

Sam-II
Close Ready Stance C

1. Step left foot into a right L-stance (facing north) while executing a guarding block.
2. Step right foot into a right walking stance (facing north) while executing a (straight) double forearm block.
3. Step left foot into a left walking stance (facing north) while executing a (high, outward, reverse) knife-hand block bringing the left palm to the right backhand (hands start like a low defense; do not separate hands while blocking).
- 4a. Maintain block while executing a (high, right leg) front snap kick to the north.
- 4b. Set down into a right walking stance (facing north) while executing a (middle) straight punch.
5. Step right foot into a straddle stance facing west while executing a (middle) wedging block (with the inner forearms).
6. Step left foot into a left walking stance (facing south) while executing a (low, guarded, reverse) upset-finger strike (left side-fist to right shoulder).
7. Shift left foot into a right L-stance (facing south) while simultaneously executing a (straight) low defense to the south and a (high, reverse) outer forearm block to the north.
8. Step right foot into a straddle stance (facing east) while executing a (middle) wedging block (with the inner forearms).
9. Shift right foot into a left L-stance (facing south) while executing a (low) guarding block.
10. Step left foot into a left walking stance (facing south) while executing a (straight) redirection block (pivoting into a right walking stance facing west).
11. Step right foot into a right walking stance (facing south) while executing a (middle) reverse punch.
12. Half-step right foot to the east, turn counterclockwise and step left foot into a right L-stance (facing north) while executing a (low) guarding-block.
13. Step left foot into a right L-stance (facing west) while simultaneously executing a (straight) ridge-hand block and a (reverse) knife-hand guard to the west.
14. Shift left foot into a right fixed stance (facing west) while executing a U-block.
- 15a. Execute a (right leg) sweeping kick to the west while snapping into a left bending ready stance (facing west).
- 15b. Set down into a left fixed stance (facing west) while executing a U-block.
16. Jump straight up while spinning counterclockwise. Set down into a left L-stance (facing west) while executing a double knife-hand block.
- 17a. Maintain block while executing a (middle, right leg) side-piercing kick to the west.
- 17b. Set down into a parallel stance (facing south) then step left foot into a left walking stance (facing east) while executing a (reverse) #2-elbow strike while pulling left palm to right elbow (right fist is palm down in crook of left elbow).
18. Step right foot into a left diagonal stance (facing north) while executing a (straight) #3 elbow strike to the south.
19. Pivot clockwise on left foot and step right foot into a right walking stance (facing east) while executing a (low, straight) X-block.
20. Step left foot into a straddle stance (facing south) while executing a W-block.
- 21a. Maintain W-block while executing a (middle, left leg) side-piercing kick to the east.
- 21b. Set down into a parallel stance (facing south) then step right foot into a left L-

- stance (facing west) while executing a (low) double knife-hand block.
22. Snap left foot into a right rear-foot stance (facing west) while executing a (straight) scooping block (elbow at point of hip, palm extended west-northwest).
 23. Snap right foot into a left rear-foot stance (facing west) while executing a (low, downward) double palm heel block.
 24. Turn counterclockwise and stomp left foot into a left walking stance (facing south) while executing a double upset punch.
 25. Step right foot into a left L-stance (facing south) while executing a (straight) low defense (left fist palm up at left armpit).
 26. Maintain left L-stance while executing a (guarded) reverse punch to the south (right side-fist to left shoulder).
 27. Turn counterclockwise and step left foot into a left walking stance (facing north) while executing an (inward, reverse) outer forearm block.
 28. Maintain left walking stance while executing a (high) straight punch to the north.
 - 29a. Maintain punch while executing a (high, left leg) front snap kick to the north.
 - 29b. Set down into a left walking stance and stomp right foot into a right walking stance (facing north) while executing a vertical twin-fist punch.

Move Left Foot To Paro

Pattern Count: 29

(Techniques: 34)

Definition: **Sam-IL**: For the Se-Jong student Sam-IL is a reminder of how tremendous and unique is the freedom and independence that United States citizens enjoy.

(6th. Degree Pattern Plain Black Belt no Dots.)