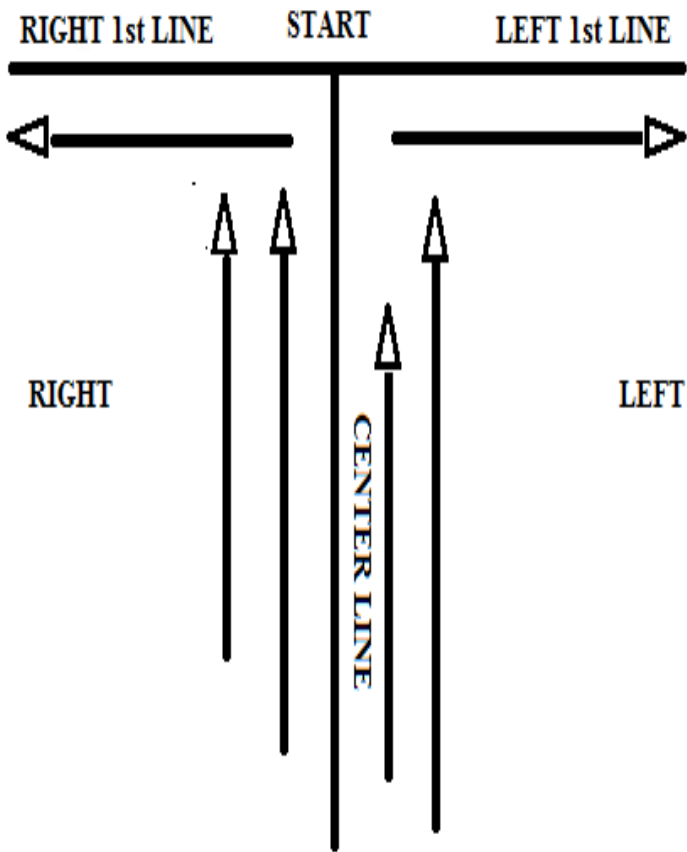


# PYUNG AHN OH DAN

## PYUNG AHN OH DAN

The eighth form in the Tang Soo Do Moo Duk Kwan System. Emphasizing advanced combinations, quick changes of direction, multiple attackers, and angles. This form contains 19 steps

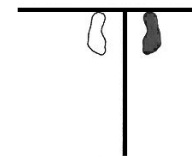
(Images are as viewed from the top of the form facing the starting position)



### 1. Choon Bee Jaseh



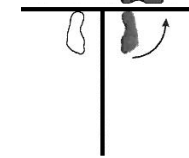
1



2. **Look left** - Step out/turn 90° to the left with left foot into a back stance, (A) while executing a left hand inside-outside block, immediately followed by (B) a reverse right hand punch while maintaining a back stance



2<sup>A</sup>

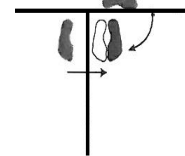


2<sup>B</sup>

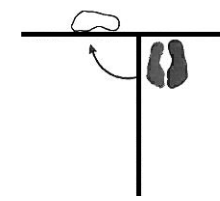
3. **Look forward** - Slide the right foot towards the left foot, pivoting on the left foot to face the original Choon Bee position, while straightening the legs & switching the hands to a rest position with the left hand on top (chest level), palm down; right hand on bottom, palm up; movement of hands start slowly and end with a snap.



3



4<sup>A</sup>

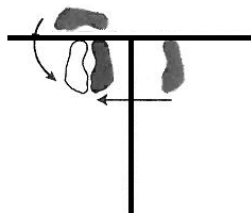


4<sup>B</sup>

5. **Look forward** - Slide the Left foot towards the right foot, pivoting on the right foot to face the original Choon Bee direction, while straightening the legs and switching the hands to a rest position with the right hand on top (chest level), palm down; left hand on bottom, palm up; movement of hands start slowly and end with a snap



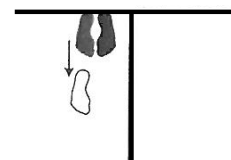
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6. Step forward with the right foot into a front stance, and execute a right side two-handed two fist (re-reinforced) block. The left fist should be inside the right elbow.



