

## Po – Eun

Close Ready Stance B, same as Kwang Gae.

1. Move the left foot to the left into a Fixed Stance and do a Middle Guarding Block.
2. Lift and pull the right foot to the left knee ( Crane Stance ) while simultaneously lifting both fists on your left side. Look to the right as your hands come up to a guarding position.
3. Low Pressing Kick to the right while keeping the hands in place to your left.
4. Lower the right foot to a Horse Stance and do a Right Knifehand Strike, neck level.
5. Execute a Turning Punch ( Crescent Punch ) with the left fist, chest high.
6. Simultaneous Middle Block with the right forearm and Low Block with the left fist.
7. Simultaneous Middle Block with the left forearm and Low Block with the right.
8. Return both hands to the belt, Wedging Block.
9. Place your left palm on your right fist and keeping your eyes forward, drive the right elbow back ( Elbow Strike ).
10. Middle Punch with the right fist, with the left palm on top of the punching arm. Your punching arm slides forward on your left palm, your left hand ending on the right elbow. The punch should end level with your right shoulder.
11. Place your right palm on your left fist and keeping your eyes forward, drive the left elbow back ( Elbow Strike ).
12. Right Horizontal Punch ( Twin punches to the right, left arm bent in front of you and lower than the right ).
13. Move to the right by crossing the left foot in front of the right in an X Stance, while doing a right Low Block, palm forward, pressing the fingers of the left hand on top of the right wrist.
14. Move the right foot to the right into an L Stance and do a U Shaped Block, top hand turned so that the palm is up.
15. Look left as you bring the left foot to the right foot, while thrusting to the sides with a High Double Elbow Strike. This move is done slowly.
16. Move the left foot to a Horse Stance, while doing a Simultaneous Right Backfist and Left Low Block.
17. Cross the right foot over the left forming an X Stance, while executing a Low Block in front of you with the left hand, palm forward, hitting your own right palm as a target.
18. Move the left foot to a Horse Stance while doing a Low Ridgehand Guarding Block.
19. Do a Middle Guarding Block with the forearm while forming a left L Stance.
20. Lift and pull the left foot to the right knee to form a Crane Stance, at the same time, lift both fists to the right while you face left.
21. Execute a Pressing Kick with the left foot, keeping the hands in place.
22. Lower the left foot to a Horse Stance, and do a Middle Strike to the left.
23. Execute a Turning Punch ( Crescent Punch ) with the fist.
24. Do a Simultaneous Middle Block with the left inner forearm at the same time executing a Low Block with the right forefist.
25. Bring both hands to your belt.
26. Wedging Block.
27. Place your right hand on your left fist, and keeping the eyes forward, drive backward with the left

elbow.

28. Do a Middle Punch with the left fist, while placing your right palm on your left arm, ending with the hand on your elbow. The punch should end level with your left shoulder.

29. Thrust backward with the right elbow with the left hand on top of your right fist.

30. Left Horizontal Punch ( Twin Punches to the left, left hand high and right arm bent and slightly lower).

31. Cross the right foot over the left foot to form in an X Stance and do a Low Block, palm forward, with the right finger tips on the left wrist.

32. Move the left foot to a right L Stance, and do a U Shaped Block, right hand palm up.

33. Bring the right foot to the left foot. Look to the right and drive to both sides with a slow motion Double Elbow Strike.

34. Move the right foot to a Horse Stance and do a Simultaneous High Backfist with the left hand and a Low Block with the right.

35. Cross the left foot over the right to form an X Stance. Simultaneously, strike the left fist into the palm of your right hand.

36. Move the right foot to a Horse Stance while executing a Low Ridgehand Guarding Block to the right side. KIAP! And say PO – EUN

Draw the right foot inward until your feet are shoulder width apart while raising both hands in front of you, forming a triangle, just as you did in the beginning of the form ( Ready Stance B ). Drive your fists down and return to June Bi.

Diagram \_\_\_\_\_ 36 Moves