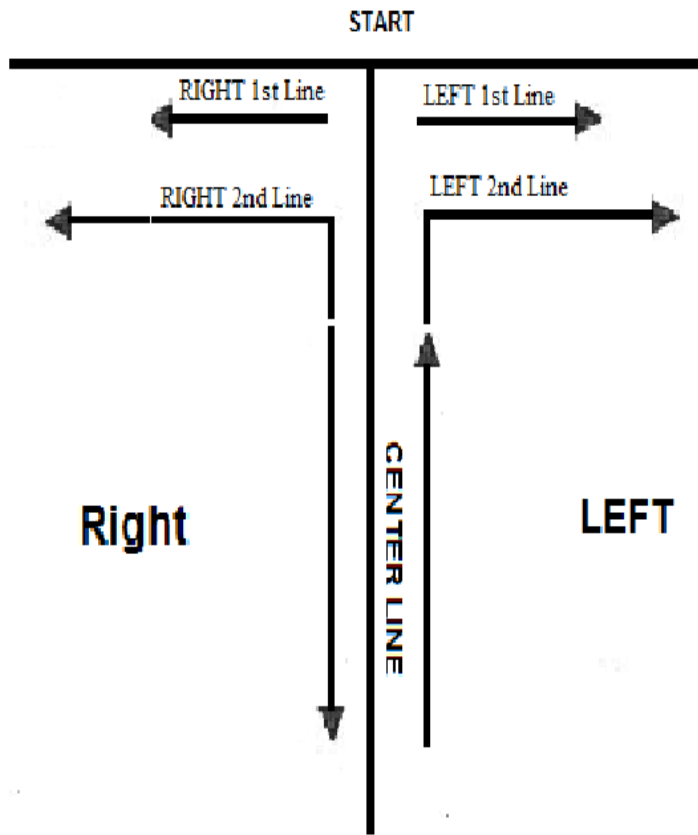


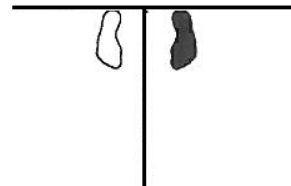
This is the sixth form in the Tang Soo Do Moo Duk Kwan system. It emphasizes more advanced combination techniques, as well as multiple attackers. This form also stresses the use of the hips. This form contains 15 techniques.

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

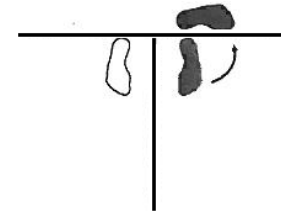
## PYUNG AHN SAM DAN



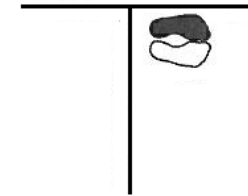
1. Choon Bee Jaseh



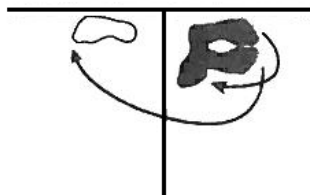
2. Look left: Step out to the left 90° with the left foot into a back stance, and execute a left hand side inside-outside block.



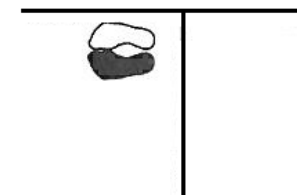
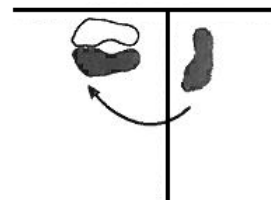
3. (A) Bring forward with the right foot, along side the left foot, bringing the feet together. The knees should be slightly bent. At the same time, the right hand should be brought down across the body in a sweeping motion, ending in a low block position across the body. The left hand stays in the former position. Twist the body to the left as you switch hands, simultaneously executing a low block with the left hand and an inside-outside block with the right hand. (B) Next, twist the body to the right while switching hands again, executing a low block with the right hand and an inside-outside block with the left hand.