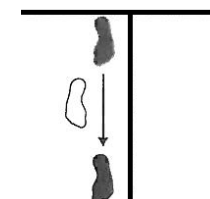
6



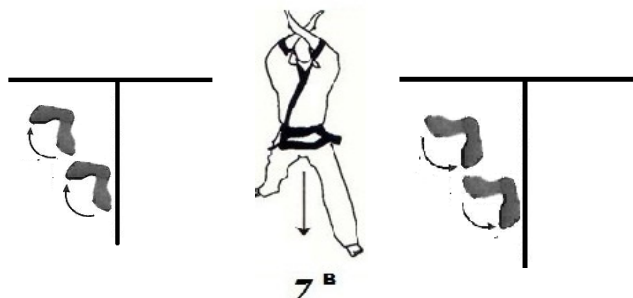
- 7A. Step forward with the left foot into a front stance, and execute a low X-block (to protect groin) fist closed



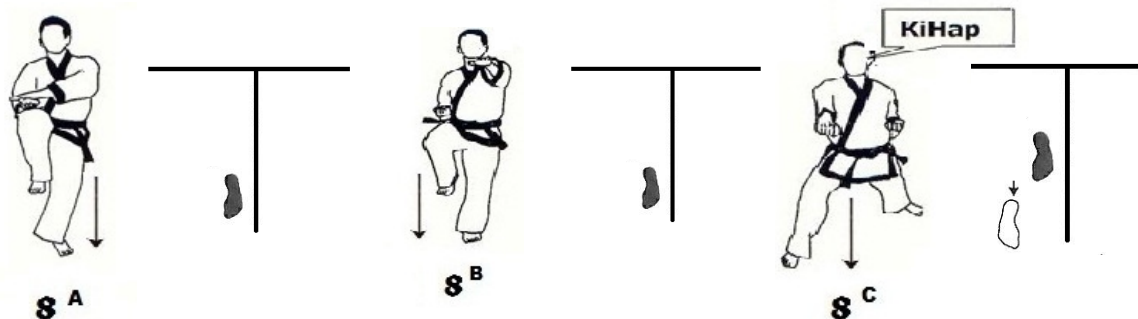
7<sup>A</sup>



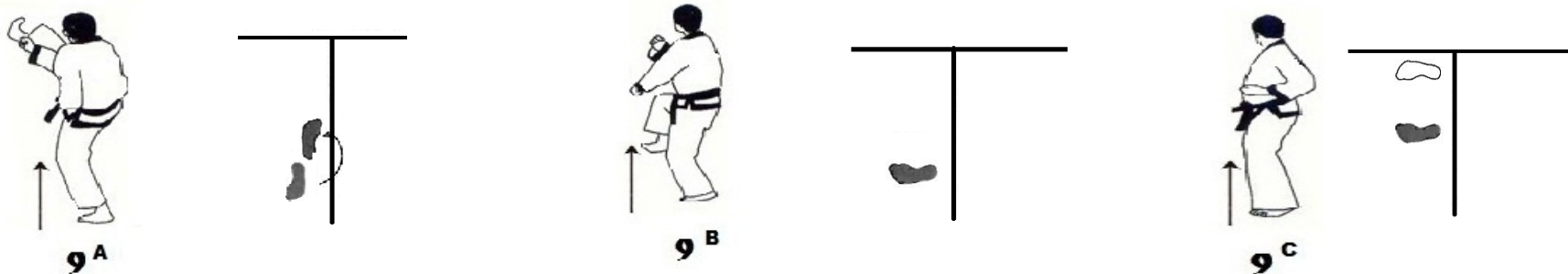
7 (B) Immediately followed by a high X-block (loaded with torque at the right hip) with hands open, tight fingers elbows out so you can see in front of you, right hand on top.



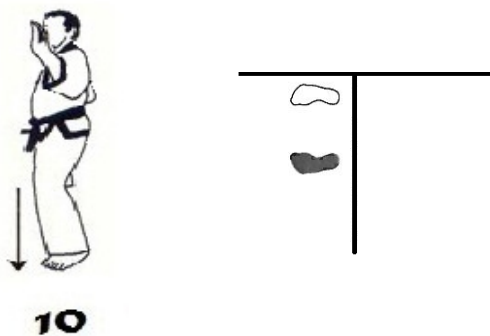
8. (A) Twist hands, inside wrist to inside wrist hands still open (left hand is now on top). Pull left arm toward your neck to load for a Soo Do strike, right arm is still extended. (B) While stepping forward with the right leg into a front stance, lift the leg high like executing a knee strike; execute a left hand Soo Do strike to the neck, while loading the right arm for a punch. Continuing forward into the front stance execute a face level punch with the right hand. **Ki-hap.**



