

Po-Eun (Volume11 131 to 208)

(index)

PATTERN PO-EUN

This pattern is practised by the 1st degree and above.

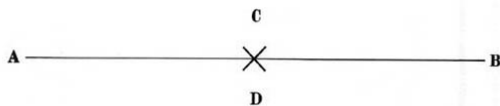
DIAGRAM: —

MOVEMENTS: 36

READY POSTURE: PARALLEL STANCE WITH A HEAVEN HAND.

131

DIAGRAM (Yon Moo Son)



132

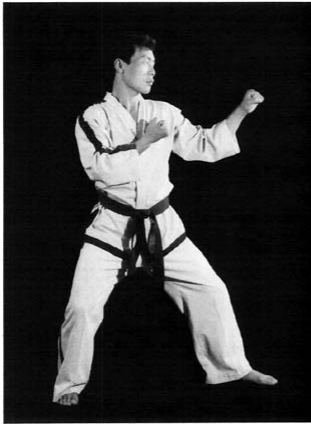
Ready Posture (Junbi Jase)

Parallel ready stance with a heaven hand toward D.



133

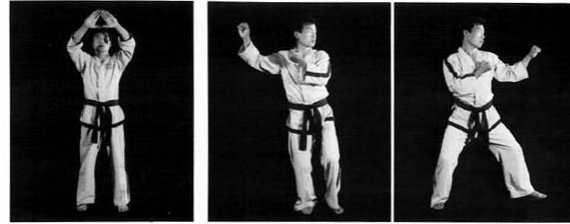
1. Move the left foot to B, forming a right L-stance toward B while executing a middle guarding block to B with the forearm.



Right L-stance middle guarding block with a forearm toward B.

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Previous Posture



Application



135

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.



Left one-leg stance toward D with an upward punch with the left fist.

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Previous Posture



Side View

Application



137

3. Execute a pressing kick to A with the right foot keeping the position of the hands as they were in 2 while maintaining a left one-leg stance toward D. Perform 3 through 11 in a fast motion.



Left one-leg stance pressing kick with the right foot.

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Previous Posture



Side View



Application

139

4. Lower the right foot to A to form a sitting stance toward D while executing a middle strike to A with the right knife-hand.



Sitting stance toward D with a right knife-hand middle strike to A.



140

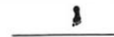
Previous Posture



Side View



Keep the back forearms crossed in front of the left chest.



Application

141

5. Execute an angle punch with the left fist while maintaining a sitting stance toward D.



Sitting stance toward D with a left fist angle punch.



142

Side View



Previous Posture



Raise the body slightly.

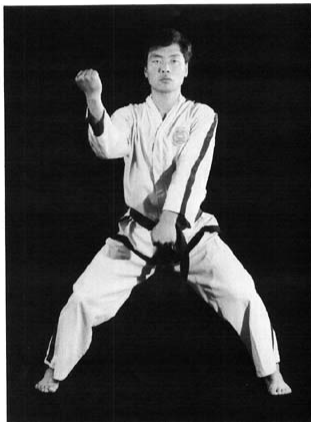


Application



143

6. Execute a pressing block with the left forefist while executing a middle side front block with the right inner forearm, maintaining a sitting stance toward D.



Sitting stance pressing block with the left forefist and side front block with the right forearm toward D.



144

Side View



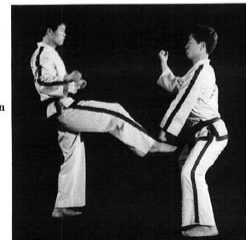
Previous Posture



Raise the body slightly.



Application



Side View

145

7. Execute a pressing block with the right forefist and a middle side front block with the left inner forearm while maintaining a sitting stance toward D.



Sitting stance pressing block with the right forefist and a side front block with the left inner forearm toward D.

146

Top View



Previous Posture



Raise the body slightly.



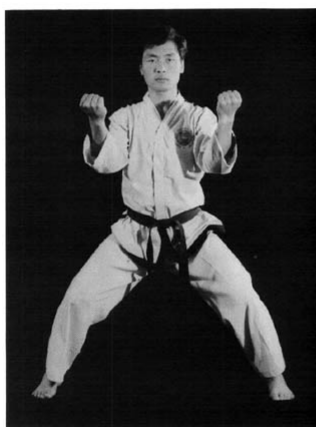
Application



Top View

147

8. Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.



Sitting stance wedging block with the inner forearm toward D.

148

Top View



Previous Posture



Raise the body slightly.



