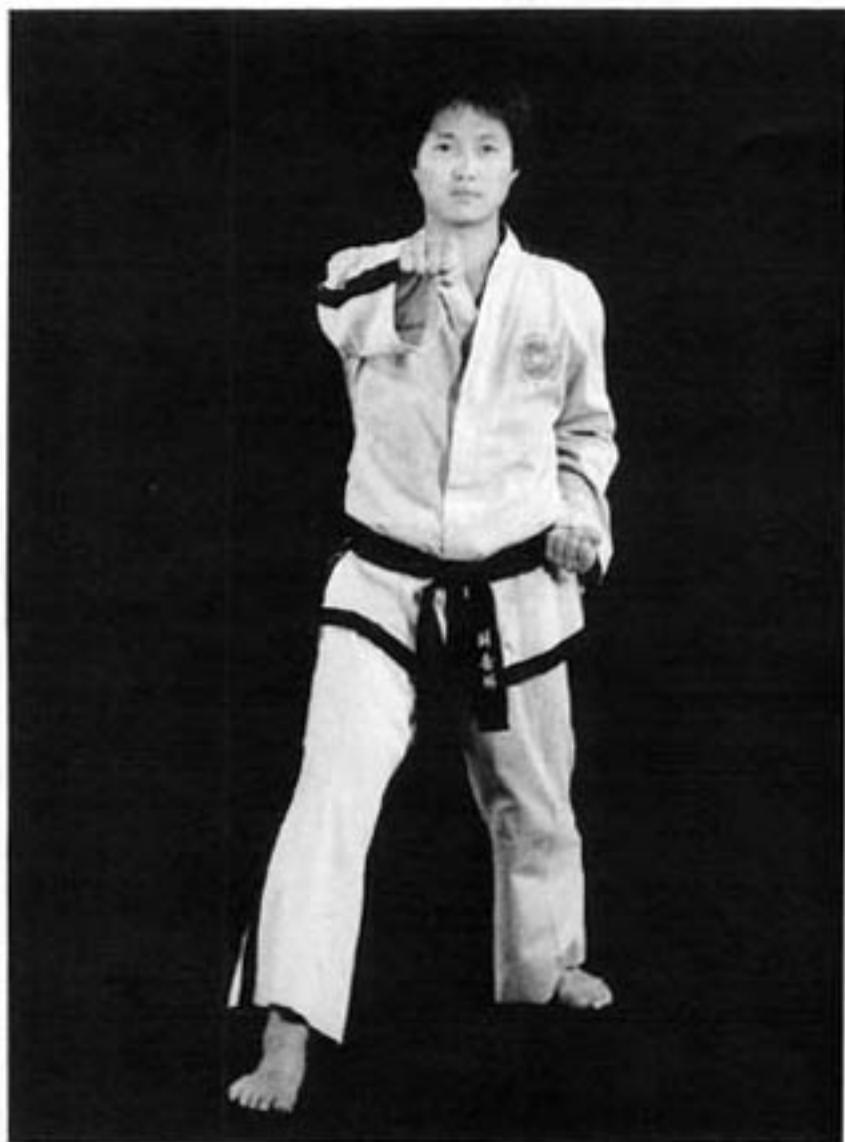
Previous Posture



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

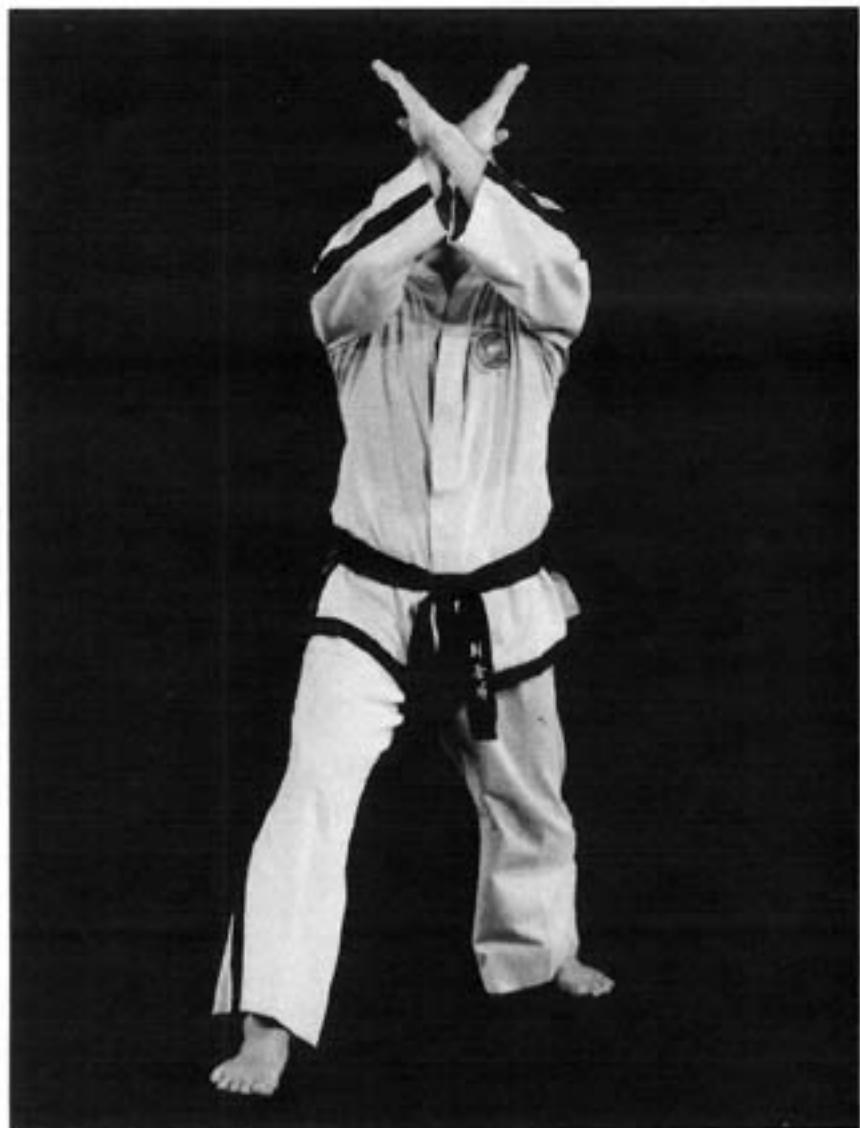


Keep the left heel slightly off the ground.



