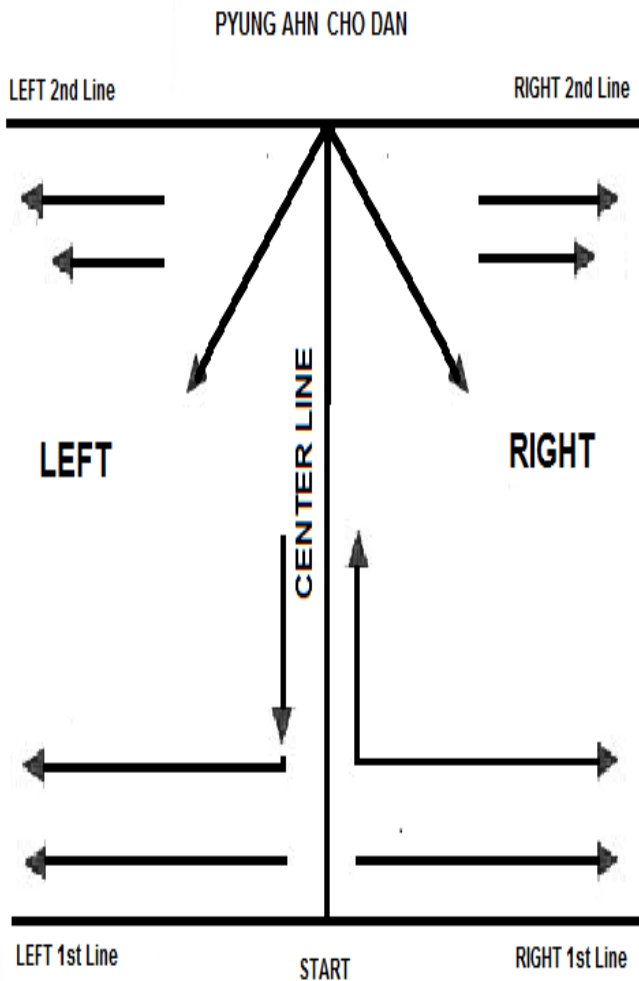
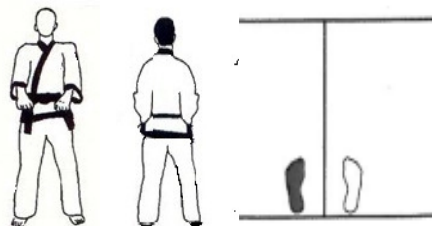


PYUNG AHN CHO DAN (Peaceful & Confident One)

This is the 4th form in the Tang Soo Do Moo Duk Kwan system, the first of the "Pyung ahn" series. The form stresses basic combinations, open-hand techniques, and introduces angles into forms. "Pyung ahn" means "peaceful & confident", and is the Korean translation for the Okinawan term "Pinan" ("Heian" in Japanese). These five forms were created by Itosu Yasutsune (Anko Itosu), an Okinawan Shuri-te Master, between 1900-05. . The Pyung'an forms were simplified from 2 older forms, "Jae Nam" (known as "Chiang Nam" or "Channan") and "Kong Son Gun" ("Kushanku"). The original Pinan forms were simplified and renamed "Heian", by Funakoshi, Gichen (founder of Shotokan) and the order of the 1st two forms were reversed. Hwang Kee learned these forms by studying Japanese texts on Okinawan Kara-Te (probably early texts written by Funakoshi), while working for the Cho Sun Railway Bureau in Korea. He later refined his knowledge of the forms while training with Lee Won Kuk, a Korean Tang Soo Do Master who had trained in Japan. The form contains 24 techniques in 22 moves including Choon Bee Jaseh.