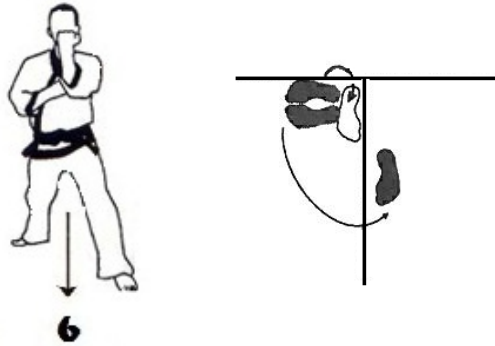
4. Look over the right shoulder 180° Turn 180° clockwise, moving the right foot into a back stance. Execute a right hand side inside-outside block.



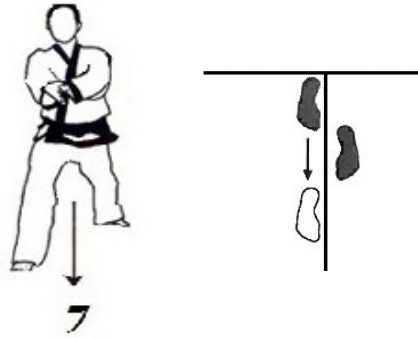
5. (A) Step forward with the left foot, bringing the feet together, as in movement number two above, and bring the left hand down in a sweeping motion into a low block position. Twist to the right, executing a simultaneous right low block and left inside-outside block. (B) Then, twist to the left, executing a simultaneous left low block and right inside-outside block. This move is similar to movement number two above, but performed on the opposite side.



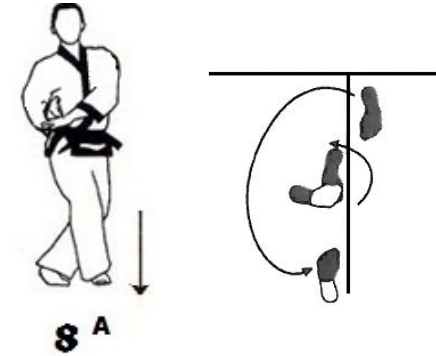
6. **Look left 90°** Turn 90° counterclockwise, moving the left foot into a front stance, while bringing both hands to the right hip in a preparatory position. Execute a left side two-hand inside-outside block.



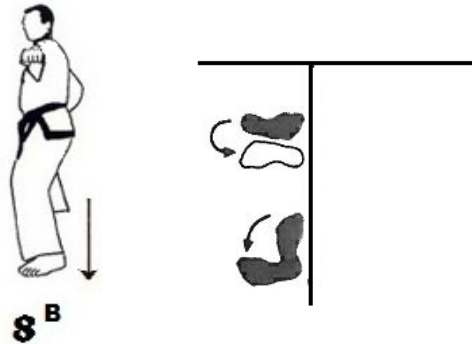
7. Step forward with the right foot into a front stance. Execute a right hand center spear hand strike. The left open hand should be placed underneath the right elbow, executed as if a palm hand block to a mid-level attack.



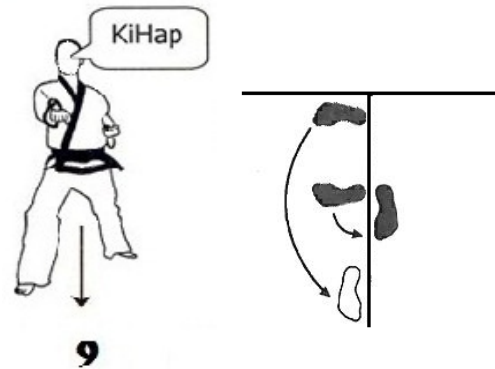
8..(A) Step forward with the left foot, bringing it behind the right leg into a tripod stance, twisting the body to the left. Bring the right open hand behind the back, while leaving the left hand in place.



