

3rd to 4th dan Korean

Sam Il

Sam Il denotes the historical date of the independence movement of Korea which began throughout the country on the 1st March 1919. The 33 movements in the pattern stand for the patriots who planned the movement.

Knifehand high side block	Sonkal nopunde yop makgi.
Low double punch	Najunde doo jirugi.
Sweeping kick	Suroh chagi.
Diagonal stance	Sasun sogi.
reverse knife hand wedging block	Sonkal dung hatch makgi.

Yoo Sin

Yoo Sin is named after general Kim Too Sin, Commanding General during the Silla Dynasty, who unified the three separate kingdoms of Korea. The 68 moves refer to the last two figures of 668AD, the year Korea was unified. The Warrior stance signifies a sword drawn on the right rather than the left side, symbolising Yoo Sin's mistake of following his King's orders to fight with foreign forces against his own nation.

Warrior ready position	Moosa jumbi sogi
Waving kick	Doro chagi.
U-Shape punch	Digultja jirugi.
Back hand middle strike	Sondung kaunde taerigi.

Choi Yong

Choi Yong is named after General Choi Yong, Premier and Commander in Chief of the Armed Forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism and humility. He was executed by his subordinate commanders, headed by General Yi Sung Tae, who later became the first King of the Yi Dynasty.

Knifehand W shape block	Sonkal san makgi.
Middle knuckle high reverse punch	Joongi joomuk nopunde bandae jirugi
Twin horizontal knifehand strike	Sang sonkal soopjong taerigi.