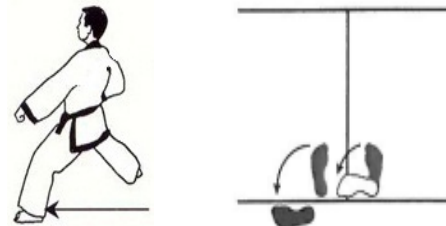


1. Choon Bee Jaseh

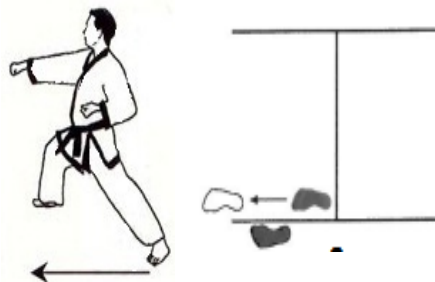


Front View

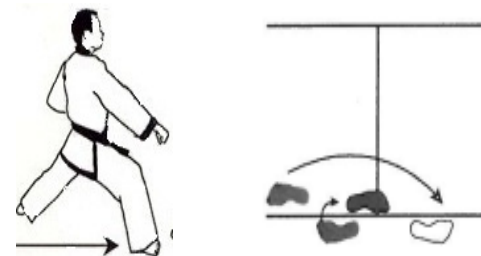
2. **Look left:** Step/turn left 90° with the left foot into a front stance while executing a left hand low block



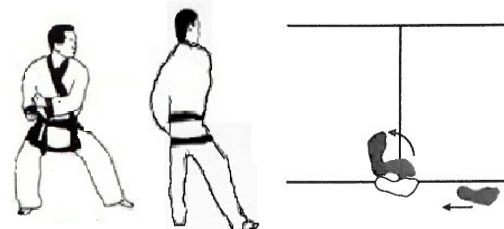
3. Step forward with the right foot into a front stance while executing a right hand center punch.



4.(A) **Look over the right shoulder 180°** - turn **180°** w/the right foot to into a front stance while executing a right hand low block

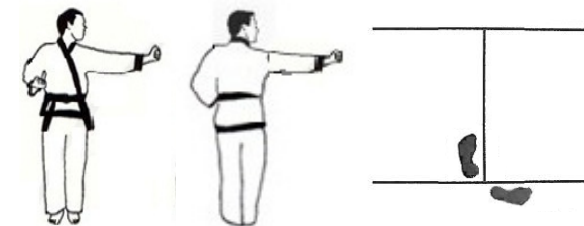


4. (B) Next, twist the right wrist clockwise & snap the arm back sharply, while shifting back into a back stance. The right arm should move palm up in a fist in motion in front of the left shoulder area loading for a back fist.



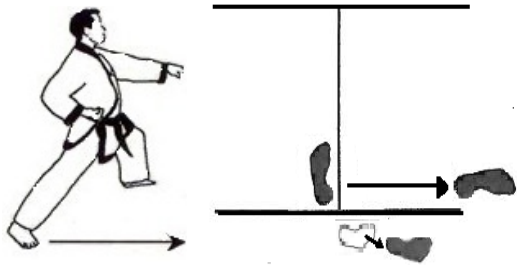
Front View

4. (C) Then, bring the right arm across the body executing a back fist (leading with the elbow) strike at temple level of the head.

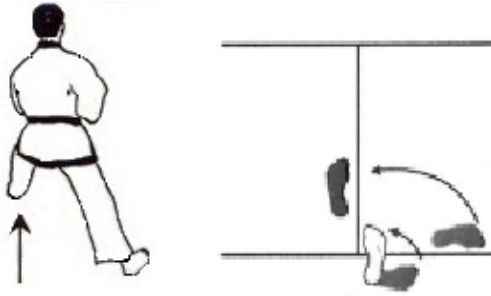


Front View

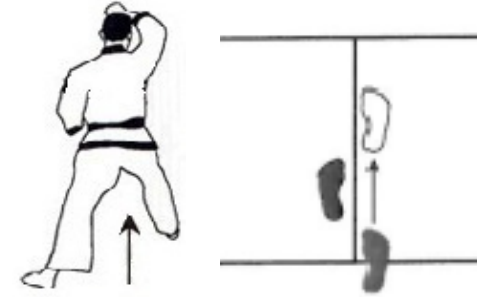
5. Step forward and outward (Small Step) with the right foot, then step forward with the left foot into a front stance while executing a left hand center punch .



