Bat Sae So
Small Poisonous Snake
1st Dan

S. Start - Joonbe

1. Move the left foot to the right foot, while drawing both hands to the right side (right fist in left palm), in
tungeon motion move hands to groin level, then slowly up to face level, then outward slightly.

2. Step right foot back into LFS (left front stance), execute left middle block followed by right outside to
inside middle block.

3. Step right foot forward into RFS (right front stance), execute right middle block followed by left
outside to inside middle block.

4. Turn left 90° into SS (saddlelock stance) while executing right side block, then left crescent single
knifehand block in tungeon motion.

5. Maintain stance, execute in rapid sequence: right middle punch / middle block, left middle punch /
middle block, then right / left double punch.

6. Maintain stance, left open backhand strike (shout!), right crescent kick to left hand followed by right
elbow strike to left hand in SS. (Body facing 180° from previous position).

7. In modified LFS, execute two mountain/low blocks in rapid succession: first, left hand high and right
hand low; second, right hand high and left hand low. Eye focus is in direction of low blocks.

8. Maintain stance, execute right low spear hand strike, then pull left foot back into natural stance
while executing left hand low block.

9. Pivot 180° on left foot into X stance, knees bent, and execute low closed fist x block.

10. Step right foot into SS, execute twin mountain blocks.

11. Pivot 270° on the right foot, with feet together execute high x-block (fists), then with tungeon motion
execute double low blocks.

12. Maintain stance, turn wrists outward, twist at waist 180° into X stance, step right foot into RBS (right
back stance), execute right double knifehand middle block.

13. While stepping left foot back into LBS (left back stance), cross left hand over right, execute left
double knifehand middle block.

14. Step right foot back into LFS, execute right middle block.

15. Right side kick followed by right horizontal knifehand strike to neck in LBS.
16. Skip backward into right cat stance while executing twin elbow strikes, then turn 180º to the left into LFS and execute twin punch (right high / left low).

17. Pivot 270º on right foot into SS, execute double knife / ridge hand strike.

18. Step left foot into RFS, execute left down block then left middle block.

19. Left front kick, step forward into LFS, while executing right middle punch. Immediately pull right hand back to side and execute twin punch (right high / left low).

20. Pivot 270º on left foot into SS, execute double knife / ridge hand strike.

21. Step left foot back into RFS, execute left down block and right middle punch.

22. Left front kick, land left foot into LFS, execute right middle punch followed by right middle block.

23. Turn 180º to the right into RBS, execute right double knifehand middle block.

24. Turn 90º to the right into RBS, execute right double knifehand middle block.

25. Step with left foot and slide into a deep LBS, execute left double knifehand middle block (shout!).

26. Pull left foot back to right, repeat step number one to finish.