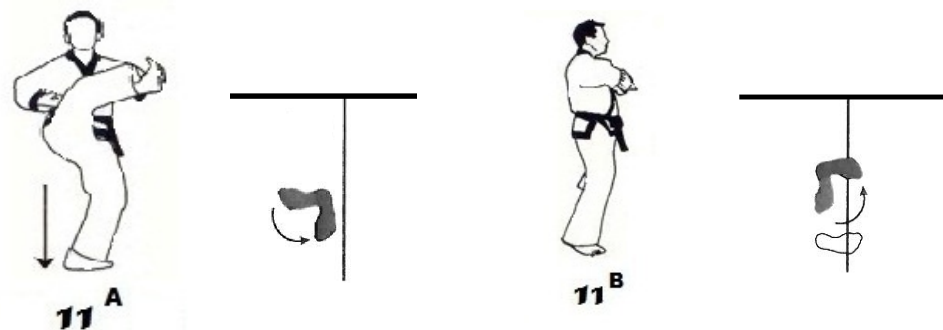
9. **Look over the right shoulder 180°** - (A) Pick up right foot, pivot the body 180° on the left foot, during the turn your right arm should be positioned as if you are executing an outside-inside block: your right leg should be loaded for an outside-inside crescent kick, execute the kick during the turn (when facing rear position). (B) immediately load the right arm for a low block; (C) Land in a horseback riding stance, while executing a side low block; left arm is in a chambered position during this entire step



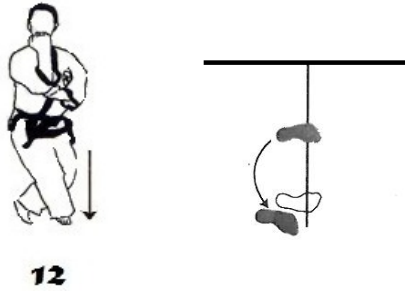
10. **Look left 90°** From the chambered position slowly move left arm in front of the body (similar to a cross-body block) in a circular motion (Inside to outside) and back down while opening the left hand, extended out directly to the left side of the body at solar plexus level, palm forward.



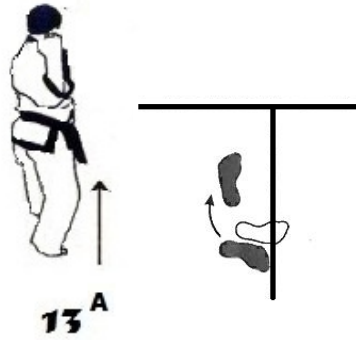
11. (A) Pick up right foot, while turn 90° to the left, load the right foot for an outside/ inside crescent kick, which will be executed by kicking the inside palm of the left hand in the position it was from the previous step. (B) During the turn the right arm should be loading for a forearm/elbow strike to the left hand, to be executed immediately after the kick is executed: land with the right foot with a stomp kick.



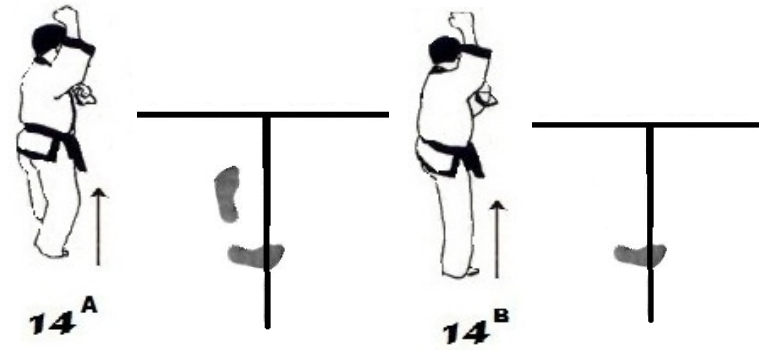
12. Immediately shift your left leg behind your right leg in a tripod stance, while executing a re-enforce inside-outside block with the right hand palm inward. The supporting left hand is open against the inside forearm.



