



# Valentin Karate Practice-at-Home Sheet

## Sae Kye Hyung Sam Bu ("say kee h-young som boo")

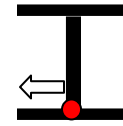
This is your third form (8th gup - orange belt). The pattern looks like a capital "I". It uses three basic techniques... side block, center punch and round kick.

"Choon Bee" (Ready Stance) ● = starting position

Look left.

**Side-block** to the left side. (Left leg fighting stance, left hand side block.)

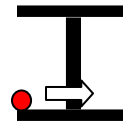
Step forward, **center-punch**. (Right leg front stance, right-hand center punch.)



Pivot *towards the front of the room* on left foot and **side-block** to the right.

(Right leg fighting stance, right hand side block.)

Step forward, **center punch**. (Left leg front stance, left hand center punch.)

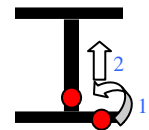


**Fighting Stance** *towards the front of the room* (left leg forward).

**Round kick** with back (right) leg. (Land in right leg forward fighting stance.)

**Round kick** with back (left) leg. (Land in left leg forward fighting stance.)

**Round kick** with back (right) leg. "**KI-HAP**" (Land in right leg forward fighting stance.)



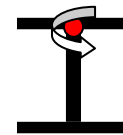
"Big Turn" time. (270 degrees)

Look over your left shoulder.

Pick up left foot, pivot on right foot *towards the back of the room*

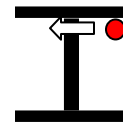
**Side-block** (left leg fighting stance, left hand block).

Step forward, **center-punch**. (Right leg front stance, right-hand center punch.)



Pivot *towards the back of the room* on left foot, **side-block** (right leg fighting, right hand block).

Step forward, **center-punch**. (Left leg front stance, left-hand center punch.)

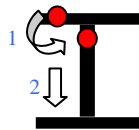


**Fighting Stance** *towards the back of the room* (left leg forward).

**Round kick** with back (right) leg. (Land in right leg forward fighting stance.)

**Round kick** with back (left) leg. (Land in left leg forward fighting stance.)

**Round kick** with back (right) leg. "**KI-HAP**" (Land in right leg forward fighting stance.)



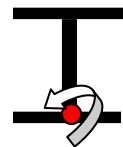
"Big Turn" time. (270 degrees)

Look over your left shoulder.

Pick up left foot, pivot on right foot *towards the front of the room*

**Side-block** (left leg fighting stance, left hand block).

Step forward, **center-punch**. (Right leg front stance, right-hand center punch.)

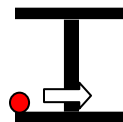


Pivot *towards the front of the room* on left foot and **side-block** to the right.

(Right leg fighting stance, right hand side block.)

Step forward, **center punch**. (Left leg front stance, left hand center punch.)

"Ba Ro" (Return)



### Learn Korean:

front stance = chun kul ja seh

side-block = yup mahk ki

fighting stance = hu kul ja seh

round kick = tollyo cha ki