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



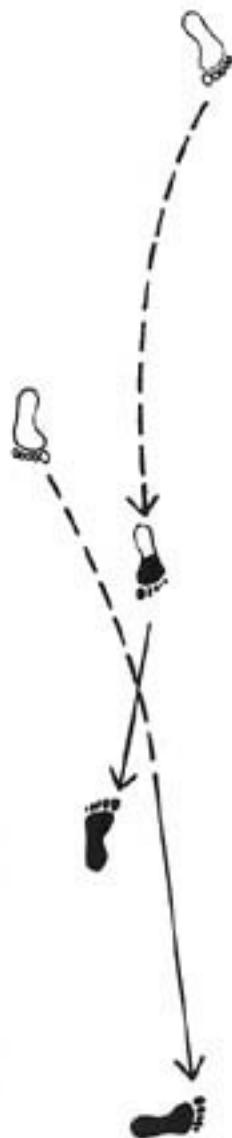
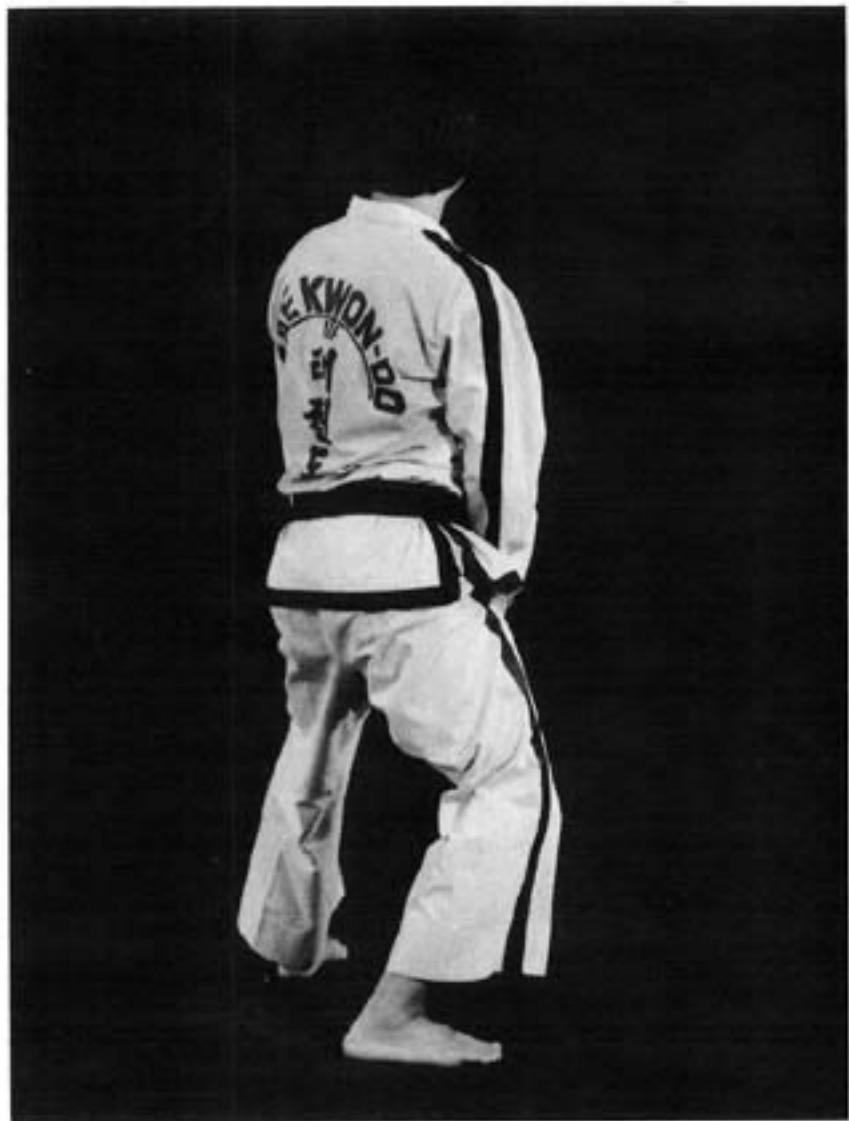
Keep the left heel slightly off the ground.



