

## Poomsae Pyongwon

**This is the 4th Dan pattern and it has 25 movements**

**"This pattern is performed in a straight line and symbolizes the plain. The open plain is vast and majestic and gives us food."**

### Movements

Parallel stance, crossed hand ready position.

Left foot moves – shoulder width parallel stance – mid-section knife-hand spreading block, moving into "Mountain" ready stance.

Right – Back stance, Knife-hand Low Block.

Left – Back stance, single knife-hand guarding block.

Long stance – reverse rising elbow strike.

Front kick, back kick – 180 degree turn, back stance, double knife-hand guarding block.

Circle the arms, ending in double low knife-hand guarding block.

Change to Horse-riding stance – assisted outside forearm block (wrist facing out).

Upset punch, across opposite wrist – twice – shout

Cross high stance – double outside elbow strike.

Side-on horse-riding stance, W block

Lift front leg into Crane stance – Mountain Block

Front leg side kick into long stance – reverse rising elbow strike

Front kick, back kick – 180 degree turn, back stance, double knife-hand guarding block.

Circle the arms, ending in double low knife-hand guarding block.

Change to Horse-riding stance – assisted outside forearm block (wrist facing out).

Upset punch, across opposite wrist – twice – shout

Cross high stance – double outside elbow strike.

Side-on horse-riding stance, W block

Lift front leg into Crane stance – Mountain Block

Front leg side kick, long stance – reverse inside elbow strike into lead hand.

Parallel stance, crossed hand ready position.

## Application

Parallel stance, crossed hand ready position.

Guarding the groin !

Left foot moves – shoulder width parallel stance – mid-section knife-hand spreading block, moving into “Mountain” ready stance.

Preparation position. Drawing your energy, ready for the on-coming battle. The ready position symbolises the mountain at the centre of Korea.

Right – Back stance, Knife-hand Low Block.

Defending against a kick, thrown from your right-hand side. Back-stance allows you a little more distance / time to complete the block.

Left – Back stance, single knife-hand guarding block.

Defending against a punch from behind, aimed at your spine between your shoulder blades. No step this time, just pivot, turning your back-stance to the opposite direction. Again, the back-stance allows you a little more distance / time to complete the block.

Long stance – reverse rising elbow strike.

After defending the punch, your front foot steps out slightly, to create the width for a long-stance as you deliver a reverse rising elbow strike to your opponent’s jaw.

Front kick, back kick – 180 degree turn, back stance, double knife-hand guarding block.

Front kick followed by back kick, to finish off this opponent. Turn to face another opponent behind you. Defending against a punch to mid-section, with a double knife-hand guarding block. The back stance allows you to control the distance.

Circle the arms, ending in double low knife-hand guarding block.

Attacking your opponent’s groin / inner thigh with the low knife-hand strike. The other hand protecting the solar plexus.

Change to Horse-riding stance – assisted outside forearm block (wrist facing out).

Your opponent has now changed their angle of attack. Dropping into a horse riding stance shifts your weight, allowing you to generate more power into the block. Assisting the block gives it more strength.

Upset punch, across opposite wrist – twice – shout

Grab your opponent’s clothing at chest level and drive an upset punch underneath. Do the same with the other side.

Cross high stance – double outside elbow strike.

Close your opponent down, with a cross cat-stance. Deliver a, pre-emptive, elbow strike to their mid-section.

#### Side-on horse-riding stance, W block

As they throw a punch, drop into a side-on horse stance, allowing you to generate maximum power as you break their arm with a W block.

#### Lift front leg into Crane stance – Mountain Block

The crane stance has 2 applications. Firstly, it shifts your body weight backwards, giving you more time and space to defend. This is similar in application to a cat-stance.

Secondly, the crane stance is a transitional stance, allowing you to put all of your body weight into the next set of movements.

#### Front leg side kick and simultaneous back-fist strike, into long stance – reverse rising elbow strike

The crane stance already has your lead leg chambered for a side-kick. Throw the kick and the back-fist strike together. The kick doubles your opponent over, leaving them in position for the strike. Once the strike lands, step down into a long-stance and execute a reverse rising elbow strike to their jaw.

#### Front kick, back kick – 180 degree turn, back stance, double knife-hand guarding block.

Front kick followed by back kick, to finish off this opponent. Turn to face another opponent behind you. Defending against a punch to mid-section, with a double knife-hand guarding block. The back stance allows you to control the distance.

#### Circle the arms, ending in double low knife-hand guarding block.

Attacking your opponent's groin / inner thigh with the low knife-hand strike. The other hand protecting the solar plexus.

#### Change to Horse-riding stance – assisted outside forearm block (wrist facing out).

Your opponent has now changed their angle of attack. Dropping into a horse riding stance shifts your weight, allowing you to generate more power into the block. Assisting the block gives it more strength.

#### Upset punch, across opposite wrist – twice – shout

Grab your opponent's clothing at chest level and drive an upset punch underneath. Do the same with the other side.

#### Cross high stance – double outside elbow strike.

Close your opponent down, with a cross cat-stance. Deliver a, pre-emptive, elbow strike to their mid-section.

#### Side-on horse-riding stance, W block

As they throw a punch, drop into a side-on horse stance, allowing you to generate maximum power as you break their arm with a W block.

Lift front leg into Crane stance – Mountain Block

The crane stance has 2 applications. Firstly, it shifts your body weight backwards, giving you more time and space to defend. This is similar in application to a cat-stance.

Secondly, the crane stance is a transitional stance, allowing you to put all of your body weight into the next set of movements.

Front leg side kick and simultaneous back-fist strike, into long stance – reverse inside elbow strike into lead hand.

The crane stance already has your lead leg chambered for a side-kick. Throw the kick and the back-fist strike together. The kick doubles your opponent over, leaving them in position for the strike. Once the strike lands, hold their head in position as you step down into a long-stance and reverse inside elbow strike to their face.

Return to Parallel stance, crossed hand ready position.