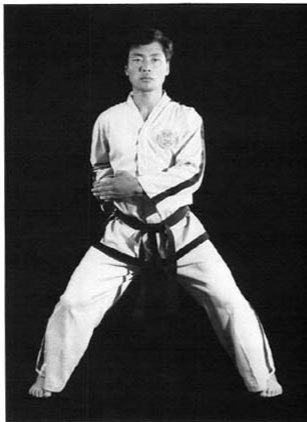
Application



Side View

149

9. Thrust to C with the right back elbow, supporting the right forefist with the left palm, keeping the face as it was in 8 while maintaining a sitting stance toward D.



Sitting stance toward D with the right back elbow thrust to C.

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Other View



Previous Posture



Raise the body slightly.



Application



Side View

151

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.



Sitting stance middle punch with the right fist toward D.

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Top View



Previous Posture



Raise the body slightly.



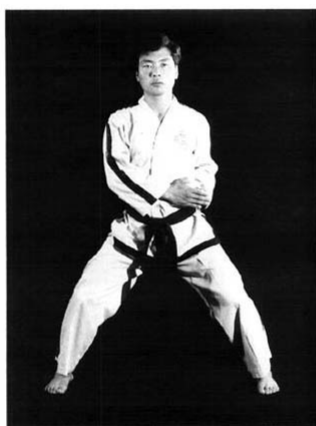
Application



Side View

153

11. Thrust to C with the left back elbow, supporting the left forefist with the right palm, keeping the face as it was in 10 while maintaining a sitting stance toward D.



Sitting stance toward D with a left back elbow thrust to C.

154

Application



Top View

Side View



Previous Posture

Raise the body slightly.



155

12. Execute a right horizontal punch to A while maintaining a sitting stance toward D.



Sitting stance toward D with a right horizontal punch to A.

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Top View



Previous Posture

Raise the body slightly.



Application

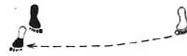


157

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.



Right X-stance low front block with the right outer forearm toward D.



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Application



Side View

Side View



Previous Posture



159

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



Left L-stance U-shape grasp toward A.



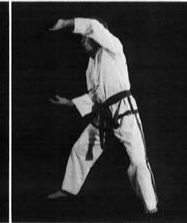
Application



Front View



Previous Posture



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161

15. Bring the left foot to the right foot forming a close stance toward D while thrusting with a twin horizontal elbow, turning the face toward B. Perform in a slow motion.



Close stance toward D with a twin horizontal elbow thrust.



162

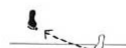
Application



Top View

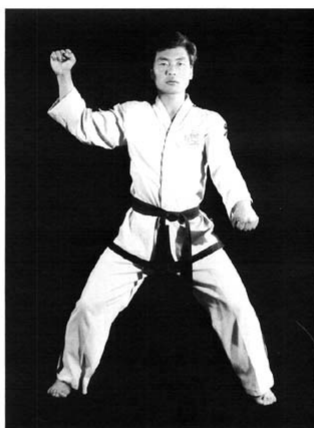


Previous Posture



163

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.



Sitting stance toward D with a right back fist side back strike to C.



Application



Top View



Previous Posture



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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.



Left X-stance left forearm low front block toward D.



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Side View



Previous Posture



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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.



Sitting stance toward D with a reverse knife-hand low guarding block to B.



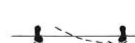
Application



Side View



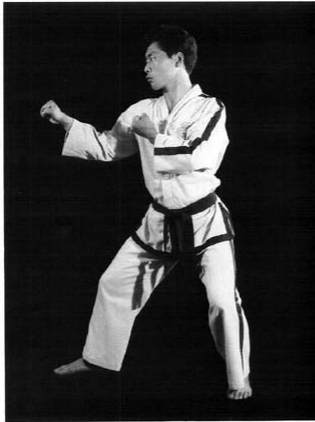
Previous Posture



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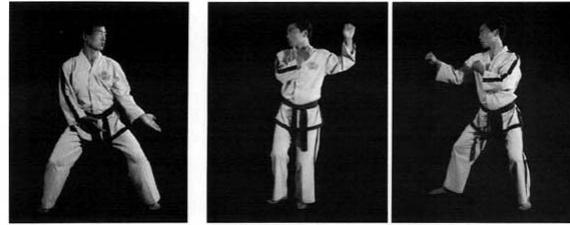
19. Execute a middle guarding block to A while forming a left L-stance toward A, pivoting with the left foot.



Left L-stance middle guarding block toward A.

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Previous Posture



Application



171

20. Pull the left foot to the right knee joint, forming a right one-leg stance toward D while executing an upward punch to A with the right fist, turning the face toward B.



