

Sei Shan

Name of Form: Sei Shan 시싼(十三)향

Origin of Name: There are thirteen basic influences based on the principles of Tae Kuk Kwon. This form contains these basic thirteen influences.

Name of Creator: The creator of this form is unknown. However, the form basically was influenced by Tae Kuk Kwon, which was created by Jang Sam Bong. Subsequently, we can logically assume that Jang Sam Bong was the creator of this form.

Date of Creation:

Place of Creation:

Total Number of Movements:

Characteristics of Form:

Level of Form:

Style of Form:

1. Chun Bee
2. Slow inside outside block (left) circle foot out and around Sa Ko Rip Jaseh
3. Reverse punch (no step)
4. Slow inside outside block (right) circle foot out and around Sa Ko Rip Jaseh
5. Reverse punch (no step)
6. Slow inside outside block (left) circle foot out and around Sa Ko Rip Jaseh
7. Reverse punch (no step)
8. Double single knuckle punch (no step)
9. Double open hand inside outside blocks to side (no step)
10. Double low blocks open hand to sides (no step)
11. Turning to the left even stance low Soo Do block left, right hand by shoulder press forward fast
12. Step even stance low Soo Do block right, left hand by shoulder press forward fast
13. Step even stance low Soo Do block left, right hand by shoulder press forward fast
14. Step right slow inside outside block (right) circle foot out and around Sa Ko Rip Jaseh
15. Reverse front punch, front punch front stance (no step)
16. Hopping turn inside outside block (180 degrees)
17. Reverse front punch, front punch (no step)
18. Turn right (90 degrees) slow inside outside block circle foot out and around Sa Ko Rip Jaseh
19. Reverse front punch, front punch (no step)
20. Clear low raise left fist high, left floor to knee while turning (180 degrees)
21. Set even stance inside outside block with fall slow
22. Cross stance step to side kick
23. Set with hammer fist in floor plane
24. Reverse punch, high block (no step)
25. Clear low raise left fist high, left floor to knee while turning (180 degrees)
26. Set even stance inside outside block with fall slow
27. Cross stance step to side kick
28. Set with hammer fist in floor plane
29. Reverse punch, high block (no step)
30. Clear low raise fist high on leg stance
31. Set to even stance inside outside clearing motion

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- 32. Open hand, outside inside kick
- 33. Reverse punch with double palm block

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