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

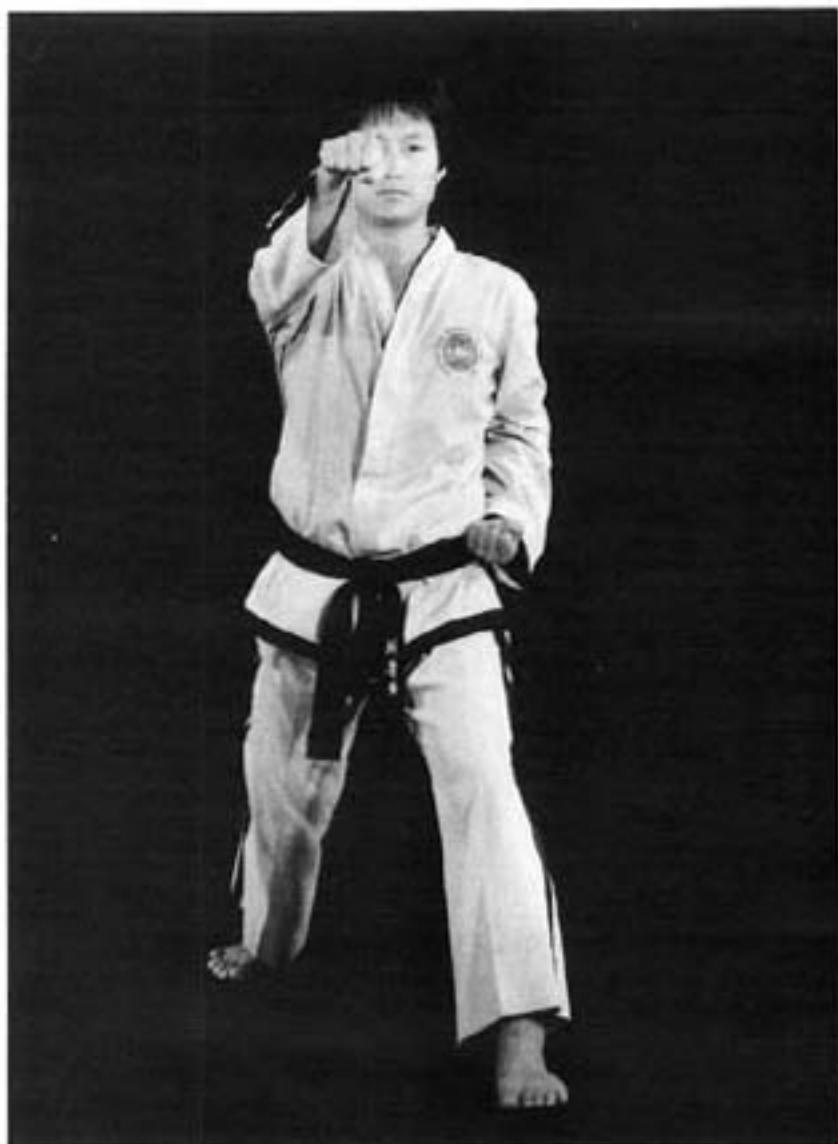


Side View



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.



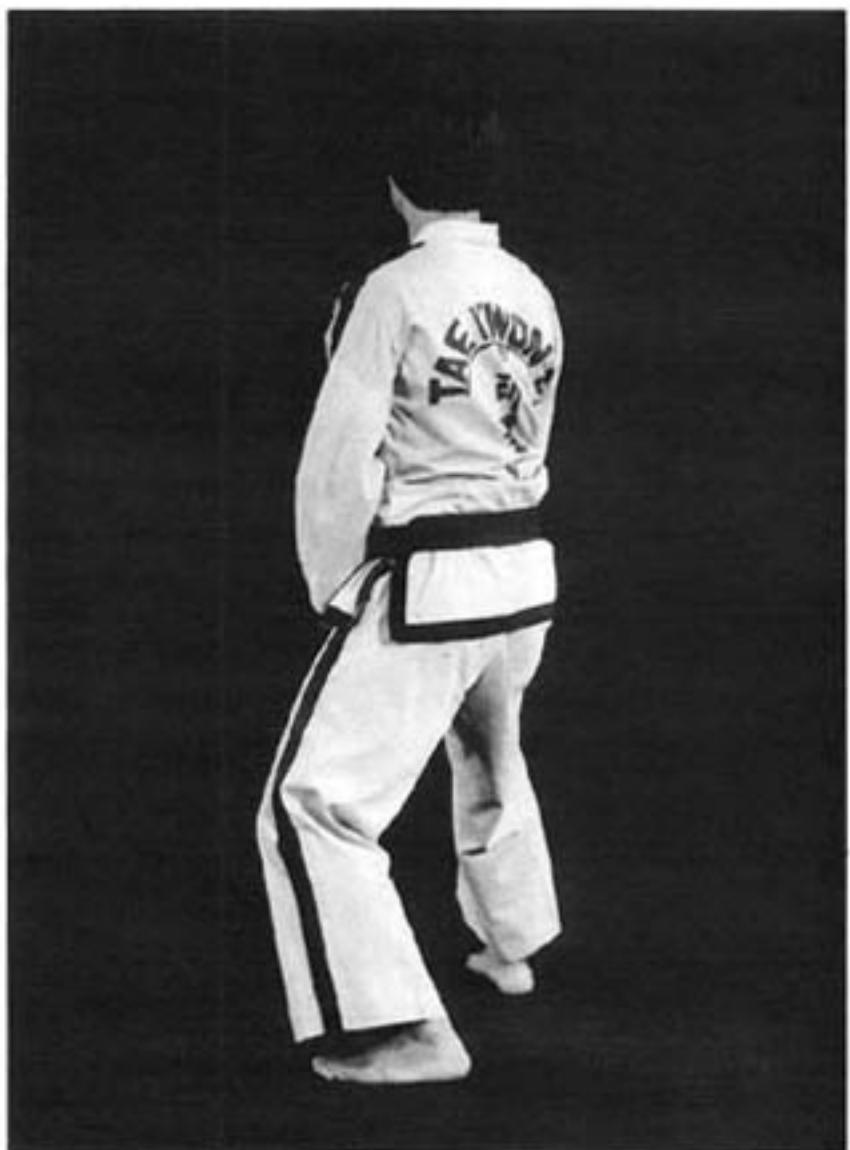
**Right L-stance middle punch with
the left fist toward D.**

Application

Previous Posture



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.



