



Pyung Ahn Sa 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 knife hand high block** (facing 9:00).
- 2) Step with your right foot and **turn 180° to the right**, assuming a right back stance, **and execute a twin knife hand high block** (facing 3:00).
- 3) Step with the left foot, **turning 90° to the left**, assuming a left front stance, and **execute a low "X" block** (toward 12:00).
- 4) **Step forward** with the right foot into a right back stance (facing 12:00) **and perform a right twin forearm middle block**.
- 5) Chamber your left foot to your right knee, and **take up a one-legged stance** with your torso facing 12:00, your right hand chambered to your right side, and your left forearm drawn parallel with the floor in front of your body.
- 6) Simultaneously **execute a left side kick and a left horizontal hammerfist strike** toward 9:00, **then** rechamber your leg and drop forward into a left front stance (facing 9:00) as you **execute a right inward elbow strike** to your open left palm.
- 7) Chamber your right hand to your right side, bringing your left forearm parallel with the floor in front of your body, then, reversing your hand positions (left hand to your hip, right hand across the front of your body) step with your right foot and **shift into a right back stance** facing 3:00.
- 8) Slide your left foot toward your right foot, then chamber your right foot to your left knee and **take up a one-legged stance** with your torso facing 12:00, your left hand chambered to your left side, and your right forearm drawn parallel with the floor in front of your body.
- 9) Simultaneously **execute a right side kick and a right horizontal hammerfist strike** toward 3:00, **then** rechamber your leg, and drop forward into a right front stance (facing 3:00) as you **execute a left inward elbow strike** to your open right palm.
- 10) Step with your left foot and **turn 90° to your left**, assuming a left front stance (facing 12:00) **and execute a right inward knife hand strike with a left knife hand high block**.
- 11) **Perform a right front kick** toward 12:00, and plant forward, dragging your left foot up into a right front twist stance as you deliver a **right downward backfist strike** (toward 12:00) **and kiai**.
- 12) Step with the left foot and **turn 225° to the left** into a left front stance **and execute a two handed front gi choke** (toward 4:30).
- 13) **Deliver a right front kick** toward 4:30, planting forward into a right front stance (facing 4:30) delivering a **right forward punch**, immediately followed by a **left reverse punch**.
- 14) Step with the right foot and **turn 90° to the right** into a right front stance **and execute a two handed front gi choke** (toward 7:30).

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15) **Deliver a left front kick** toward 7:30, planting forward into a left front stance (facing 7:30) delivering a **left forward punch**, immediately followed by a **right reverse punch**.

16) Step with the left foot and **turn 45° to the left**, taking up a left back stance facing 6:00, **executing a left twin forearm middle block**.

17) **Step forward** with the right foot and take up a right back stance (facing 6:00), **executing a right twin forearm middle block**.

18) **Step forward** with the left foot and take up a left back stance (facing 6:00), **executing a left twin forearm middle block**.

19) Step with the left foot and **shift into a left front stance** (facing 6:00), extending both hands, **grasping the opponent's shoulders**.

20) **Pulling downward** with both hands, **execute a right knee strike** toward 6:00, immediately pivoting on the left foot and planting the right foot toward 4:30, **turning counter clockwise 225°** into a left back stance **and delivering a left twin knife hand middle block** toward 10:30.

21) Step with the right foot, **turning 90° to the right** and taking up a right back stance, and **deliver a right twin knife hand middle block** toward 1:30.

Step your right foot toward your left and take up a ready stance facing 12:00.