Right one-leg stance toward D with a right upward punch to A.

172

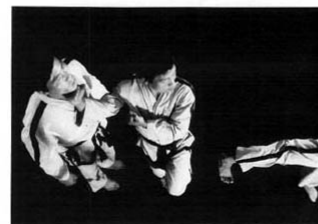
Previous Posture



Back View



Top View



Application

173

21. Execute a pressing kick to B with the left foot, keeping the position of the hands as they were in 20 while maintaining a right one-leg stance toward D. Perform 21 through 29 in a fast motion.



Right one-leg stance toward D with a left foot pressing kick to B.

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Side View



Application



175

22. Lower the left foot to B to form a sitting stance toward D while executing a middle strike to B with the left knife-hand.



Sitting stance toward D with a left knife hand strike to B.

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Application



Side View

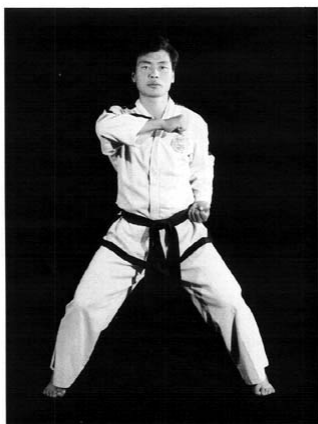


Previous Posture

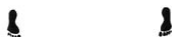


177

23. Execute an angle punch with the right fist while maintaining a sitting stance toward D.



Sitting stance toward D with a right fist angle punch.



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Top View



Previous Posture

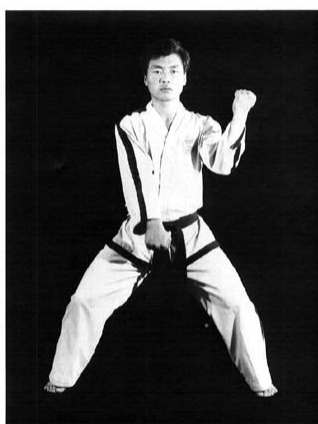


Raise the body slightly.



179

24. Execute a pressing block with the right forefist and a middle side front block with the left inner forearm while maintaining a sitting stance toward D.



Sitting stance pressing block with the right forefist and a middle side front block with the left inner forearm toward D.



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Side View



Previous Posture

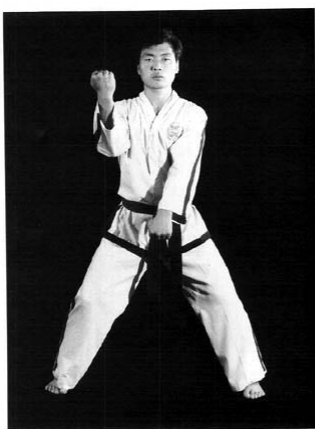


Raise the body slightly.



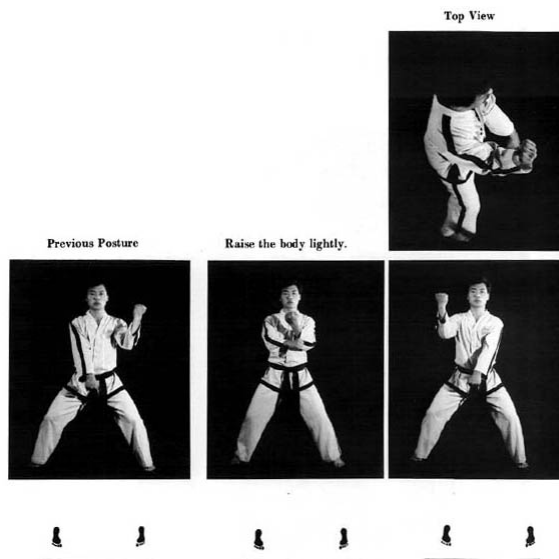
181

25. Execute a pressing block with the left forefist and a middle side front block with the right inner forearm while maintaining a sitting stance toward D.



Sitting stance pressing block with the left forefist and a side front block with the right inner forearm toward D.

