



III Dan

Sam-Il

Yoo-Sin

Choi-Yong

Requirements

- **Sam-Il Tul**
- **Yoo-Sin Tul**
- **Choi-Yong Tul**
- Foot Sparring BAL MATSOGI
- Free Sparring JAYU MATSOGI
- *Power:*
Mid Air Kick 360 TWIO DOLMYO CHAGI
Hand Techniques GONG GYOKGI

English - Korean	
Attacking Techniques	
Double Fist Low Punch	Doo Joomuk Najunde Jirugi
Sweeping Kick	Suroh Chagi
U-Shape Punch	Digutja Jirugi
Waving Kick	Doro Chagi
Back Hand Horizontal Strike	Sondung Soopyong Taerigi
Crescent Kick	Bandal Chagi
Defending Techniques	
Reverse Knife Hand Wedging Block	Sonkal Dung Hechyo Makgi
Reverse Knife Hand High Guarding Block	Sonkal Dung Daebi Nopunde Makgi
X-knife-hand Rising Block	Kyocha Sonkal Chookyo Makgi
Knife Hand W-Shape Block	Sonkal San Makgi
Stances	
Warrior Ready Stance B	Moosa Junbi Sogi B
Other	
Side Sole	Yop Bal Badak

SAM-IL Tul (33 Movements): SAM-IL denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement.

YOO-SIN Tul (68 Movements): YOO-SIN is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A.D., the year Korea was united. The ready posture signifies a sword drawn on the right rather than left side, symbolizing Yoo Sin's mistake of following his Kings' orders to fight with foreign forces against his own nation .

CHOI-YONG Tul (46 Movements): 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 Gae, who later became the first King of the Lee Dynasty.