

So-San  
Close Ready Stance A

1. Scoot rearward to the south (passing through right L-stance) into a right rear foot stance (facing north) while executing a guarding block.
2. Step left foot into a left walking stance (facing north) while executing a (middle, reverse) vertical punch.
3. Step left foot rearward and scoot rearward to the south (passing through left L-stance) into a left rear foot stance (facing north) while executing a guarding block.
4. Step right foot into a right walking stance (facing north) while executing a (middle, reverse) vertical punch.
- 5a. Pivot both feet into a left walking stance (facing west) while executing a (reverse) hooking block to the northwest.
- 5b. Pivot both feet into a straddle stance (facing northwest) while executing a (middle) left hand punch.
- 6a. Pivot both feet into a right walking stance (facing north) while executing a (reverse) hooking block to the northwest.
- 6b. Pivot both feet into a straddle stance (facing northwest) while executing a (middle) right hand punch.
7. Spin clockwise on left foot drawing right foot into a parallel stance (facing east) while simultaneously executing (high, outward) knife-hand strikes to both sides (arms extended north and south, shoulder high, palms down).
- 8a. Maintaining hand positions, execute a (high, right leg) side-piercing kick to the south.
- 8b. Maintaining hand positions, spin counterclockwise on left foot. Execute a (high, right leg) side-piercing kick to the north.
- 8c. Set down by jumping to the north into a right X-stance (facing west) while executing a (high, forward, straight) back-fist strike to the north (bring left fingers to right wrist).
9. Step left foot into a parallel stance (facing west) while simultaneously executing (high, outward) knife-hand strikes to both sides (arms extended north and south, shoulder high, palms down).
- 10a. Maintaining hand positions, execute a (high, left leg) side-piercing kick to the south.
- 10b. Maintaining hand positions, spin clockwise on right foot. Execute a (high, left leg) side-piercing kick to the north.
- 10c. Set down by jumping to the north into a left X-stance (facing east) while executing a (high, forward, straight) back-fist strike to the north (bring right fingers to left wrist).
11. Step left foot into a right L-stance (facing east) while executing (low) downward punches (with both fists).
12. Bring right palm to left fore-fist then twist both hands to the left (until the left back-fist is turned downward, breaking a hold) while shifting left foot into a left walking stance (facing east).
13. Maintain left walking stance while executing a (high) reverse punch to the east.
14. Half-step left foot to the south, turn clockwise and step right foot into a left L-stance (facing west) while executing (low) downward punches (with both fists).
15. Bring left palm to right fore-fist then twist both hands to the right (until the right back-fist is turned downward, breaking a hold) while shifting right foot into a right

- walking stance (facing west).
16. Maintain right walking stance while executing a (high) reverse punch to the west.
  17. Step left foot into a right L-stance (facing west) and scoot forward to the west (maintaining stance) while executing a (guarded, reverse) middle-knuckle punch (left side-fist to right shoulder).
  18. Shift right foot into a left walking stance (facing west) while executing a (reverse) double-motion back-fist.
  19. Half-step left foot to the north, turn clockwise and step right foot into a left L-stance (facing east) and scoot forward to the east (maintaining stance) while executing a (guarded, reverse) middle-knuckle punch (right side-fist to left shoulder).
  20. Shift left foot into a right walking stance (facing east) while executing a (reverse) double-motion back-fist.
  21. Draw left foot to right foot and pivot clockwise on right foot stepping left foot rearward into a right walking stance (facing south) while snapping hands into a kicking position.
  - 22a. Jump forward while executing a (right leg) jump front-snap kick to the south.
  - 22b. Set down into a left L-stance (facing south) while executing a double knife-hand block.
  23. Step right foot rearward into a left walking stance (facing south) while executing an (inward, reverse) outer forearm block.
  24. Scoot forward maintaining left walking stance while executing a (middle) straight punch to the south.
  25. Turn clockwise and step right foot into a right walking stance (facing north) while executing an (inward, reverse) outer forearm block.
  26. Scoot forward maintaining right walking stance while executing a (middle) straight punch to the north.
  27. Execute a redirection block while pivoting into a left walking (facing west).
  28. Pivot into a right walking stance (facing north) while executing a (guarded, inward) straight knife-hand strike (left side-fist to right shoulder).
  29. Maintain right walking stance while executing a circle block to the northwest.
  30. Pivot into a straddle stance (facing northwest) while executing a (middle) right center punch.
  - 31a. Execute a (high, left leg) front snap kick to the north.
  - 31b. Set down into a left walking stance (facing north) while executing a (middle) straight punch.
  32. Maintain left walking stance while executing a (middle) reverse punch to the north.
  33. Maintain left walking stance while executing a (middle) X-block (with the knife-hands) to the north.
  34. Execute a redirection block while pivoting into a right walking (facing east).
  35. Pivot into a left walking stance (facing north) while executing a (guarded, inward) straight knife-hand strike (right side-fist to left shoulder).
  36. Maintain left walking stance while executing a circle block to the northeast.
  37. Pivot into a straddle stance (facing northeast) while executing a (middle) left center punch.
  - 38a. Execute a (high, right leg) front snap kick to the north.
  - 38b. Set down into a right walking stance (facing north) while executing a (middle) straight punch.
  39. Maintain right walking stance while executing a (middle) reverse punch to the

