

Sam-II Step by Step

Ready posture: close ready stance C

1. slide forming L stance while executing a middle guarding block with the forearm
2. walking stance while executing a high block with the double forearm
3. walking stance while executing a reverse high side block with the knife-hand
4. a middle twisting kick
Keep the position of the hands as they were in 3.
5. walking stance while executing a front punch
6. sitting stance while executing a middle wedging block with a reverse knife-hand
7. walking stance while executing a low thrust with the upset finger tip
8. L stance while executing a high outward block with the outer forearm
9. sitting stance while executing a middle wedging block with a reverse knife-hand
10. L stance while executing a low punch with the double fist
11. walking stance while executing a high double arc-hand block
12. walking stance while executing a reverse middle punch
13. L stance while executing a low punch with the double fist
14. L stance while executing a high guarding block with a reverse knife-hand
15. fixed stance while executing a U-shape block
16. a sweeping kick, fixed stance while executing a U-shape block
17. jump and turn forming L stance while executing a middle guarding block
18. a middle side piercing kick
19. walking stance while executing a strike with the front elbow
20. diagonal stance while executing a thrust with the back elbow
21. walking stance while executing a pressing block with an X-fist
22. sitting stance while executing a W-shape block with the outer forearm
23. a middle side piercing kick
24. L stance while executing a low guarding block with the knife-hand
25. rear foot stance while executing a upward block with a palm
26. rear foot stance while executing a pressing block with a twin palm
27. stamping motion forming walking stance while executing a upset punch with a twin fist
28. L stance while executing a low block with the forearm
Pull the left fist under the left armpit.

29. L stance while executing a middle punch
Bring the right fist over the left shoulder.
30. walking stance while executing a reverse middle front block with the forearm
31. walking stance while executing a high punch
30. - 31. continuous motion
32. a low front snap kick
Keep the position of the hands as they were in 31.
33. stamping motion forming walking stance while executing a high vertical punch with a twin fist

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