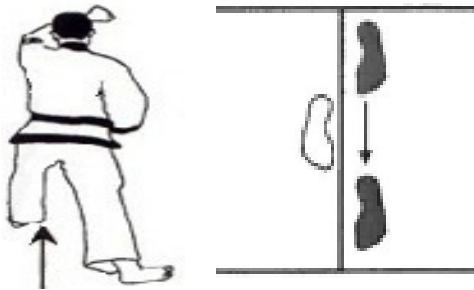
6. **Look left 90°** turn to the left 90° w/the left foot into a front stance while executing a left hand low block .



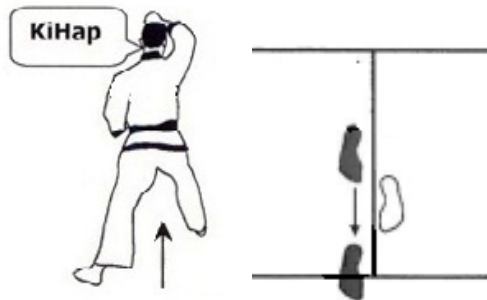
7. Step forward with the right foot into a front stance while executing a right high block .



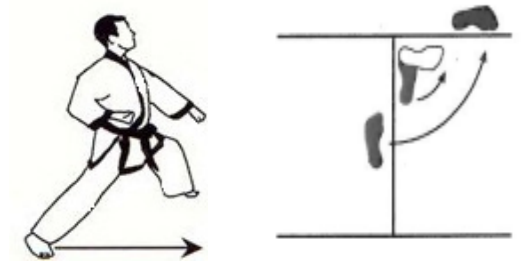
8. Step forward with the left foot into a front stance while executing a left high block



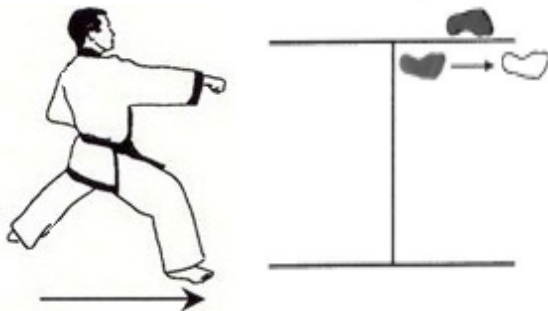
9. Step forward with the right foot into a front stance while executing a right hand high block .
Ki hap.



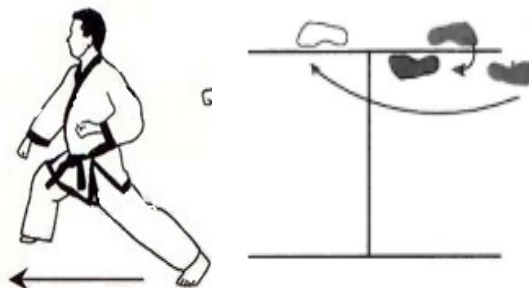
10. **Look right 90° – then left over the left shoulder,** while turning counterclockwise (to the left) 270° placing the left foot into a front stance while executing a left hand low block .



11. Step forward with the right foot into a front stance, while executing a right hand center punch.



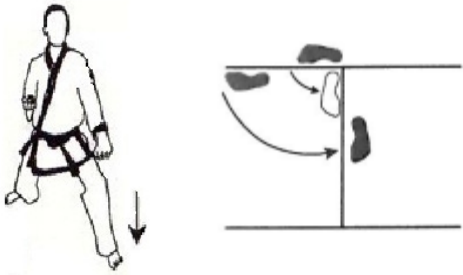
12. **Look over the right shoulder 180°** - turn 180° w/the right foot to into a front stance while executing a right hand low block



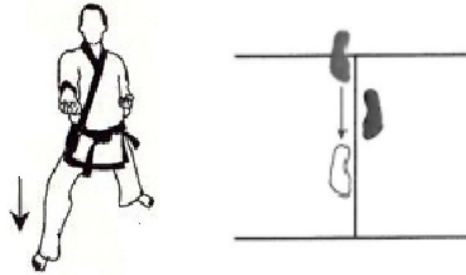
13. Step forward with the left foot into a front stance while executing a left hand center punch.



