



Pyung Ahn Sam 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 left outward middle block** (facing 9:00).
- 2) Step with your right foot and **bring your feet together, and execute a right outward middle block simultaneous with a left low block. Immediately reverse your hands**, delivering a left outward middle block with a right low block (toward 9:00).
- 3) Step with the right foot and **turn 180° to the right**, assuming a right back stance, **and execute a right outward middle block** (facing 3:00).
- 4) Step with your left foot and **bring your feet together, and execute a left outward middle block simultaneous with a right low block. Immediately reverse your hands**, delivering a right outward middle block with a left low block (toward 3:00).
- 5) Step with the left foot and **turn 90° to the left**, taking up a left front stance facing 12:00, **and execute a left twin forearm middle block**.
- 6) **Step forward** (toward 12:00) with your right foot into a right front stance **and deliver a right spear-hand strike**.
- 7) Pivot on the balls of both feet into a right reverse front stance (still facing 12:00) as you draw the back of your **right hand to your right hip**. Immediately **spin** to your left as you step with the left foot toward 12:00 into a side horse stance **and execute a left horizontal hammer-fist strike**. Immediately **step forward** with your right foot (toward 12:00) into a right front stance **and deliver a right forward punch and kiai**.
- 8) Pivoting on your right foot, **make a slow 180° turn** to your left **and finish with your feet together** (in an attention stance facing 6:00), with your arms akimbo, the thumb sides of your fists at your hips.
- 9) **Execute a right inward crescent kick** toward 6:00, rechambering your foot to your left knee, and plant forward into a side horse stance (facing 6:00), immediately turning your torso to your left **and block with your right elbow** (your right hand still on your right hip). Instantly **deliver a right downward hammer-fist** toward 6:00. **Rechamber your right hand to your right hip**.
- 10) **Execute a left inward crescent kick** toward 6:00, rechambering your foot to your right knee, and plant forward into a side horse stance (facing 6:00), immediately turning your torso to your right **and block with your left elbow** (your left hand still on your left hip). Instantly **deliver a left downward hammer-fist** toward 6:00. **Rechamber your left hand to your left hip**.
- 11) **Execute a right inward crescent kick** toward 6:00, rechambering your foot to your left knee, and plant forward into a side horse stance (facing 6:00), immediately turning your torso to your left **and block with your right elbow** (your right hand still on your right hip). Instantly **deliver a right downward hammer-fist** toward 6:00.

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12) **Step forward** with your left foot into a left front stance (toward 6:00) **and execute a left forward punch with a kiai.**

13) Leaving your left arm extended, **slowly step with your right foot** toward 9:00 **into a horse stance** (still facing 6:00).

14) Pivoting on your right foot, step with your left and **spin 180° counter-clockwise** into a horse stance (toes facing 12:00) **as you simultaneously execute a left back elbow strike with a right over-the-shoulder punch.**

15) **Push drag to your right** (toward 9:00) **and**, as you settle into a horse stance (toes facing 12:00), **simultaneously execute a right back elbow strike with a left over-the-shoulder punch.**

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