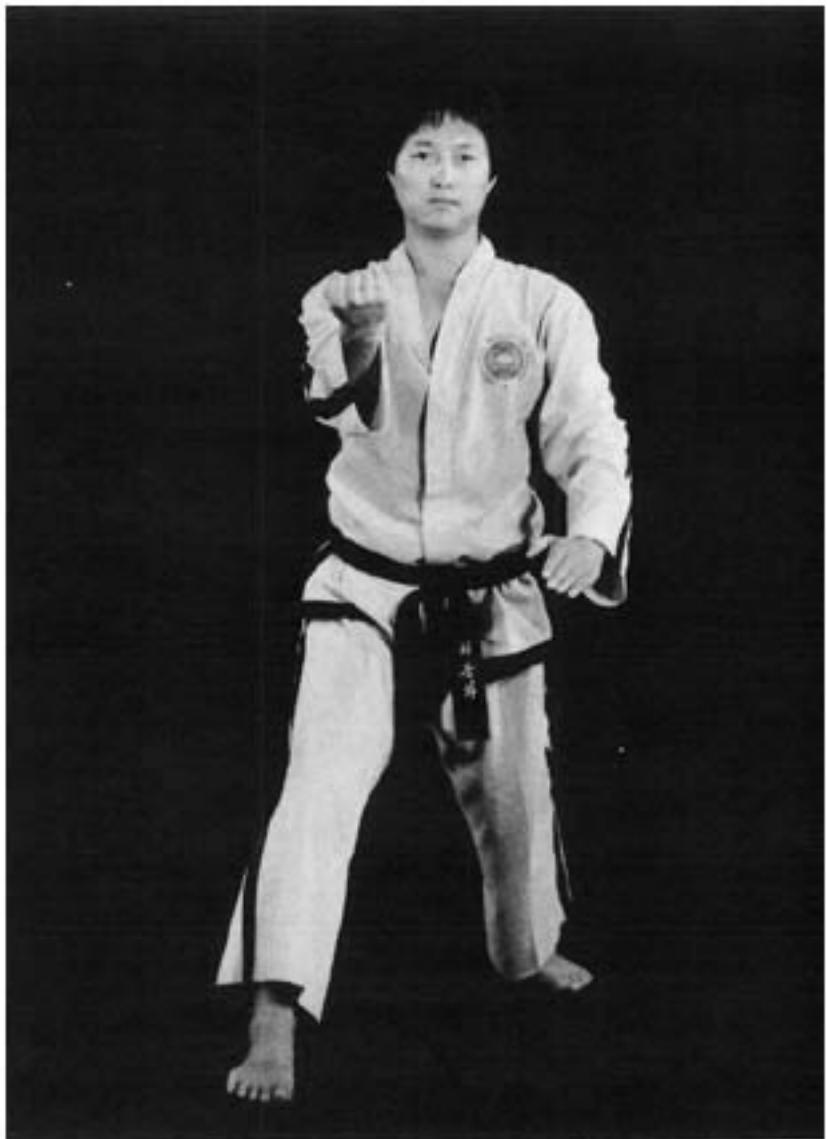
Left L-stance forearm middle
guarding block toward D.



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.

