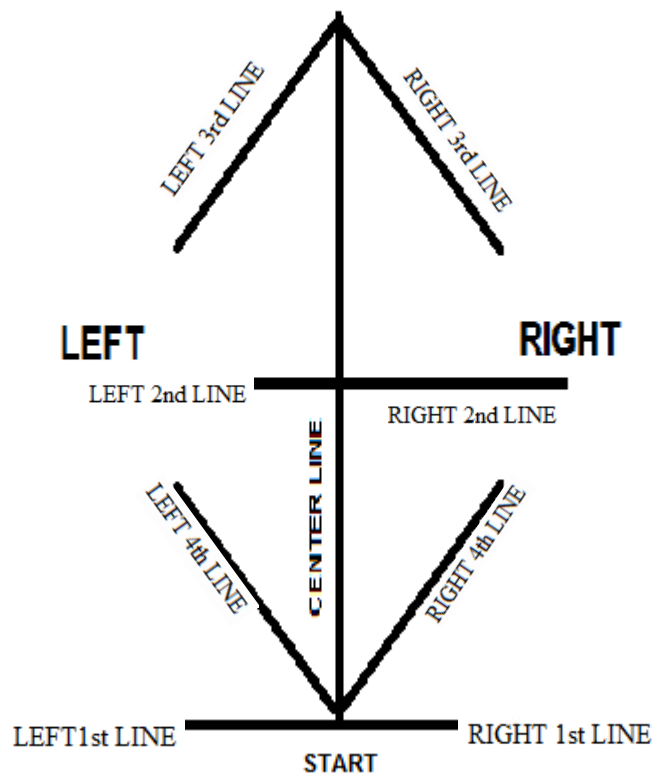


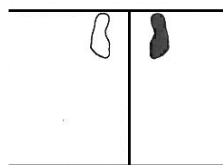
# PYUNG AHN SA DAN



The seventh form in the Tang Soo Do Moo Duk Kwan System. Emphasizing advanced combinations, quick changes of direction, multiple attackers, and angles. This form contains 20 techniques

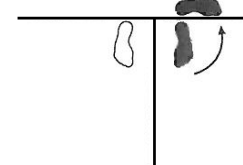
(Images are as viewed from the top of the form facing the starting position)

1. Choon Bee Jaseh



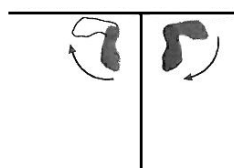
1

2. **Look left**-Step out to the left with the left foot into a back stance, while bringing both hands to the right hip. Simultaneously execute a center knife hand block with the left hand, and a high knife hand block with the right hand.



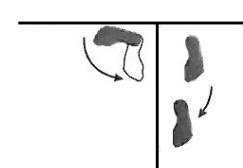
2

3. **Look over the right shoulder 180°** Pivot 180° clockwise into a right foot forward back stance. Perform an open-hand square block. This movement is the same as the previous technique, but it is performed on the opposite side.



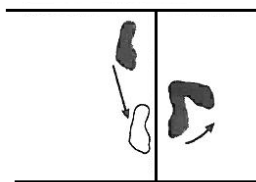
3

4. **Look left 90°** Pick up the left foot, turning 90° counter-clockwise, and step into an extended front stance, while bringing both fists back to the right hip. Execute a two-hand low x-block. The right wrist should be placed on top of the left wrist.



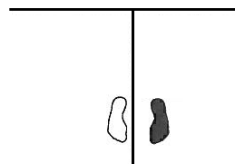
4

5. Step forward with the right foot into a back stance, and execute a right side two-handed inside-outside reinforced block. The left fist should be inside the right elbow.

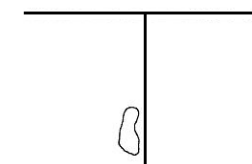


5

6. **Look left 90°** Slide the left foot forward, bringing the feet together. At the same time, bring both hands to the left hip. The left hand should be in a chambered position, and the right hand should be brought across the body, parallel to the ground. **(B)** Then, switch hands, chambering the right hand, and bringing the left hand across the body, while bringing the left leg up into a side kick chambered position. Eyesight should be directed to the left.