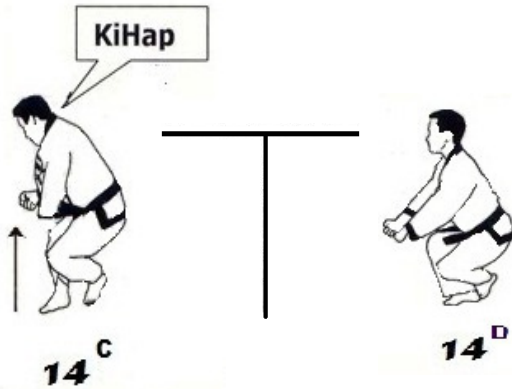
13. (A) *Look left 180°* - turn to the left 180° moving the left leg forward into a back stance



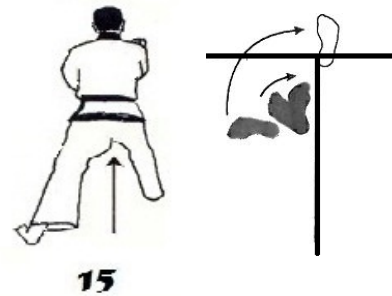
14. (A) While slightly looking to right raise the right hand re-enforced block to a higher level and (B) lift the left leg, quickly turn your attention 180° to the left, shift the left leg back to the ground,



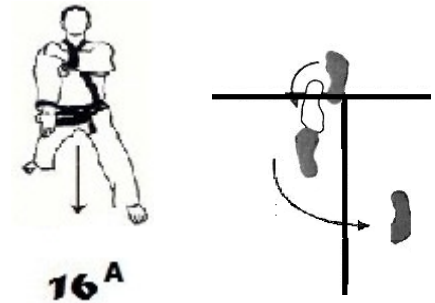
14. (C) Jump forward, (*KI-HAP*) lifting both legs, shifting left leg behind the right, (D) land in a cross-legged position, with a low X-block, fists closed, and back straight.



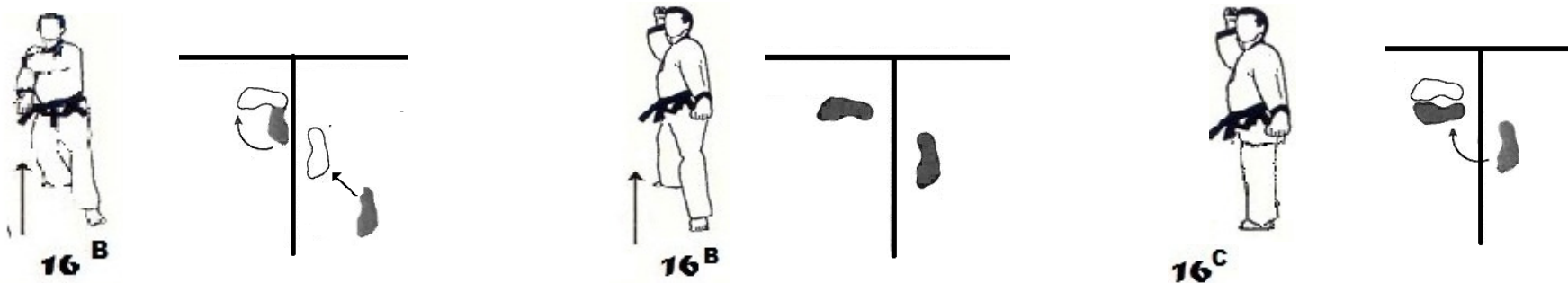
15. *Look right 90°* Step forward 90° to the right, with the right leg into a front stance while executing a re-enforced inside-outside block with the right hand.



16. (A) *Look over the left shoulder 180°* Turn/step to left 180° into a low front stance, left leg forward, while executing a right hand low spear hand attack,



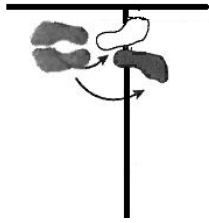
16.(B) Close fist, retract the right hand to the shoulder while executing a low block with the left hand and shifting the left leg back into a back stance. Pause, continue to slide the left foot back completely to the right foot, locking the legs with feet touching, while (C) executing a high inside to outside side body block in a circular motion with the right hand, raise the right arm above the head, at the same time the left arm executes a low block in a circular motion to the left side.



17. *Look left* while pivoting on the ball of the feet without moving their position, Turn 180° to the left executing double inside-outside block to the sides of the body, fists held above the head level.



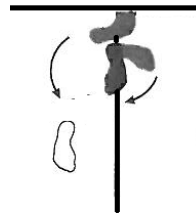
17



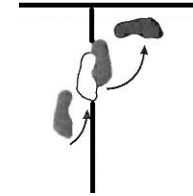
18. *Look right 90°* Turn/step to right 180° into a low front stance, right leg forward, while executing a left right hand low spear hand attack, close fist, retract the left hand to the shoulder while executing a low block with the right hand and shifting the right leg back into a back stance.



18<sup>A</sup>



18<sup>B</sup>



19. Choon Bee Jaseh



19

