



Pyung Ahn Ee 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 back stance, **and execute a twin forearm high block** (facing 9:00).
- 2) Maintaining your left back stance and drawing your left forearm parallel with the floor, **execute a right uppercut** (toward 9:00) under your left forearm. Immediately chamber your left hand to your left side as you draw your left foot back toward your right knee, then drop your left foot forward into a horse stance as you execute a **left kima side punch** (toward 9:00).
- 3) Step with the left foot and **turn 180° to the right**, assuming a right back stance, **and execute a twin forearm high block** (facing 3:00).
- 4) Maintaining your right back stance and drawing your right forearm parallel with the floor, **execute a left uppercut** (toward 3:00) under your right forearm. Immediately chamber your right hand to your right side as you draw your right foot back toward your left knee, then drop your right foot forward into a horse stance as you execute a **right kima side punch** (toward 3:00).
- 5) Take a short **step** toward 12:00 and take up a **one-legged stance** with your torso facing 3:00, your left hand chambered to your left side, and your right forearm drawn parallel with the floor in front of your body.
- 6) Simultaneously **execute a right side kick** and a right horizontal **hammerfist** strike toward 6:00. Rechamber your leg, **and drop** into a left back stance (facing 12:00) as you **perform a left twin knife hand middle block**.
- 7) **Step forward** with the right foot into a right back stance (facing 12:00) **and execute a right twin knife hand middle block**.
- 8) **Step forward** with the left foot into a left back stance (facing 12:00) **and execute a left twin knife hand middle block**.
- 9) **Step forward** with the right foot into a right front stance (facing 12:00) **and execute a right spear-hand strike with a kiai**.
- 10) Pivoting on the right and stepping with the left foot, **turn 270° to the left**, taking up a left back stance, **and execute a left twin knife hand middle block** (facing 3:00).
- 11) **Step with the right foot** and turn 45° **to the right**, taking up a right back stance (toward 4:30), **as you deliver a right twin knife hand middle block**.
- 12) **Step back** with the right foot **and turn 225° to the right** into a right back stance (facing 9:00) **and execute a right twin knife hand middle block**.
- 13) 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**.
- 14) Turn 90° to the left and **step with the left foot** into a left front stance (facing 6:00) **and perform a right reverse outward middle block**.

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15) **Perform a right front kick** and plant in front, taking up a right front stance (facing 6:00) **and execute a left reverse punch** immediately followed by a **left reverse outward middle block**.

16) **Perform a left front kick** and plant in front, taking up a left front stance (facing 6:00) **and execute a right reverse punch**.

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

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

19) **Turn 45° to the right** and step with the right foot into a right front stance (facing 10:30) **and deliver a right high block**.

20) **Turn 135° to the right** and step with the right foot into a right front stance (facing 3:00) **and execute a right low block** followed by a right **knife-hand middle block**.

21) **Turn 45° to the left** and step with the left foot into a left front stance (facing 1:30) **and execute a left high block**.

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