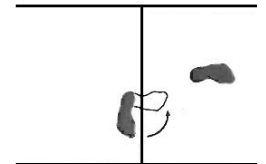
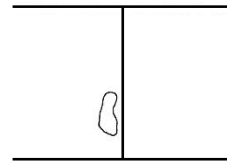
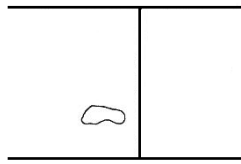


6<sup>A</sup>

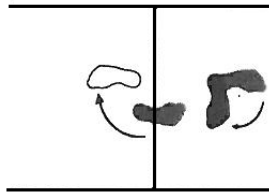


6<sup>B</sup>

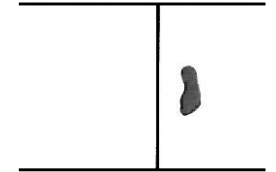
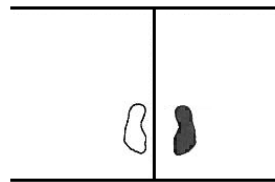
7. (A) Execute a left leg center side kick and simultaneously execute a high back fist with the left hand. (B) Rebalance and lounge forward with the left leg into a front stance. (C) Execute a elbow strike with the right elbow into the left open hand.



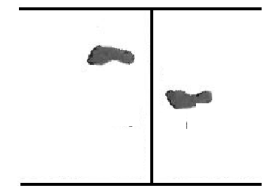
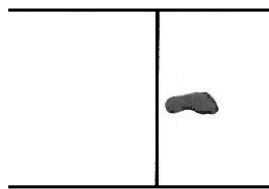
8. **Look over the right shoulder 180°** Twist the body 180° clockwise into a back stance with the right leg forward. Sharply bring both hands to the left hip. Eyesight is directed to the right.



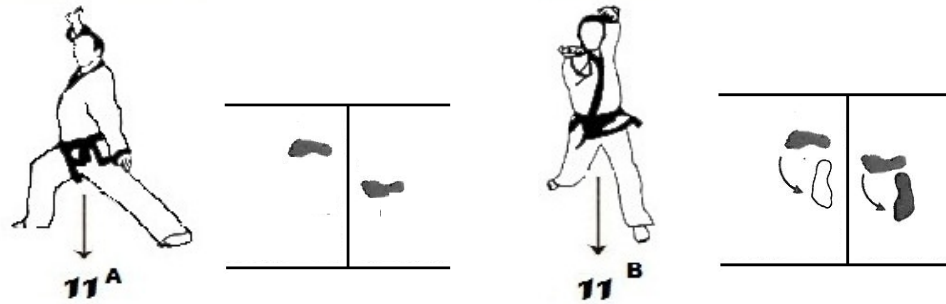
9. **Look right 90° (A)** while sliding the right foot back, bringing the feet together, while bringing both hands to the right hip. (B) Then, switch hands, bringing both hands to the left hip, while raising the right leg into a side kick chambered position.



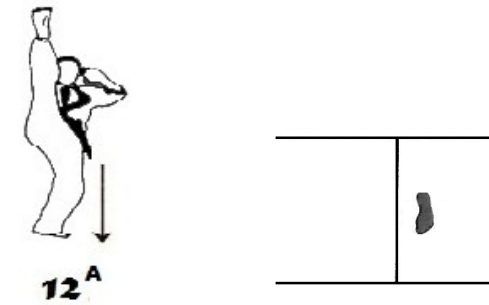
10. (A) Execute a right leg center side kick and simultaneously execute a high back fist with the right hand. (B) Rebalance and lounge forward with the right leg into a front stance. (C) Execute a elbow strike with the left elbow into the right open hand.



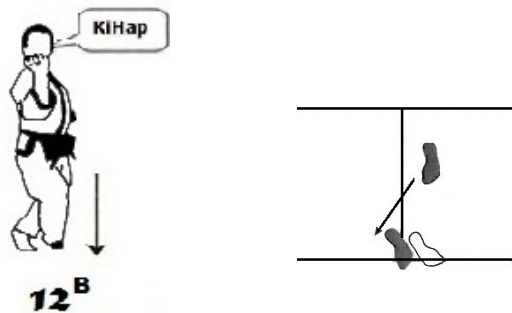
**11 Look left 90°**—(A) Bring the left open hand across to the right hip, and the right hand up towards the right shoulder in a preparatory position. (B) Then, pivot the feet in place, 90° counterclockwise, into a left foot forward front stance. Simultaneously execute a knife hand high block with the left hand, and an outside-inside knife hand strike with the right hand.



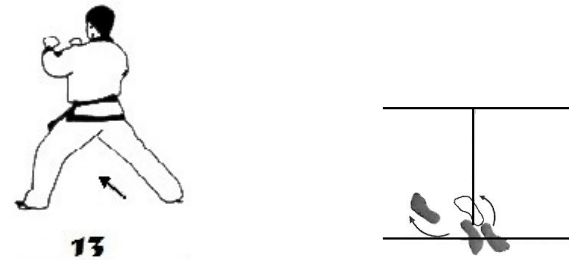
**12. (A)** Leaving the hands in place, execute a center front kick with the right leg.



