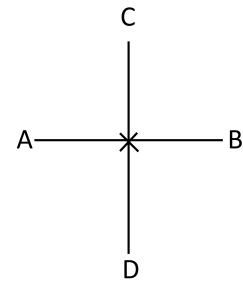


Sam-II Tul

33 Movements

Ready Posture: Close Ready Stance 'C'



1. Slide to D forming a right L-stance middle forearm guarding block
2. Move the right foot to D forming a right walking stance high right double forearm block
3. Move the left foot to D forming a left walking stance high side block with the right knife hand and bring the left palm onto the right back forearm
4. Perform a middle twisting kick to A with the right foot keeping the positions of the hands as they were in 3.
5. Lower the right foot towards D forming a right walking stance towards D performing a middle punch with the right fist
6. Move the right foot on line CD to form a sitting stance towards B performing a middle wedging block with the reverse knife hand
7. Perform a low upset fingertip thrust to C while forming a left walking stance towards C pivoting with the right foot
8. Perform a high outwards block to D with the right outer forearm and a low block to C with the left forearm while forming a right L stance towards C
9. Move the right foot to C to form a sitting stance towards A performing a middle wedging block with the reverse knife hand
10. Perform a low punch towards C with the right double fist while forming a left L stance towards C
11. Move the right foot to C forming a left walking stance performing a high block to BC with a double arc-hand
12. Move the right foot towards C forming a right walking stance towards C while performing a left middle punch
13. Move the right foot on line CD to form a right L stance towards D while performing a low punch towards D with the left double fist
14. Move the left foot towards B forming a right L stance towards B performing a high guarding block with the reverse knife hand
15. Perform a U-shape block to B while forming a left fixed stance towards B moving the left foot
16. Perform a sweeping kick to B with the right side sole and then lower it to forming a right fixed stance U-shape block towards B
17. Jump and spin counter-clockwise landing on the same spot to form a left L-stance towards B while performing a middle knife hand guarding block
18. Perform a middle side piercing kick towards B with the right foot while forming a knife hand guarding block
19. Lower the right foot towards the left foot and then move the left foot towards A forming a left walking stance towards A while striking the left palm with the right front elbow
20. Move the right foot towards A turning counter-clockwise to form a left diagonal stance towards D at the same time performing a left back elbow supporting the left forefist with the right palm and facing C
21. Perform an X-fist pressing block while forming a right walking stance towards AD
22. Move the left foot towards A in a stamping motion to form a sitting stance towards C while performing a W-shape block with the outer forearm

23. Perform a middle side piercing kick to A with the left foot while forming a forearm guarding block
24. Lower the left foot and then perform a low knife hand guarding block towards B pivoting the left foot into a left L-stance
25. Move the left foot to B forming a right rear foot stance towards B performing a left upwards palm block
26. Move the right foot towards B forming a left rear foot stance performing a twin palm pressing block
27. Move the left foot to C in a stamping motion to form a left walking stance performing a twin upset punch
28. Move the right foot to C forming a left L stance whilst performing a low block to C with the right forearm pulling the left fist under the left armpit
29. Performing a middle punch with the left fist whilst maintaining a Left L- Stance bringing the right fist over the left shoulder
30. Perform a middle front block with the right forearm while forming a left walking stance towards D pivoting with the right foot
31. Perform a high punch with the left fist towards D while maintaining a left walking stance. Perform 30 and 31 in continuous motion.
32. Perform low front snap kick to D with the left foot keeping the position of the hands as they were in 31.
33. Lower the left foot towards D and then move the right foot to D in a stamping motion forming a right walking stance towards D whilst performing a high vertical punch to D with the twin fist.

To end, bring the left foot back to a ready posture

Bibliography

TaeKwon-Do, Gen. Choi Hong Hi.