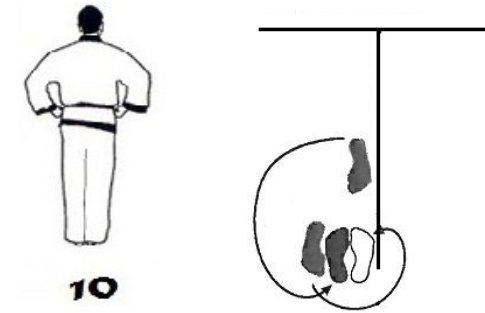
8. (B) Then, continue twisting to the left, and step out with the left foot into a horse stance, while executing a Back Fist strike (leading with the elbow) with the left hand at face level. The right hand should be brought back to the right side hip in a chambered position.



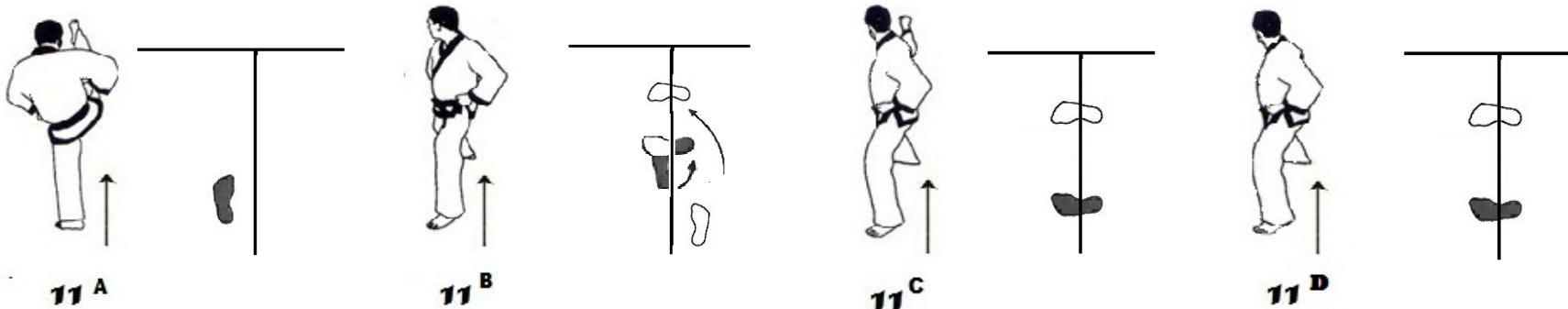
9. Step forward with the right foot into a front stance. Execute a right hand center punch. **KiHap**.



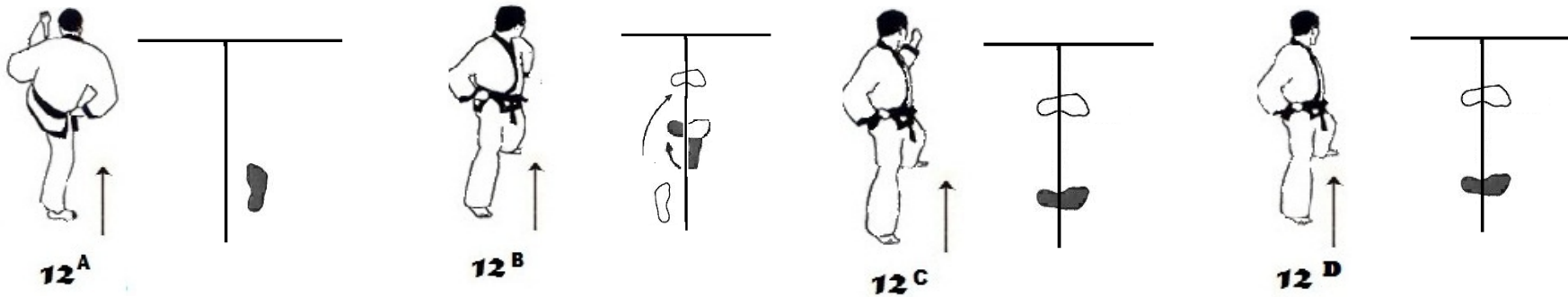
10. **Look over the right shoulder 180°** - Turn 180° counterclockwise, and slide the left foot back bringing the feet together. Cross both open hands in front of the body, while bending down at the knees. Then, stand up, straightening the knees, and bring both fists to the sides, placing them firmly on the hips. This technique is performed slowly.