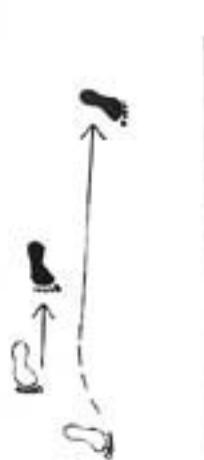
Previous Posture



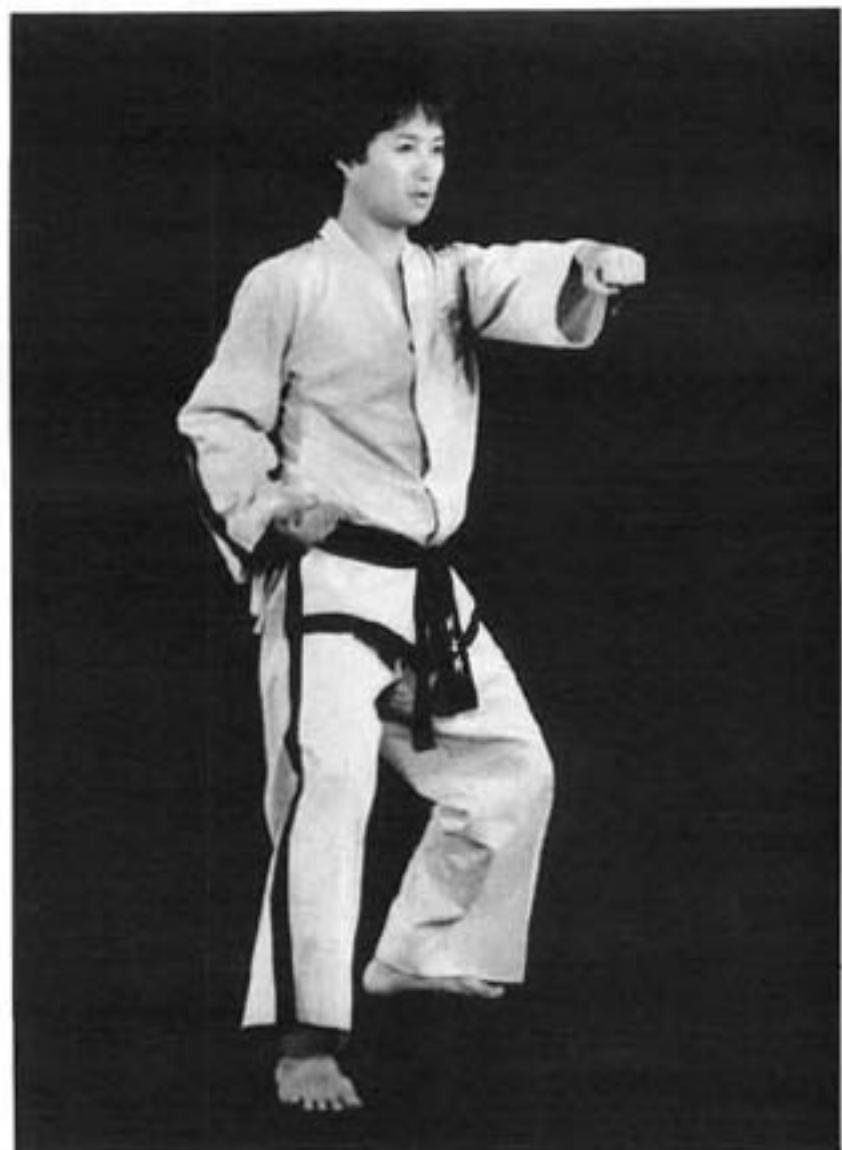
Application



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



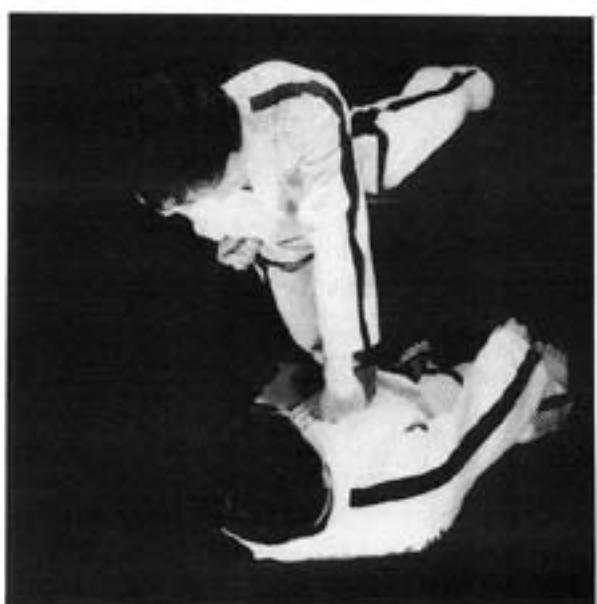
Raise the body slightly.



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.



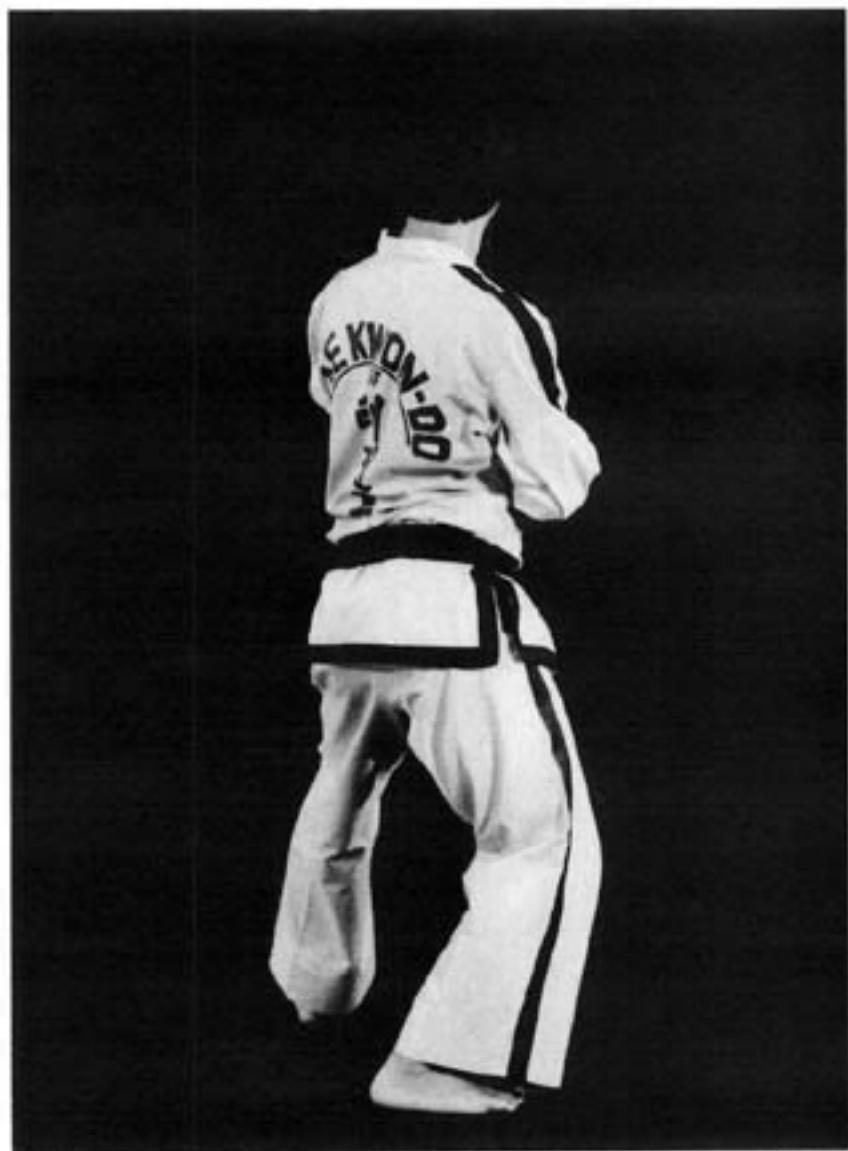
Right walking stance middle punch
right the left fist toward C.

