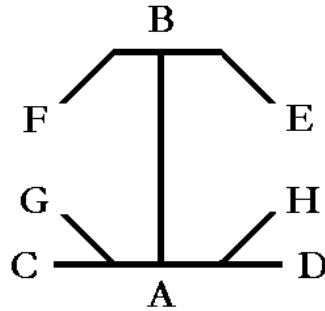


Pyung Ahn 2 / Pyung Ahn Ee Dan



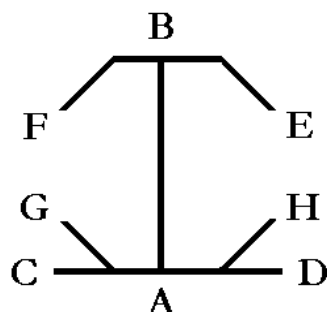
Ready Stance: Standing at "A", Facing "B" in Ready position

1. Turn 90 degrees to the left toward "C", move left foot into a left back stance with a simultaneous right arm high block and left arm outside block (palm is facing away).
2. Pull left fist in against your right collarbone, and reverse uppercut with right hand, (stay in back stance). Then pick up left foot and shift into a horse stance (belt knot facing toward "B") and execute a left middle punch, toward "C".
3. Turn 90 degrees right toward "D", bring your left foot to your right and then step out with the right foot into a right back stance while executing a simultaneous left arm high block and right arm outside block.
4. Pull right fist in against your left collarbone, and reverse uppercut with left hand, (stay in back stance). Then pick up right foot and shift into a horse stance (belt knot facing toward "B") and execute a right middle punch, toward "D".

5. Turn 90 degrees right (looking toward "A" – belt knot facing "D") come to a right side kick ready position. Right side kick toward "A" – then immediately look to the left 180 degrees and land in a left back stance while executing a left double open hands middle block toward "B".
6. Step forward with the right foot into a right back stance and execute a right double open hands middle block toward "B".
7. Step forward with the left foot into a left back stance and execute a left double open hands middle block toward "B".
8. Step forward with right foot into a right front stance and execute a right arm spear-hand thrust toward "B". (Left hand is palm down under the right elbow.)

KI-YAP

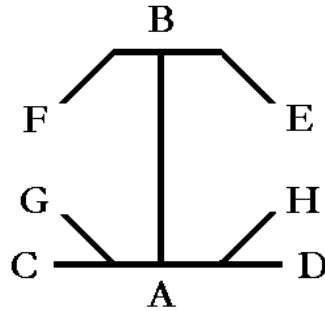
Pyung Ahn 2 / Pyung Ahn Ee Dan



9. Turn 270 degrees, move left foot into left front stance and execute a left double open hands middle block.
10. Step forward and to the right 45 degrees with right foot into a right back stance and execute a right double open hands middle block toward toward "E".
11. Turn 135 degrees right, move right foot into a right back stance and execute a right double open hands middle block.
12. Step forward and to the left 45 degrees with left foot into a left back stance and execute a left double open hands middle block toward "F".

13. Turn 45 degrees left, move left foot into a left front stance and execute a right arm reverse punch toward "A" – then without stepping or changing stance, immediately execute a right arm outside block.
14. Right snap front kick, land in a right front stance and execute a left arm reverse punch toward "A" – then without stepping or changing stance, immediately execute a left arm outside block.
15. Left snap front kick, land a right front stance and execute a right arm reverse punch toward "A".
16. Step forward with right foot into a right front stance and execute a right double hands (closed fists) middle block toward "B".

Pyung Ahn 2 / Pyung Ahn Ee Dan



17. Turn 270 degrees, move left foot into a left front stance and execute a left arm low block toward "C" – then without stepping or changing stance, immediately execute a left open (single) hand middle block.
18. Step forward and to the right 45 degrees, into a right front stance and execute a right arm high block toward "G".
19. Turn 135 degrees right, move right foot into a right front stance and execute a right arm low block toward "D" – then without stepping or changing stance, immediately execute a right open (single) hand middle block.
20. Step forward and to the left 45 degrees with left foot into a left front stance and execute a left arm high block toward "H".

KI-YAP

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