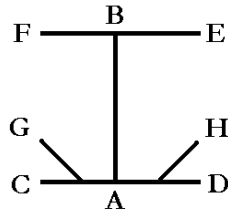


Pyung Ahn 1 / Pyung Ahn Cho Dan



Ready Stance: Standing at "A", Facing "B" in Ready position

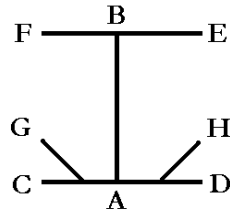
1. Turn 90 degrees left, move left foot into a left front stance and execute a left arm low block toward "C".
2. Step forward with right foot into a right front stance and execute a right hand middle punch toward "C".
3. Turn 180 degrees right, move right foot into a right front stance and execute a right arm low block toward "D" – then quickly pull the right arm back in toward your chest and over your head to execute a right downward hammer fist toward "D" while pulling the right leg back so that your feet are in an "L" shape (right foot toward "D" – left foot toward "B")
4. Step forward with left foot into a left front stance and execute a left hand middle section punch toward "D".

5. Turn 90 degrees left, move left foot into a left front stance and execute a left arm low block toward "B" – then without stepping or changing stance, immediately execute a left open (single) hand middle block.
6. Step forward with right foot into a right front stance and execute a right arm high block toward "B".
7. Step forward with left foot into a left front stance and execute a left arm high block toward "B".
8. Step forward with right foot into a right front stance and execute a right hand middle punch toward "B".

KI-YAP

9. Turn 270 degrees, move left foot into left front stance and execute a left arm low block toward "E".
10. Step forward with right foot into a right front stance and execute a right hand middle punch toward "E".
11. Turn 180 degrees right, move right foot into a right front stance and execute a right arm low block toward "F".
12. Step forward with left foot into a left front stance and execute a left hand middle punch toward "F".

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13. Turn 90 degrees left, move left foot into a left front stance and execute a left arm down block toward "A".
14. Step forward with right foot into a right back stance and execute a right hand middle punch toward "B".
15. Step forward with left foot into a left back stance and execute a left hand middle punch toward "B".
16. Step forward with right foot into a right back stance and execute a right hand middle punch toward "B".

KI-YAP

17. Turn 270 degrees, move left foot into left back stance and execute a double open hands left low block toward "C".
18. Step forward and to the right 45 degrees, into a right back stance and execute a double open hands right low block toward "G".
19. Turn 135 degrees right, move right foot into a right back stance and execute a double open hands right low block toward "D".
20. Step forward and to the left 45 degrees with left foot into a left back stance and execute a double open hands left low block toward "H".

Return to Ready Position at "A" facing "B".