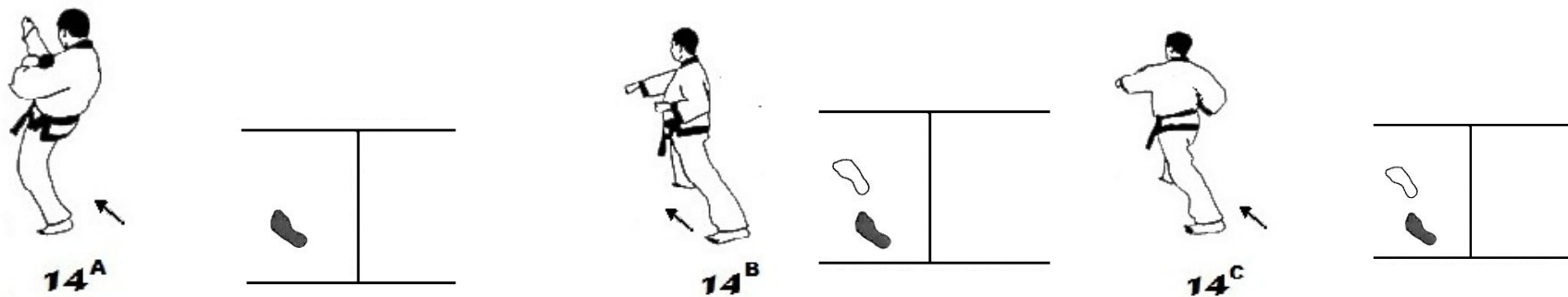
**12. (B)** Without putting the right foot down, hop forward into a tripod stance (both feet should hit the ground at the exact same time). The left leg should be brought behind the right leg. At the same time, cross the arms, bringing the right hand to the left hip and the left hand to the right shoulder. Execute a downward back fist strike at face level with the right hand, bringing the left hand back into a chambered position. **Kihap.**



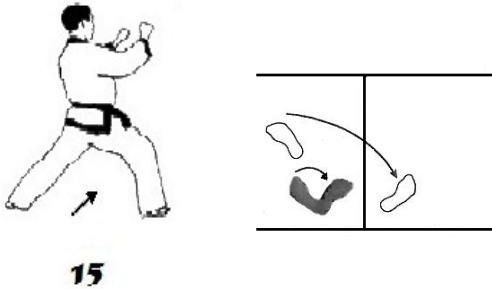
**13. Look over the right shoulder 180°** Pick up the left foot, turning 225° counterclockwise, and step out into a front stance. Cross the arms in front of the body, with the left hand on the outside to simulate grabbing a person's collar.



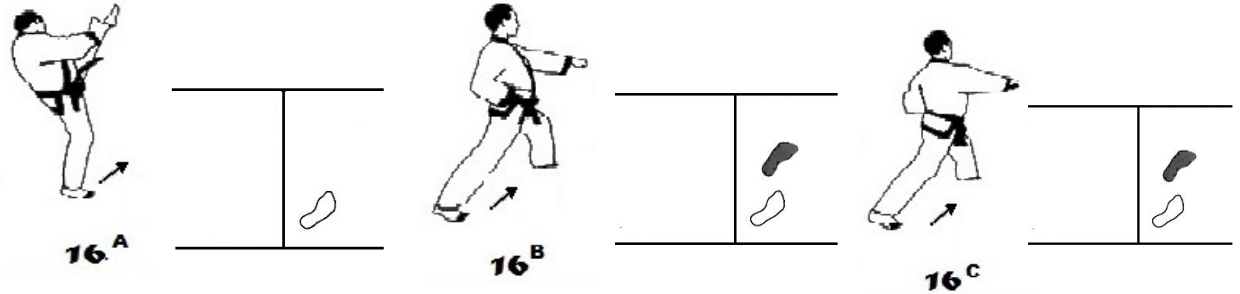
**14. (A)** Uncross your hands, Pull both hands to your chest and thrust them outward, Execute a right leg center front thrust kick leading with the Knee, while bringing the right hand back into a chambered position at the side. **(B)** Step forward with the right foot into a front stance. Execute a right center punch, **(C)** followed by a left center punch.