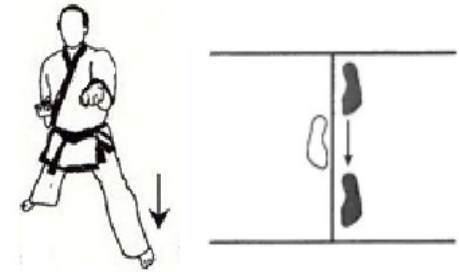
14. **Look left 90°** turn to the left 90° w/the left foot to into a front stance while executing a left hand low block .



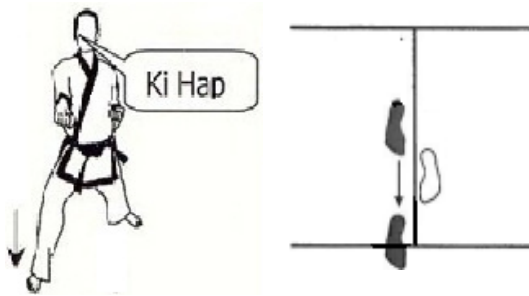
15. Step forward with the right foot into a front stance while executing a right hand center punch.



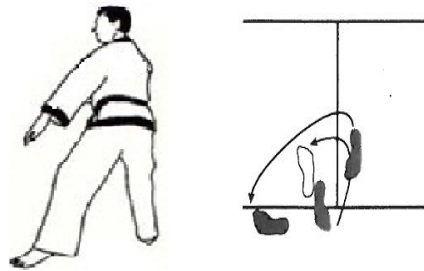
16. Step forward with the left foot into a front stance while executing a left hand center punch.



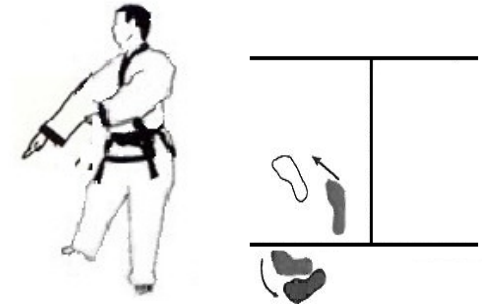
17. Step forward with the right foot into a front stance while executing a right hand center punch . **Ki hap**.



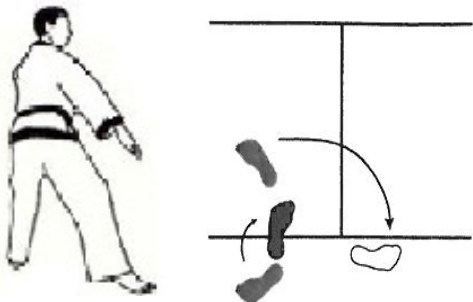
18. **Look right 90° – then left over the left shoulder**, while turning counterclockwise (to the left) 270° placing the left foot into a back stance while executing a left hand low knife hand Block



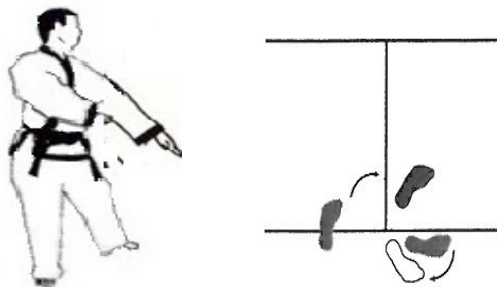
19. **Look right 45°** Step forward at the 45° angle with the right foot into a back stance while executing a right two-handed low knife hand block.



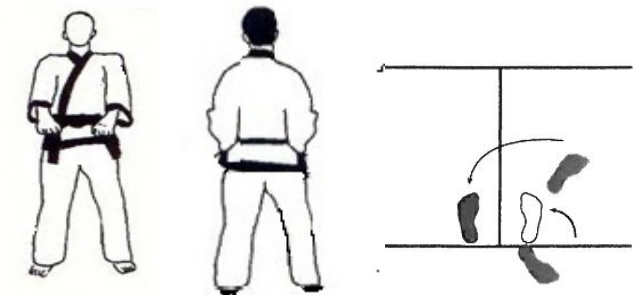
20. **Look right 135°** Turn 135° clockwise back onto the base line moving the right foot forward into a back stance while executing a right two-handed low knife hand block



21. **Look left 45°**-Step forward with the left foot at the 45° angle into a back stance while executing a left two-handed low knife hand block.



22. Return to Choon Bee Jaseh upon command



Front View