

HAE-SAN

HAE SAN hyung is the first form in the Hae San Martial Arts Association. The literal meaning is sea and mountain. It has two yells, the first move and the last move. There are two versions, one for adults consisting of 19 moves and one for children consisting of 13 moves.



Hae San II: Adult's Form. 19 Movements. The number 19 marks the traditional oriental age at which adulthood begins.

Begin: Ready Position at [X] North.

1. Move left foot West; forming horse stance while executing middle-section punch with left fist. [YELL]
 2. Stationary. Execute middle-section double punch with right fist.
 3. Stationary. Execute middle-section punch with left fist.
 4. Stationary. Execute high-section punch with right fist.
 5. Stationary. Execute high-section punch with left fist.
 6. Pivot left foot West; forming LFF back stance while executing knife hand attack with left hand.
 7. Move right foot West; forming RFF front stance while executing high-section punch with right fist.
 8. Move right foot East (turning clockwise 180 degrees) forming RFF back stance while executing side block with right inner forearm.
 9. Pivot right foot to horse stance facing North while executing middle-section punch with left fist.
 10. Stationary. Execute middle-section punch with right fist.
 11. Stationary. Execute middle-section punch with left fist.
 12. Stationary. Execute high-section punch with right fist.
 13. Stationary. Execute high-section punch with left fist
 14. Pivot right foot East; forming RFF back stance while executing knife hand attack with right hand.
 15. Move left foot East; forming LFF front stance while executing high-section punch with left fist.
 16. Move left foot North (turning counter-clockwise 90 degrees) forming LFF front stance while executing high-section block with left outer forearm.
 17. Move right foot North; forming RFF front stance while executing front block with right outer forearm.
 18. Move right foot South [backwards] facing North forming LFF back stance while executing single knife hand block with left hand.
 19. Move left foot South [backwards] facing North forming RFF back stance while executing single knife hand block with right hand. [YELL]
- End: Bring right foot back to ready position [X] facing North

Hae San I: Children's Form. 13 Movements. The number 13 symbolizes the traditional oriental age ending childhood.

Begin: Ready Position at [X] North.

1. Move left foot West; forming horse stance while executing middle-section punch with left fist. [YELL]
 2. Stationary. Execute middle-section punch with right fist.
 3. Stationary. Execute middle-section punch with left fist.
 4. Stationary. Execute high-section punch with right fist.
 5. Stationary. Execute high-section punch with left fist.
 6. Move left foot West; forming LFF back stance while executing knife hand attack with left hand.
 7. Move right foot West; forming RFF front stance while executing high-section punch with right fist.
 8. Move right foot East; (turning clockwise 180 degrees) forming RFF back stance while executing knife hand attack with right hand.
 9. Move left foot East; forming LFF front stance while executing high-section punch with left fist.
 10. Move left foot North (turning counter-clockwise 90 degrees) forming LFF front stance while executing high-section block with left outer forearm.
 11. Move right foot North forming RFF front stance while executing front block with right outer forearm.
 12. Move right foot South [backwards] facing North forming LFF back stance while executing single knife hand block with left hand.
 13. Move left foot South [backwards] facing North forming RFF back stance while executing single knife hand block with right hand. [YELL]
- End: Bring right foot back to ready position [X] facing North

Reminders:

Ready Stance: body is upright, legs are shoulder width, toes point forward, fists almost touching in front of the belt forming a circle.

RFF: Right Front Foot **LFF:** Left Front Foot

Horse Stance: body is upright, legs double your shoulder width, toes point forward, knees are in and legs are bent.

Back Stance: body is upright, shoulders are pointing north and south, head is pointing in the same direction as the front foot, both legs are bent, front foot is pointing forward, back foot points 90 degrees (feet form the letter "L") majority of the weight is distributed toward the back.

Front Stance: body is upright, shoulders are pointing east and west, head is pointing in the same direction as the front foot, legs are shoulder width apart, front leg is bent, back leg is straight, toes point forward, majority of the weight is distributed toward the front.

High Section Punch is directed towards the upper lip and nose. **Middle Section Punch** is directed below the sternum (where the rib cage meets).

Testing Requirements:

I Kids (13 & Under) Hae-San I Form; Adults (14 & Up) Hae-San II Form

II Basics: (1) High Section Block (2) Knife-hand Attack

III Kicks: From the Same Position: (1) Side Kick & Side Kick [YELL] (2) Front Kick & Side Kick [YELL]

Tournament Form Presentation:

(1) Name Ex. "John Doe" (2) Association "Hae-San" (3) Style of Martial Arts "Tae Kwon Do" (4) Name of Your Form "Hae San Form, Sir"

Example: "John Doe, Hae-San, Tae Kwon Do, Hae San Form Sir"