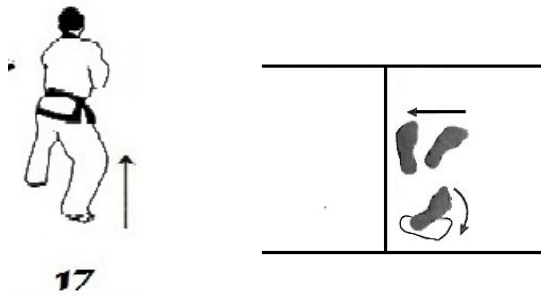
15. **Look right 90°** Pick up the right foot, turning 90° clockwise into a front stance.. Cross the arms in front of the body, with the right hand on the outside to simulate grabbing a person's collar.



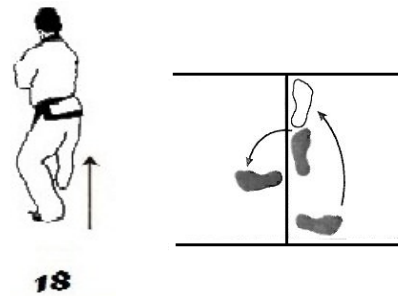
16. (A) Uncross your hands, Pull both hands to your chest and thrust them outward. Execute a center left leg front thrust kick, while bringing the left hand into a chambered position. (B) Step forward with the left foot into a front stance, and execute a left center punch (C) followed by a right center punch.



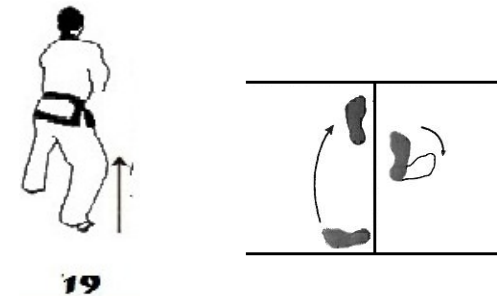
17. **Look left 45°** Slide the left foot back into a back stance, turning counterclockwise 45°, and bring both hands to the right hip. Execute a left two-hand inside-outside block.



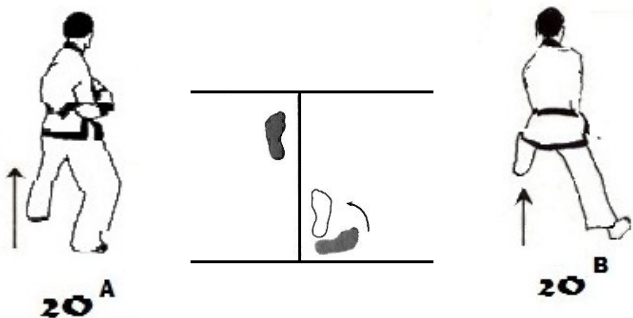
18. Step forward with the right foot into a back stance. Execute a right two-hand inside-outside block.



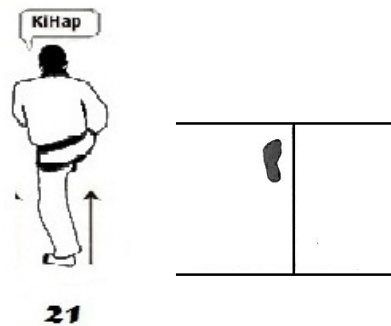
19. Step forward with the left foot into a back stance. Execute a left two-hand inside-outside block.



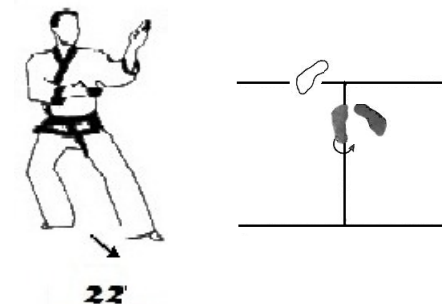
20. (A) Bring both open hands back to the hips. (B) Slide the left foot forward into a front stance, and thrust both hands forward. The hands should be extended in front of the body at shoulder level as if grabbing someone's head.



21. Grab with both hands, and execute a knee strike with the right knee, bringing the hands down to the knee. **Kihap**



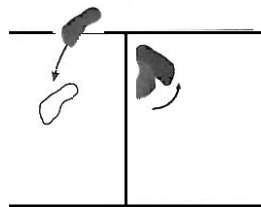
22. Then step forward with the right foot, and twist counterclockwise, 225°, landing in a back stance with the right leg back. Lift left leg as if to avoid a sweep and set back down execute a left two-hand knife hand block.



**23.** Step out with the right foot into a back stance, turning 90° clockwise. Execute a right two-hand knife hand block.



**23**



**24.** Baro to Choon Bee Jaseh upon command.



**24**

