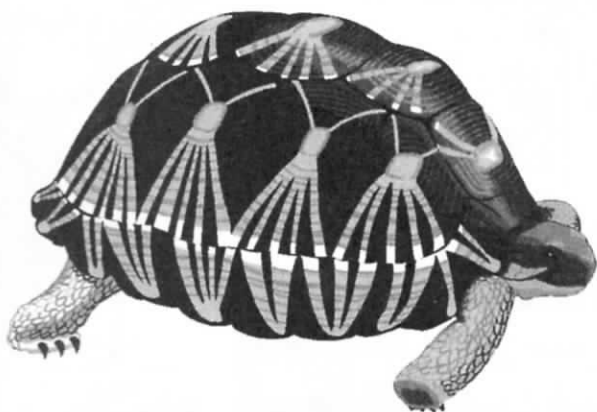


Pyung Ahn Hyung

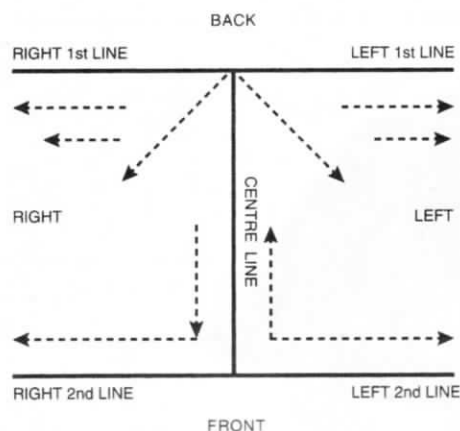


Pyung Ahn Hyung was originally called Je Nam Hyung. It was devised approximately 130 years ago by separating Je Nam Hyung into five components. Pyung Ahn Hyung symbolises the Turtle.

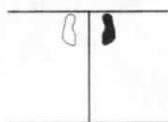
Pyung Ahn Cho Dan Hyung

Pyung Ahn I (22 movements)

Pyung Ahn Cho Dan Hyung Direction



Joon Bee Jase
Ready stance -
looking north.



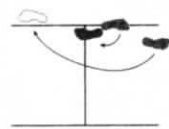
1 *Ha Dan Mahk Kee*
Look to the left and turn 90° onto the first left line, left foot forwards. Execute a left hand low block in front stance.



2 *Joong Dan Kong Kyuk*
Step forwards with the right foot and right hand middle punch in front stance.



3 *Ha Dan Mahk Kee*
Look to the right and turn 180° onto the first right line, right foot forwards. Execute a right hand low block in front stance.



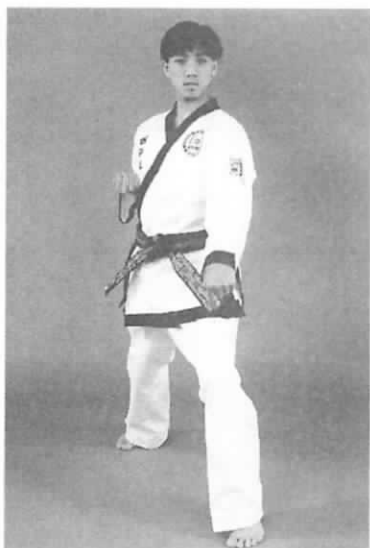
4 *Kwon Do Kong Kyuk*
Twist the right fist clockwise, then pull the right foot to 90° to the left and execute a hammer punch by bringing the right fist above the head (movements 3 and 4 should be executed in quick succession, applying hip twist).



5 Joong Dan Kong Kyuk
Step forwards with the left foot and left hand middle punch in front stance.



6 Ha Dan Mahk Kee
Look to the left and turn 90° onto the centre line. Execute a left hand low block in front stance.



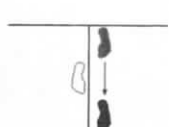
7 Joong Dan Soo Do Mahk Kee
Immediately execute a left knife hand middle block in front stance (movements 6 and 7 should be executed in quick succession, applying hip twist).