Previous Posture



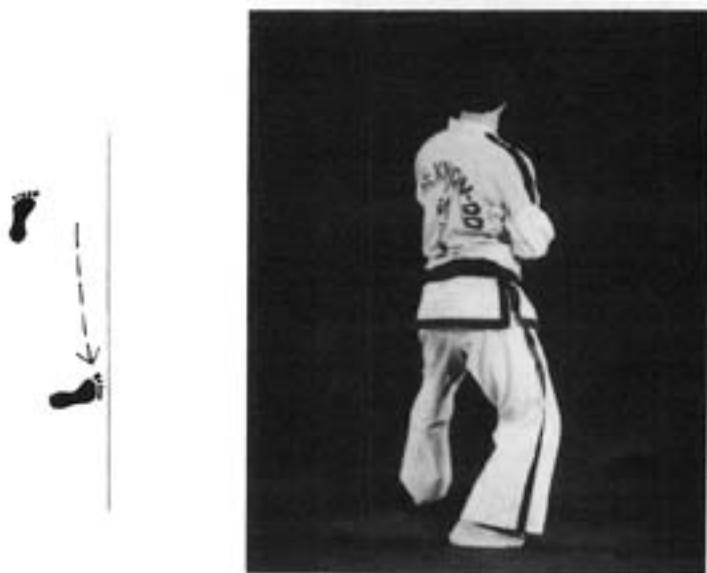
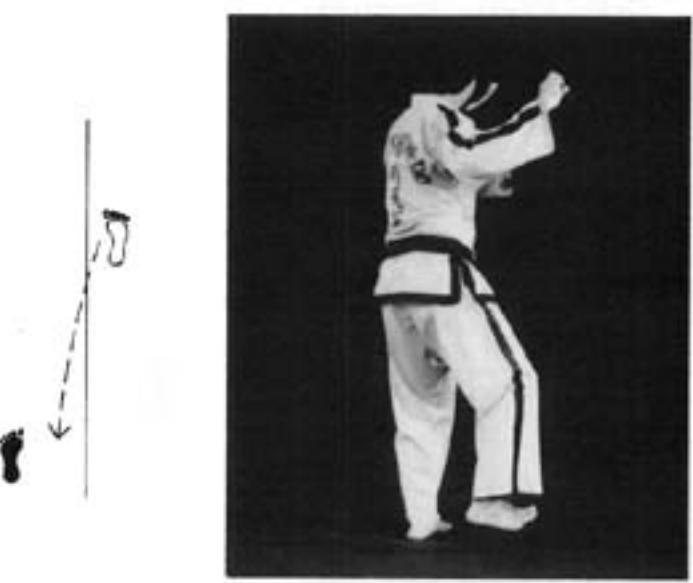
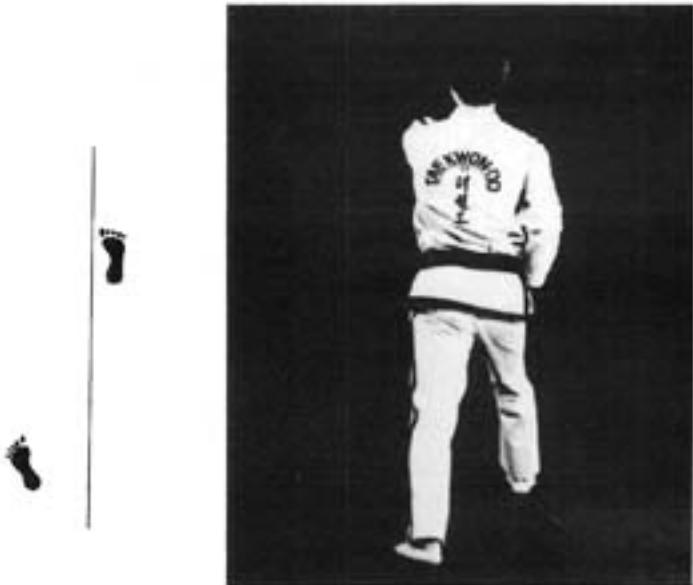
Side View

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.