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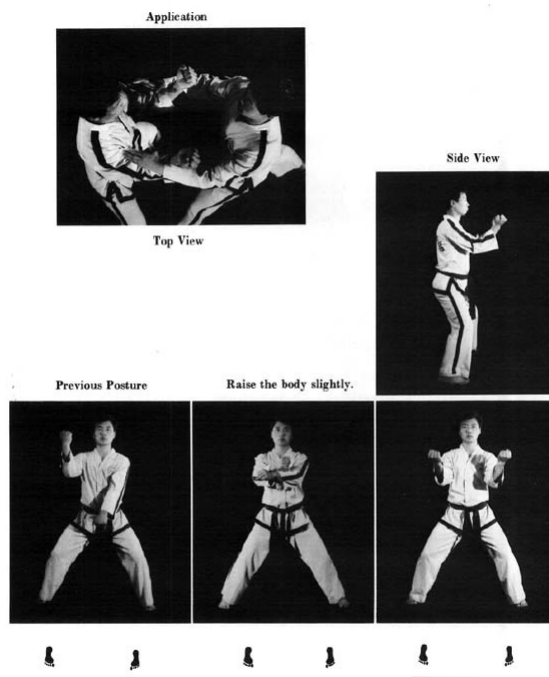
183

26. Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.



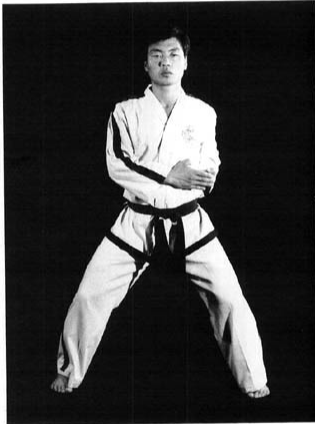
Sitting stance middle wedging block with the inner forearm toward D.

184



185

27. Thrust to C with the left back elbow, supporting the left forefist with the right palm, keeping the face as it was in 26 while maintaining a sitting stance toward D.



Sitting stance toward D with a left back elbow thrust to C.

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Application



Top View

Side View



Previous Posture

Raise the body slightly.



187

28. Execute a middle punch with the left fist, slipping the right palm up to the left elbow joint while maintaining a sitting stance toward D.



Sitting stance middle punch with the left fist toward D.

Side View



Previous Posture

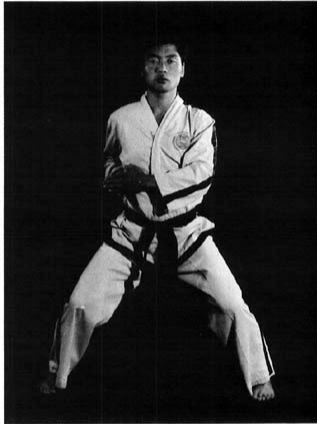
Raise the body slightly.



188

189

29. Thrust to C with the right back elbow, supporting the right forefist with the left palm, keeping the face as it was in 28 while maintaining a sitting stance toward D.



Sitting stance toward D with a right back elbow thrust to C.

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Top View



Previous Posture

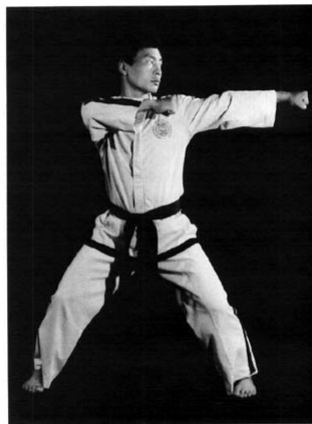


Raise the body slightly.



191

30. Execute a horizontal punch to B with the left fist while maintaining a sitting stance toward D.



Sitting stance toward D with a left horizontal punch to B.

Application



Top View

Side View



Previous Posture



Raise the body slightly.



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193

31. 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 on the left under forearm.



Left X-stance low front block with the left forearm toward D.



194

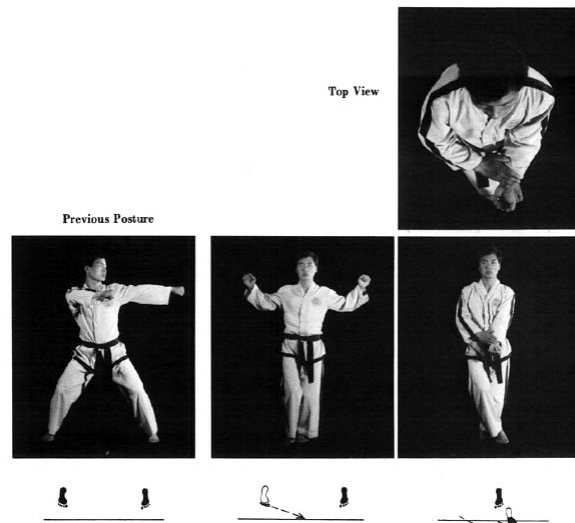
32. Move the left foot to B, forming a right L-stance toward B, at the same time executing a U-shape grasp toward B.



