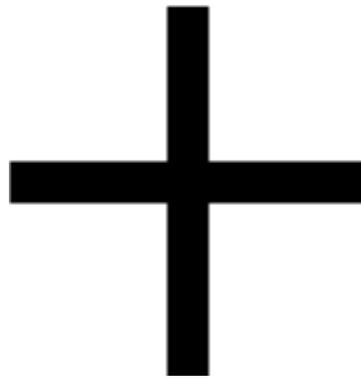


SAM - IL HYUNG

Pronounced (Sam III)

Sam Il Literally means March 1st, the historical date when Korea began its independent movement from Japan in 1919. The 33 movements of this pattern represent the 33 patrons who planned the independence movement.

The Pattern made by this form:



of Movements – 33

of Kihaps – 2

#1 Left Double Outer Forearm Block

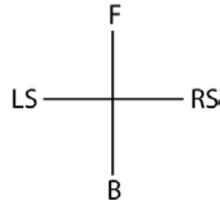
#19 Right Reverse Horizontal Elbow Strike to Left Palm

No fear of the dark and greater respect for the light.

A Black Belt stands tall among the forest and shelters the weak for posterity and prosperity.



3rd DEGREE BLACK BELT



SAM - IL HYUNG

TECHNIQUE

Closed ready position C

1. Left double outer forearm block (kihap)
2. Right double inner forearm block
3. Right reverse reinforced outer knifehand block
4. Right twist kick
5. Right middle punch
6. Ridgehand W block (right foot moves to face **LS**)
7. Right reverse low upset spearhand strike (left foot moves)
8. Left low block - right high outer forearm block (right foot moves)
9. Ridgehand W block (right foot moves counterclockwise)
10. Right low double outer forearm block (right foot moves)
11. Twin middle palm block 45° to right
12. Left reverse middle punch
13. Left low double outer forearm block (left foot moves)
14. Left middle double ridgehand block (double step, move right foot 1st)
15. Left C-block
16. Right foot inward sweep - right C block
17. Jump counterclockwise 360° - right double knifehand block
18. Right side kick to **LS** - step feet together
19. Right reverse horizontal elbow strike to left palm (kihap- left foot moves)
20. Left reinforced vertical back elbow strike toward **B-LS** (right foot moves)
21. Right middle X block (pivot right foot 45° to stance)
22. Left W block (left foot moves)
23. Left side kick to **RS** - step feet together
24. Right low double knifehand block (right foot moves)
25. Left upset palm block
26. Twin downward palmheel block
27. Twin upset punch (left foot moves)
28. Right low block
29. Left reverse middle punch w/ right fist atop left tricep
30. Right reverse upset outer forearm block (left foot moves)
31. Left middle punch
32. #1 from kick with left foot then double step left then right to...
33. Twin high punch
Move right foot back to ready position

STANCE

Right back (to front)
Right front
Left front

Right front
Middle
Left front (to back)
Right back
Middle (to **RS**)
Left back (to back)
Left front (to back)
Right front (to back)
Right back (to front)
Right back (to **LS**)

Left back (to **LS**)
Left back (to **LS**)

Left front (to **RS**)
Middle
Right front (to **RS**)
Middle (to back)

Left back (to **LS**)
Right rear (to **LS**)
Left rear (to **LS**)
Left front (to back)
Left back (to back)

Left front (to front)

Right front (to front)