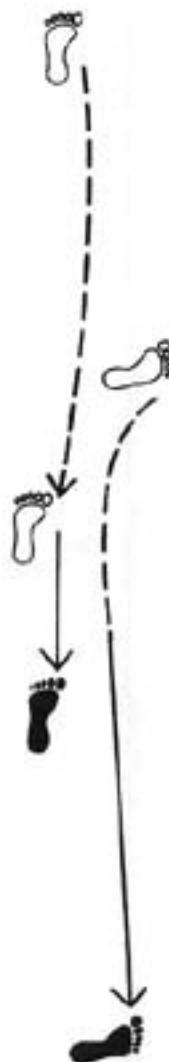


**Right L-stance knife-hand middle
guarding block toward C.**

Previous Posture

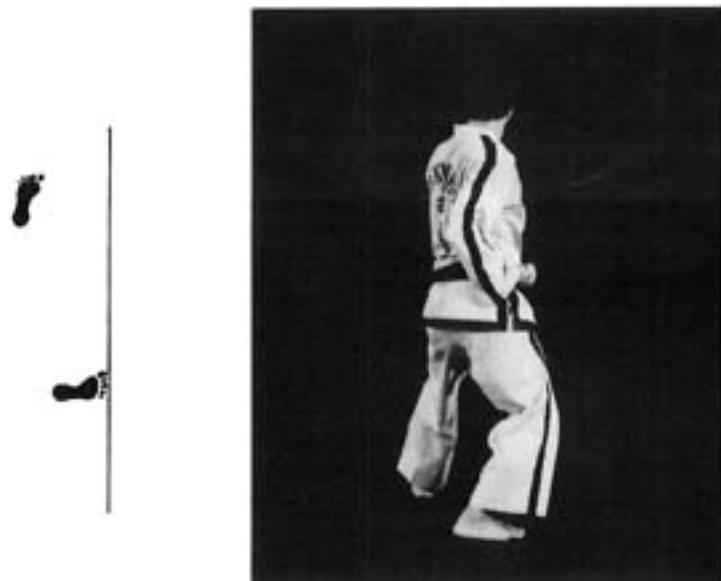


66. Move the left foot to the side rear of the right foot, and then slide to D, forming a right L-stance toward C while executing a scooping block with the left palm.



