

SO-SAN

Movements: 72

Ready Position: Close Ready Stance A (Moa Chunbi Sogi A)

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 organised a corps of monk soldiers with the assistance of his pupil Sa Myung Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592.

New Moves

Rear Foot Stance Forearm High Guarding Block
Dwitbal So Palmok Nopunde Daebi Makgi

Walking Stance Middle Vertical Punch
Gunnun So Kaunde Sewo Jirugi

Walking Stance Inner Forearm Middle Outward Block
Gunnun So An Palmok Kaunde Bakuro Makgi

Flying Front Snap Kick
Twimyo Ap Cha Busigi

Walking Stance Knife-Hand High Inward Strike
Gunnun So Sonkal Nopunde Anuro Taerigi

Walking Stance Back Fist Reverse Front Strike
Gunnun So Dung Joomuk Bandae Ap Taerigi

SE-JONG

Movements: 24

Ready Position: Close Ready Stance B (Moa Chunbi Sogi B)

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.

New Moves

Fixed Stance Forearm High Guarding Block
Gojong So Palmok Nopunde Daebi Makgi

Diagonal Stance Twin Palm Pressing Block
Sasun So Sang Sonbadak Noollo Makgi

One Leg Stance Forearm Outward Block
Waebal So Palmok Bakuro Makgi

Walking Stance Palm Obverse Pressing Block
Gunnun So Sonbadak Baro Noollo Makgi

One Leg Stance Back Fist Side Front Strike
Waebal So Dung Joomuk Yop Ap Taerigi

Fixed Stance Side Elbow Thrust
Gojong So Yop Palkup Tulgi

L Stance Knife-Hand High Guarding Block
Niunja So Sonkal Nopunde Daebi Makgi