



**Darrin Hyung Sam**

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Begin in your ready stance facing 12:00.

- 1) Step your left foot to your right and **assume an attention stance** (facing 12:00).
- 2) **Bow and**, as you straighten your torso, bend your knees as you **deliver a right downward backfist into your upturned palm of your left hand**.
- 3) Roll your hands under as you open your right and, keeping your left palm against the back of your right hand, **push both hands out to the front as you step your left foot back out to shoulder width** (as if assuming a ready stance). Once your arms have straightened, **separate your hands**, keeping your arms straight, **and bring them alongside your body** (left palm facing 9:00, right palm facing 3:00).
- 4) Step with the left foot and **turn 90° to the left**, assuming a left front stance, **and execute a left high block** immediately followed by a **right reverse punch** (facing 9:00).
- 5) Maintaining the same stance, **deliver a left forward punch**, followed by a **right reverse punch**.
- 6) Step with the right foot and **turn 180° to the right**, assuming a right front stance, **and execute a right high block** immediately followed by a **left reverse punch** (facing 3:00).
- 7) Maintaining the same stance, **deliver a right forward punch**, followed by a **left reverse punch**.
- 8) Step with your left foot and **turn 90° to your left**, assuming a left front stance (facing 12:00) **and execute a right inward knife-hand strike with a left knife hand high block**.
- 9) **Execute a right front kick** toward 12:00 and plant forward. Immediately **step forward** with your left foot **and execute a right spinning hook kick, planting back** to your left stance. Without hesitation, **execute a left hopping front kick**, planting forward into a left front stance (facing 12:00) **and deliver a left outward knife hand strike**, followed by a **right reverse punch**.
- 10) **Execute a right roundhouse kick** toward 12:00 and, without planting the foot, deliver a **right side kick** to the same angle. Plant forward into a right front stance and perform a **right inward hammerfist** followed by a **right outward knife hand strike**, finishing the combination with a **left reverse punch**.
- 11) Step with the left foot and **turn 225° to the left** into a left back stance facing 4:30 **and perform a left twin knife hand high block**.
- 12) **Step forward** with the right foot (toward 4:30), assuming a right front stance, **and execute a right inward knife hand strike with a left knife hand high block**.
- 13) Step with the left foot and **turn 270° to the left** into a left back stance **and perform a left twin knife hand middle block** (toward 7:30).
- 14) **Step forward** with the right foot (toward 7:30), assuming a right front stance, **and execute a right spear hand strike**.

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15) **Step back** with the right foot toward 12:00 and assume a left back stance facing 6:00 **as you perform a left twin knife hand middle block.**

16) **Perform a right roundhouse kick** toward 6:00 and plant forward. Immediately turn counter clockwise and **execute a right tornado kick** toward the same angle. As the tornado kick lands forward, continue to turn and **deliver a left spinning hook kick**, planting toward 6:00. Without hesitation, **step with your right foot** toward 5:00 and turn to your left, taking up a left reverse front stance (facing 12:00) **and execute a twin knife hand high and low block.**

17) Maintaining the same stance, **perform a left outward ridge hand block.**

18 Step with your right foot and **bring your feet together**, bending your knees, and **delivering a right downward backfist** into your upturned palm of your left hand (facing 12:00).

19) **Twisting** 90° to your left, chamber your hands to your left hip. Jump toward 12:00 (your left foot following your right) as you execute a **right reinforced block** (your left open hand on your right inner forearm) toward 12:00, assuming a left rear twist stance.

20 **Unwind** your body to your left, stepping with your left foot and taking up a left back stance (facing 12:00) as you execute a **left twin knife hand middle block.**

21 **Execute a right spinning hook kick** toward 12:00, planting back to your left back stance **and perform a twin knife hand middle block.**

22) **Jump** into the air, **spinning** 360° to the right, landing again in your left back stance, performing another **left twin knife hand middle block.**

23) **Execute a left extended axe kick** toward 12:00, planting forward. Immediately **spin** to your left, stepping with the left foot toward 12:00. **Deliver a left outward knife hand strike** and, as you drop into a left **kneeling** stance (right knee on the ground, facing 12:00), perform a **right reverse punch.**

24) **Step up** with the right foot toward 3:00, taking up a horse stance (toes facing 12:00), **and simultaneously execute right and left low blocks** (the right toward 3:00, the left toward 9:00).

25 Slide your left foot, **bringing your feet together** as you **execute a right outward knife hand strike** toward 3:00, rechambering that hand into a **right palm block** toward the same angle.

26) **Execute a right side kick** toward 3:00, planting forward into a horse stance (toes facing 12:00), **and then simultaneously execute right and left low blocks** (the right toward 3:00, the left toward 9:00).

27) Slide your right foot, **bringing your feet together** as you **execute a left outward knife hand strike** toward 9:00, rechambering that hand into a **left palm block** toward the same angle.

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28) **Execute a left side kick** toward 9:00, planting forward into a horse stance (toes facing 12:00), **and then simultaneously execute right and left low blocks** (the right toward 3:00, the left toward 9:00).

29) **Step back** with your right foot (toward 6:00) assuming a left front stance facing 12:00 **and deliver a low "X" block**, followed **by a high knife hand "X" block**.

30) Closing your fists, **pull** your hands toward your low abdomen. Spin to your right, **jumping back** toward 6:00 and continuing to spin 360° landing in a left back stance and perform a **left twin knife hand middle block**.

31) Step with your right foot, **bringing your feet together** and bending your knees, **deliver a right downward backfist** into your upturned palm of your left hand (facing 12:00).

32) Roll your hands under as you open your right and, keeping your left palm against the back of your right hand, push both hands out to the front. Once your arms have straightened, separate your hands, keeping your arms straight, and bring them alongside your body (left palm facing 9:00, right palm facing 3:00). Bring your hands to your sides, and **assume an attention stance. Bow.**

Step with your left foot and take up a ready stance facing 12:00.