



**Pyung Ahn Cho Dan**

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Begin in your ready stance facing 12:00.

- 1) Step with the left foot and **turn 90° to the left**, assuming a left front stance, **and execute a left low block** (facing 9:00).
- 2) **Step forward** with the right foot (toward 9:00), taking up a right front stance **as you deliver a right forward punch**.
- 3) Step back with the right foot and **turn 180° to the right** into a right front stance (facing 3:00) **and execute a right low block**.
- 4) Pivot on the balls of both feet and twist into a left front stance facing 10:00, as you **punch** at a **downward** angle toward 10:00 with your right hand. Immediately slide your right foot toward your left foot, taking up an attention stance facing 12:00, **and deliver a right downward hammerfist** toward 3:00.
- 5) Turn 90° to the right and **step with the left foot** into a left front stance (facing 3:00), **and execute a left forward punch**.
- 6) **Turn 90° to the left** stepping with the left foot into a left front stance (facing 12:00) **and perform a left low block** immediately followed by a left **knife-hand middle block**.
- 7) **Step forward** with the right foot into a right front stance (facing 12:00) **and execute a right high block**.
- 8) **Step forward** with the left foot into a left front stance (facing 12:00) **and deliver a left high block**.
- 9) **Step forward** with the right foot into a right front stance (facing 12:00) **and execute a right high block with a kiai**.
- 10) Pivoting on the right and stepping with the left foot, **turn 270° to the left**, taking up a left front stance, **and execute a left low block** (facing 3:00).
- 11) **Step forward** with the right foot (toward 3:00), taking up a right front stance **as you deliver a right forward punch**.
- 12) **Step back** with the right foot **and turn 180° to the right** into a right front stance (facing 9:00) **and execute a right low block**.
- 13) **Step forward** with the right foot (toward 9:00), taking up a right front stance **as you perform a right forward punch**.
- 14) **Turn 90° to the left** and step with the left foot into a left front stance (facing 6:00) **and perform a left low block**.
- 15) **Step forward** with the right foot into a right front stance (facing 6:00) **and execute a right forward punch**.

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16) **Step forward** with the left foot into a left front stance (facing 6:00) **and execute a left forward punch.**

17) **Step forward** with the right foot into a right front stance (facing 6:00) **and execute a right forward punch with a kiai.**

18) Pivoting on the right and stepping with the left foot, **turn 270° to the left**, taking up a left back stance (facing 9:00), **and execute a left twin knife-hand low block.**

19) **Turn 45° to the right** and step with the right foot into a right back stance (facing 10:30) **and deliver a right twin knife-hand low block.**

20) **Turn 135° to the right** and step with the right foot into a right back stance (facing 3:00) **and perform a right twin knife-hand low block.**

21) **Turn 45° to the left** and step with the left foot into a left back stance (facing 1:30) **and execute a left twin knife-hand low block.**

Step back with the left foot and take up a ready stance facing 12:00.