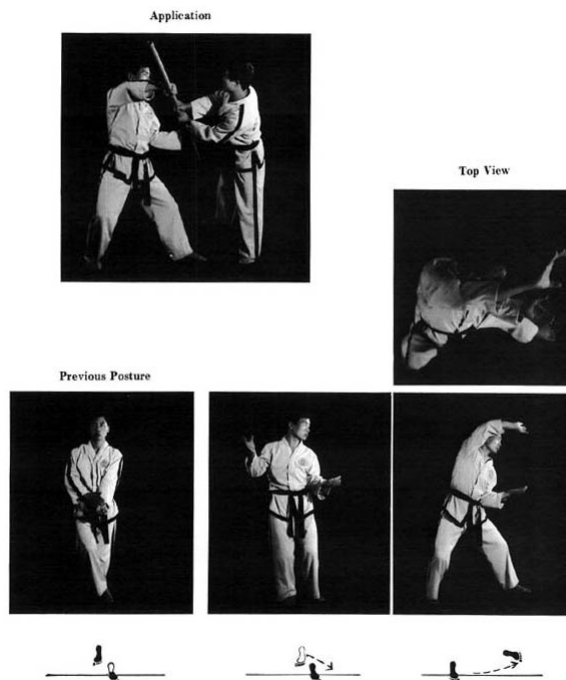
Right L-stance U-shape grasp toward B.



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197

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



Close stance toward D with a twin side elbow thrust.



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Back View



Previous Posture



199

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.



Sitting stance toward D with a left back fist side back strike to C.



Top View



Previous Posture



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201

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.

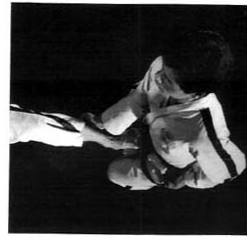


Right X-stance low front block with the right outer forearm toward D.



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Application



Top View

Back View

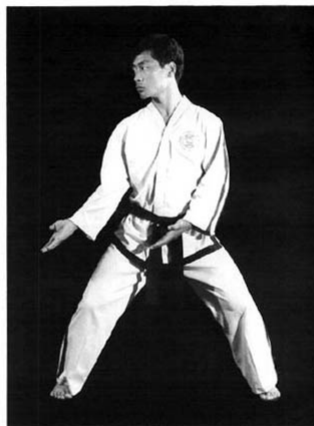


Previous Posture



203

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.



Sitting stance toward D with a reverse knife-hand low guarding block to A.



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Back View



Previous Posture



205

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



Parallel ready stance with a heaven hand toward D.



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Previous Posture



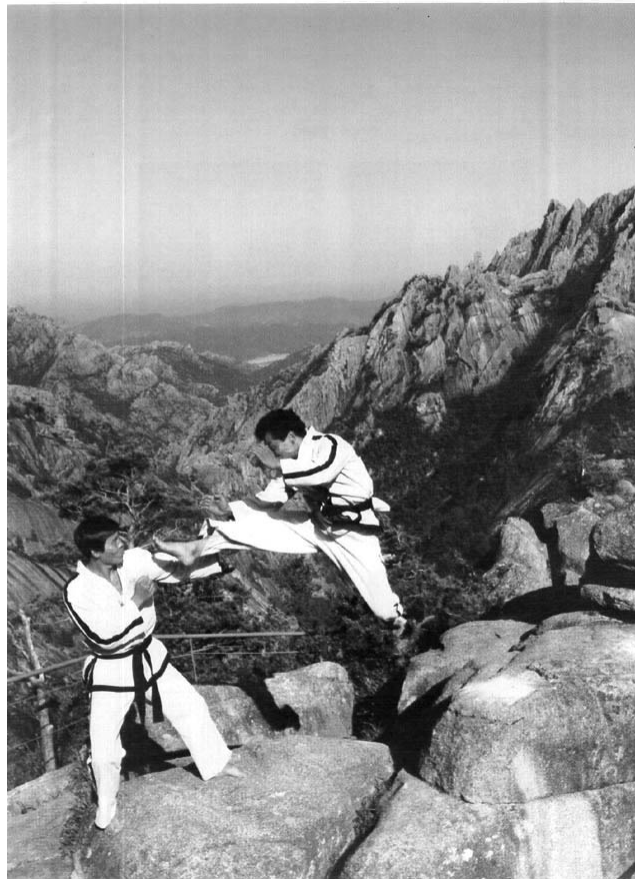
Side View



Back View



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