

Youn Hwan Do
Oh Sung Do One Steps

- 1.) X Strike - High High Low
- 2.) Add Triple Low Slash
- 3.) X Strike - X Stance Reinforced Low Spin Crane
- 4.) X Strike - Reverse Figure 8 Scorpion
- 5.) X Strike - Low Crane X Strike - 5 Snake Conceal

Oh Sung Do Form

#	Move	Stance	Notes
1	Ready Position	Parallel Stance	Sword in Left Hand at left side holding guard in palm, index finger extended to hilt, Right Hand Chambered to Below Ribs
2	Rising Block and Heel Palm	Left Front stance	Left hand counter clockwise in blocking motion as left foot steps north to strike
3	Pass Sword to Right Hand	Rear Stance	Pulling Left foot back into stance as sword comes across body parallel to floor right hand grips handle
4	Straight Stab #9 Angle	Closed Stance	Step Right foot to closed stance facing north: straight stab to north (left hand supports right wrist)
5	Left Block (Across Front), Angle 3 Cut,	Right Front Stance	Left foot steps back to stance, Wrap around Head into Strike Across Body (to under arm),
6	Angle 4 Cut	Right Front Stance	Turn blade to Next Cut across Body as Double Step back into stance
7	High Block and 45 Degree Block Release	Right Front Stance	Block comes from behind head. Left hand supports blade; arms at 45 degree angle above and in front of head. Tip sword to left.
8	#8 Angle Strike	Left Cross Stance	Step left foot in front of right foot to Stance: Sword circles in front of body to angle #8 Strike (Left Hand High Block)
9	#8 Angle Strike	Right Front Stance	Sword Circles in front of body Right Foot Steps to Front stance into #8 Angle Strike (Left Hand High Block)
10	#8 Angle Strike	Right Front Stance	Right Hand Circle Strike Turning Right Wrist, Sword Goes Counter clockwise into Right #8 Angle Strike (Left Hand High Block)
11	Scorpion Tail Strike #6 Angle, #5 Angle #6 Angle	Right Front into Long Cross Stance	Sword travels down and in front of body, left hand supports right wrist, angle #6 strike and in continuous motion Right Palm turns up Sword travels to right in circular motion, angle #5 and in continuous motion angle #6 strike while left foot steps behind into stance
12	Around the Head Block / Spinning #3 Angle Strike	Rear Stance	Tip Sword down, right hand travels in front of body (blocking motion) as body unwinds counter clockwise to front stance facing North. Angle 3 strike with left knife hand block above head
13	#1 Angle Strike	Single	Right foot steps north to stance (Knee High, Foot Forward

		Stance (one Leg)	as if to step) Circle to #1 Angle Strike to Low Section
14	#1 Angle Strike	Cross Stance	Left foot steps to Cross Stance, Left hand supported high block with Sword circling into #1 Angle Strike to Low Section
15	#1 Angle Strike	Front Stance	Right foot Steps to Front Stance Left hand supported high block with Sword circling into #1 Angle Strike to Low Section
16	Supported #6 Angle Strike to High Section	Left Front Stance	Sword remains tip down as right hand lifts palm up and left foot steps north to front stance. Sword Travels Counter clockwise, left hand supports back of blade, Angle #6 strike to arm pit
17	Inverted Stab	Left Front Stance	Inverted High Section Stab left hand supporting wrist on stab
18	High Sword Block	Right Front Stance	Right foot steps forward 45 degree to north east, body facing north, High Block with Sword Left hand supporting wrist.
19	High Sword Block	Right Front Stance	Left foot steps forward 45 degree to north east, body facing north, High Block with Sword Left hand supporting wrist.
20	Change Direction Sword Circle Head to Angle #4 strike	Middle Stance	Right hand and sword circle head change direction to face South with High Section Angle #4 Strike, with Left Knife hand High Block above head.
21	Inverted Block	Middle Stance	Inverted High Block to South Right hand turns palm up Right High Block with Sword, Left Hand supports right wrist, continuous into
22	Angle #4 strike,	Middle Stance	Wrap around neck into Angle #4 strike with Left Knife hand High Block above head., continuous into
23	Spinning Angle #4 strike	Middle Stance	Wrap around neck into Spinning Angle #4 strike with Left Knife hand High Block above head
24	Inverted Block	Middle Stance	Inverted High Block to South Right hand turns palm up Right High Block with Sword, Left Hand supports right wrist, continuous into
25	Angle #4 strike,	Middle Stance	Wrap around neck into Angle #4 strike with Left Knife hand High Block above head., continuous into
26	Spinning Angle #4 strike	Middle Stance	Wrap around neck into Spinning Angle #4 strike with Left Knife hand High Block above head
27	Inverted Block	Middle Stance	Inverted High Block to South Right hand turns palm up Right High Block with Sword, Left Hand supports right wrist, continuous into
28	Angle #4 strike,	Middle Stance	Wrap around neck into Angle #4 strike with Left Knife hand High Block above head., continuous into
29	Spinning Angle #4 strike	Middle Stance	Wrap around neck into Spinning Angle #4 strike with Left Knife hand High Block above head

30	Circle Head to Figure 8 Cut	Front Stance to Cross Stance	Shift to front stance, sword tip down to left. In blocking motion sword circles around head to angle #1 strike in continuous motion, angle #2 strike (similar to figure 8) as moving into cross stance
31	Conceal Weapon Pose	Rear Stance	Swords ends hidden behind right side, facing south, Left hand knifehand position fingers pointing up.
32	Straight Stab #9 Angle	Parallel Stance	Step Left foot South, Right foot follows to closed stance, Straight stab to south (Left hand supports right wrist)
Continue to repeat second half same as first half from Straight Stab to Straight stab again or End			
33	Passing to Left Hand	Rear Stance	Right foot steps back to rear stance, pull sword back across body parallel to floor – Left Hand holding guard in Palm, Left index finger extended to hilt
	Rising Block and Heel Palm	Left Front stance	Left hand counter clockwise in blocking motion as left foot steps north to strike
34	Finish	Parallel Stance	Left Hand moves clockwise up in blocking motion, ending at left side feet in closed stance, Right vertical Punch Above Head
35	Bow		Right Hand returns to just below ribs, Knifehand position fingers pointing up Bow out.