

Chil Sang Sam Ro

- Fall into double low palm strike (I think that's what it's called)
- Rise up, separate hands, step out, breathe, press
- Step back double knife hand strike/block (like Pyong Ahn O dan, but hands open)
- Turn, double inside/outside block, side kick, retreating Pyong Ahn Sa Dan motion
- Turn, repeat
- RIGHT FOOT IN, RIGHT FOOT OUT
- Step right, high block/uppercut
- "Propeller" motion
- Settle, breathe, push
- LEFT FOOT IN, RIGHT FOOT OUT (crossing axis of form)
- Step left, high block/uppercut
- "Propeller" motion
- Settle, breathe, push
- Right foot steps over, K blocks (Pyong Ahn Ee Dan)
- Step center, check block
- Step, double low cross block
- Step, cover face, double high block, break
- Step, double kidney strike
- Step, double punch (KEOP)
- Lowest possible block
- (Sa Dan run) High knife hand block/strike, front kick, skip-in backfist (KEOP)
- Retreat middle knife hand block
- Horse stance palm, step horse stance palm, step front stance double spear hand (KEOP)
- Drop fingers, right foot in/out double ridge hand, knife hand strike
- Turn, repeat
- Left foot in/out, high block
- Beat the drum
- LEFT FOOT IN, RIGHT FOOT OUT, high block (KEOP)
- Beat the drum