- north.
40. Maintain right walking stance while executing a (middle) X-block (with the knife-hands) to the north.
  41. Step left foot just northwest of right foot, turn counterclockwise and step right foot rearward (to the north) into a right L-stance (facing south) while executing a (low) double knife-hand block.
  42. Jump forward (to the south) rotating counterclockwise. Set down into a right L-stance (facing north) while executing a guarding block.
  43. Shift left foot into a left walking stance (facing north) while simultaneously executing (straight) inner forearm block and a (reverse) low defense with the knife-hand.
  44. Maintain left walking stance while executing a (high) reverse punch to the north.
  45. Shift left foot into a right L-stance (facing north) while executing a straight punch.
  46. Step right foot just northeast of left foot, turn clockwise and step right foot rearward (to the north) into a left L-stance (facing south) while executing a (low) double knife-hand block.
  47. Jump forward (to the south) rotating clockwise. Set down into a left L-stance (facing north) while executing a guarding block.
  48. Shift right foot into a right walking stance (facing north) while simultaneously executing (straight) inner forearm block and a (reverse) low defense with the knife-hand.
  49. Maintain right walking stance while executing a (high) reverse punch to the north.
  50. Shift right foot into a left L-stance (facing north) while executing a straight punch.
  51. Step right foot behind left foot and step left foot rearward into a left L-stance (facing north) and scoot rearward to the south (maintaining stance) while executing a (straight, inward) scooping block (right elbow at point of hip, palm extended north-northwest).
  52. Scoot forward (to the north) maintaining left L-stance while executing a (middle) reverse punch to the north
  53. Spin counterclockwise on left foot and snap right foot into a left bending-ready stance (facing south).
  54. Execute a (high, right leg) side-piercing kick the south.
  55. Set down into a right walking stance (facing south) while executing a (middle) reverse punch.
  56. Step right foot rearward into a right L-stance (facing south) while executing a double knife-hand block.
  57. Step left foot behind right foot and step right foot rearward into a right L-stance (facing south) and scoot rearward to the north (maintaining stance) while executing a (straight, inward) scooping block (left elbow at point of hip, palm extended south-southwest).
  58. Scoot forward (to the south) maintaining right L-stance while executing a (middle) reverse punch to the south
  59. Spin clockwise on right foot and snap left foot into a right bending-ready stance (facing north).
  60. Execute a (high, left leg) side-piercing kick the north.
  61. Set down into a left walking stance (facing north) while executing a (middle) reverse punch.
  62. Step left foot rearward into a left L-stance (facing north) while executing a double

- knife-hand block.
63. Shift right foot into a right walking stance (facing north) while executing a (high) straight punch.

### **Move Right Foot To Paro**

Pattern Count: 63

(Techniques: 72)

Definition: **So-San**: The practice of So-San reminds the student that it is necessary to accept and integrate every aspect of their lives, (body, spirit, mind, emotion, peace, violence, love, dislike, sin, virtue, etc.) in order to be whole. (7<sup>th</sup>. Degree & Above.)