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

Previous Posture

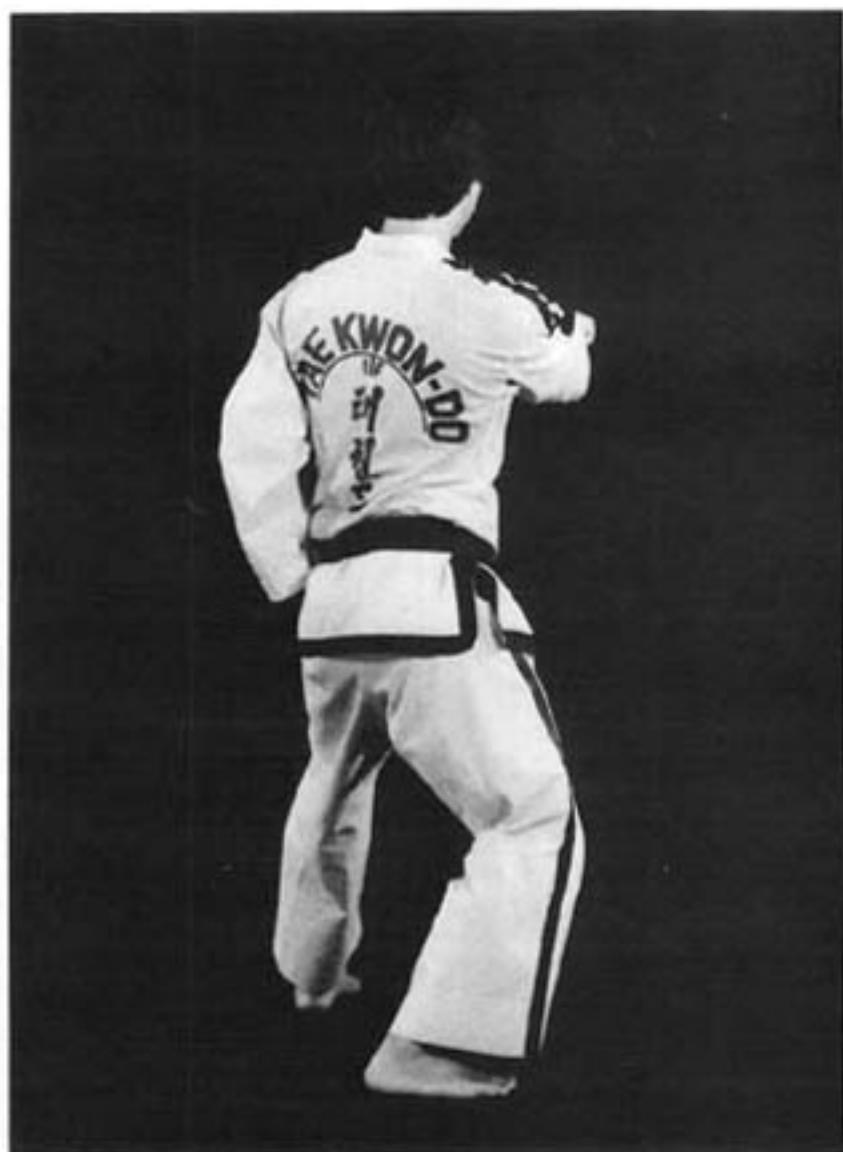


Side View



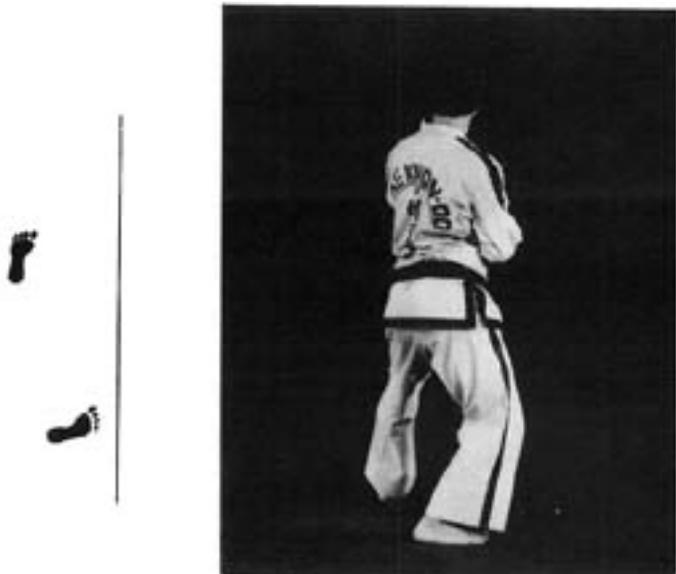
Raise the body slightly

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

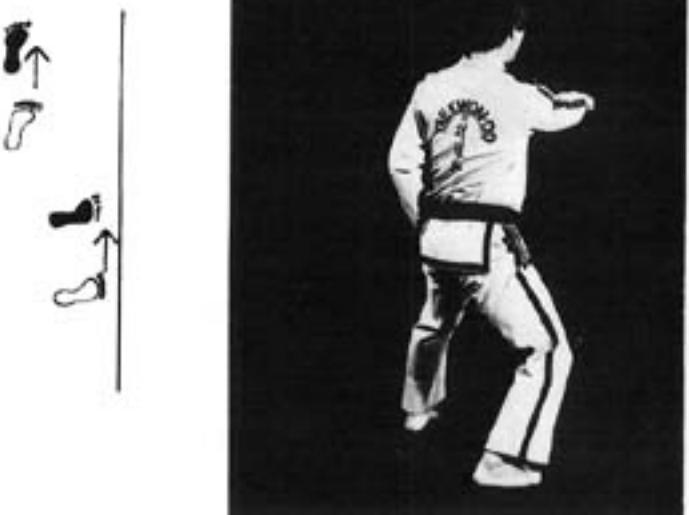


Right L-stance middle punch with
the right fist toward C.

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.**

Application

Previous Posture



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.**

Application

Previous Posture

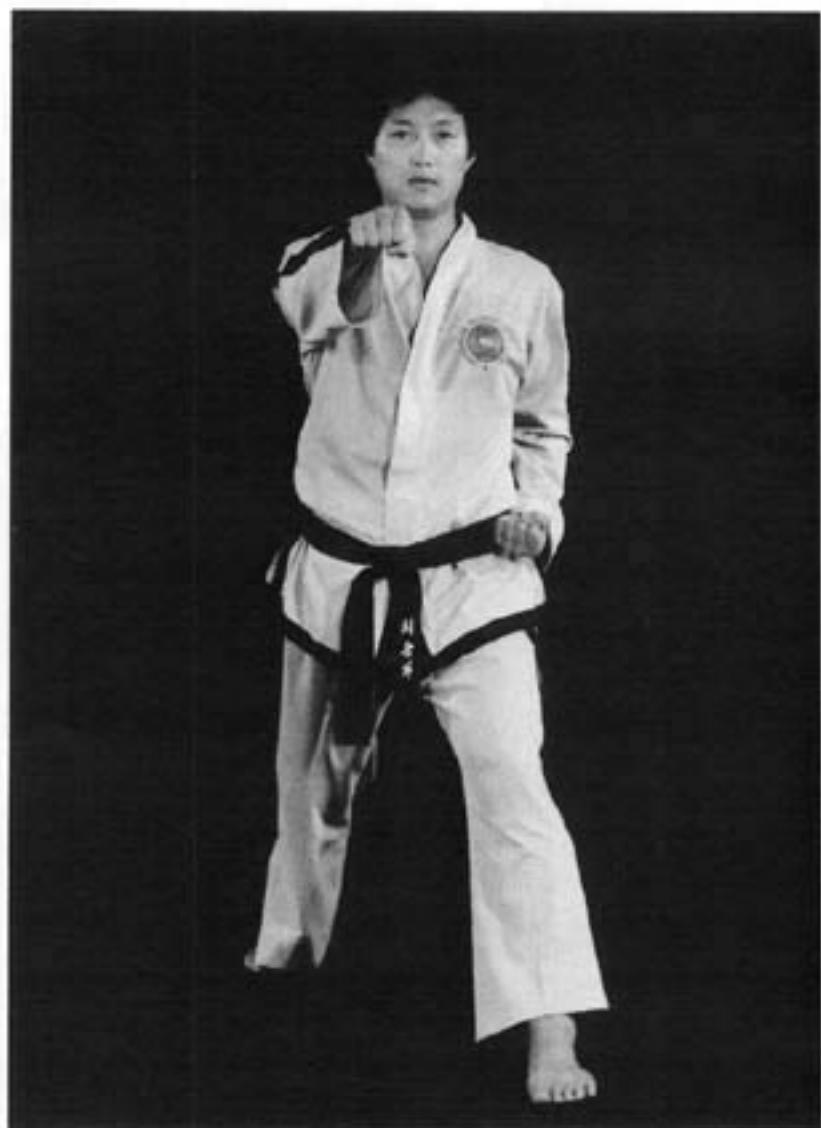


Side View



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