



KINETIC TAE KWON-DO

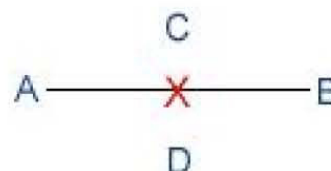
An ITF Martial Arts School

PO-EUN

PO-EUN is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

Movements - 36

Ready Posture - PARALLEL STANCE WITH A HEAVEN HAND



- 1 Move the left foot to B, forming a right L-stance toward B while executing a middle guarding block to B with the forearm.
- 2 Pull the right foot to the left knee joint to form a left one-leg stance toward D, at the same time lifting both fists while turning the face toward A.
- 3 Execute a pressing kick to A with the right foot keeping the position of the hands as they were in 2.
- 4 Lower the right foot to A to form a sitting stance toward D while executing a middle side strike to A with the right knife-hand.
- 5 Execute an angle punch with the left fist while maintaining a sitting stance toward D.
- 6 Execute a pressing block with the left, fore fist while executing a side front block with the right inner forearm, maintaining a sitting stance toward D.
- 7 Execute a pressing block with the right fore fist and a side front block with the left inner forearm while maintaining a sitting stance toward D.
- 8 Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.
- 9 Thrust to C with the right back elbow supporting the right fore fist with the left palm keeping the face as it was in 8 while maintaining a sitting stance towards D.
- 10 Execute a middle punch to D with the right fist slipping the left palm up to the right elbow joint while maintaining a sitting stance toward D.
- 11 Thrust to C with the left back elbow supporting the left fore fist with right palm, keeping the face as it was in 10 while maintaining a sitting stance toward D.
- 12 Execute a right horizontal punch to A while maintaining a sitting stance toward D. Perform 6 through 12 in a continuous motion.

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Ki-Hap

- 13 Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block to D with the right outer forearm and bringing the left finger belly on the right under forearm.
- 14 Move the right foot to A forming a left L-stance toward A at the same time executing a U-shape grasp to A.
- 15 Bring the left foot to the right foot forming a closed stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward B. Perform in slow motion.
- 16 Move the left foot to B to form a sitting stance toward D while executing a side back strike to C with the right back fist and extending the left arm to the side downward.
- 17 Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block with the left outer forearm and bringing the right finger belly to the left side fist.
- 18 Move the left foot to B to form a sitting stance toward D while executing a low guarding block to B with a reverse knife-hand.
- 19 Execute a forearm middle guarding block to A while forming a left L-stance toward A pivoting with left foot.
- 20 Pull the left foot to the right knee joint to form a right one-leg stance toward D, at the same time lifting both fists while turning the face toward B.
- 21 Execute a pressing kick to B with the left foot keeping the position of the hands as they were in 20.
- 22 Lower the left foot to B to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.
- 23 Execute an angle punch with the right fist while maintaining a sitting stance toward D.
- 24 Execute a pressing block with the right, fore fist while executing a side front block with the left inner forearm, maintaining a sitting stance toward D.
- 25 Execute a pressing block with the left fore fist and a side front block with the right inner forearm while maintaining a sitting stance toward D.
- 26 Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.
- 27 Thrust to C with the left back elbow supporting the left fore fist with the right palm keeping the face as it was in 26 while maintaining a sitting stance towards D.
- 28 Execute a middle punch to D with the left fist slipping the right palm up to the left elbow joint while maintaining a sitting stance toward D.
- 29 Thrust to C with the right back elbow supporting the right fore fist with left palm, keeping the face as it was in 28 while maintaining a sitting stance toward D.



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30 Execute a left horizontal punch to B while maintaining a sitting stance toward D. Perform 24 through 30 in a continuous motion.

Ki-Hap

31 Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block to D with the left outer forearm and bringing the right finger belly on the left under forearm.

32 Move the left foot to B forming a right L-stance toward B at the same time executing a U-shape grasp to B.

33 Bring the right foot to the left foot forming a closed stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward A. Perform in slow motion.

34 Move the right foot to A to form a sitting stance toward D while executing a side back strike to C with the left back fist and extending the right arm to the side downward.

35 Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block with the right outer forearm and bringing the left finger belly to the right side fist.

36 Move the right foot to A to form a sitting stance toward D while executing a low guarding block to A with a reverse knife-hand.

END: Bring the left foot back to a ready posture.