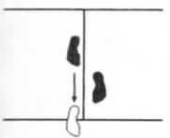
8 Sang Dan Mahk Kee
Step forwards with the right foot and execute a right hand high block in front stance.



9 Sang Dan Mahk Kee
Step forwards with the left foot and execute a left hand high block in front stance.



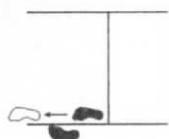
10 Sang Dan Mahk Kee [Ki-ahp]
Step forwards with the right foot, execute a right hand high block in front stance and shout.



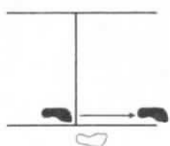
11 Ha Dan Mahk Kee
Look to the left, move the left foot and turn 270° onto the second right line, left foot forwards. Execute a left hand low block in front stance.



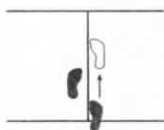
12 *Joong Dan Kong Kyuk*
Step forwards with the right foot and right hand middle punch in front stance.



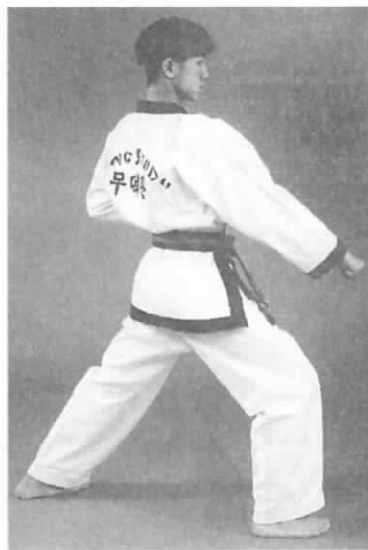
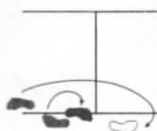
13 *Joong Dan Kong Kyuk*
Step forwards with the left foot and left hand middle punch in front stance.



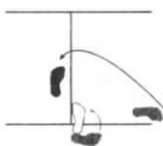
14 *Joong Dan Kong Kyuk*
Step forwards with the right foot and right hand middle punch in front stance.



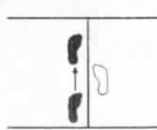
15 *Ha Dan Mahk Kee*
Look to the right and turn 180° onto the second left line, right foot forwards. Execute a right hand low block in front stance.



16 *Ha Dan Mahk Kee*
Look to the left and turn 90° onto the centre line, left foot forwards. Execute a left hand low block in front stance.



17 *Joong Dan Kong Kyuk*
Step forwards with the left foot and left hand middle punch in front stance.

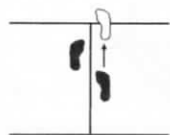


⑩ *Joong Dan*

Kong Kyuk

[Ki-ahp]

Step forwards with the right foot, execute a right hand middle punch in front stance and shout.



⑪ *Ha Dan Soo*

Do Mahk Kee

Look to the left, move the left foot and turn 270° onto the first left line, left foot forwards.

Execute a double knife hand low block in back stance.



⑫ *Ha Dan Soo*
Do Mahk Kee

Turn 45° to the right, right foot forwards, and execute a double knife hand low block in back stance.

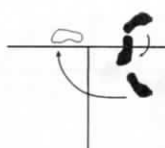


⑬ *Ha Dan Soo*

Do Mahk Kee

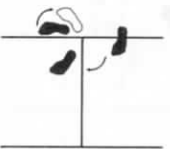
Turn 135° to the right onto the first right line, right foot forwards.

Execute a double knife hand low block in back stance.



⑭ *Ha Dan Soo*
Do Mahk Kee

Turn 45° to the left, left foot forwards, and execute a double knife hand low block in back stance.



Ba-ro Jase

Pull the left foot back into return stance.