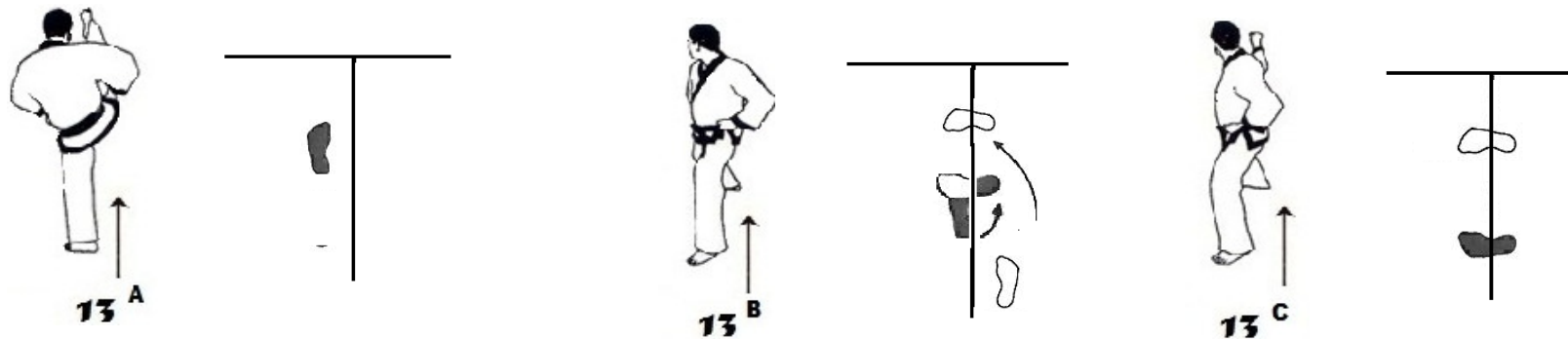
11. (A) Execute an outside-inside crescent kick with the right leg, leaving the hands on the hips. Upon completion of the kick, the right foot should be in a chambered position near the left knee. (B) Step forward into a horse stance, executing a stomp kick with the right leg. At the same time, twist the body to the left, leaving the fists on the hips, performing a blocking motion with the right elbow. (C) Then, execute a back fist strike at face level with the right hand. The left fist is left on the left hip. (D) The right hand should then be brought back to the right hip.



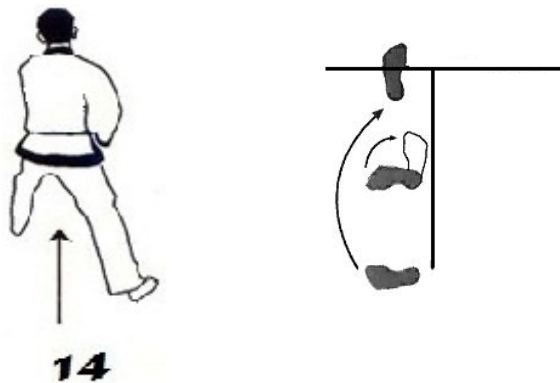
12. (A) Step forward, executing an outside-inside crescent kick with the left leg, leaving the hands on the hips. Upon completion of the kick, the left foot should be in a chambered position near the right knee. (B) Step forward into a horse stance, executing a stomp kick with the right leg. At the same time, twist the body to the left, leaving the fists on the hips, performing a blocking motion with the right elbow. (C) Then, execute a back fist strike at face level with the right hand. The left fist is left on the left hip. (D) The right hand should then be brought back to the right hip.



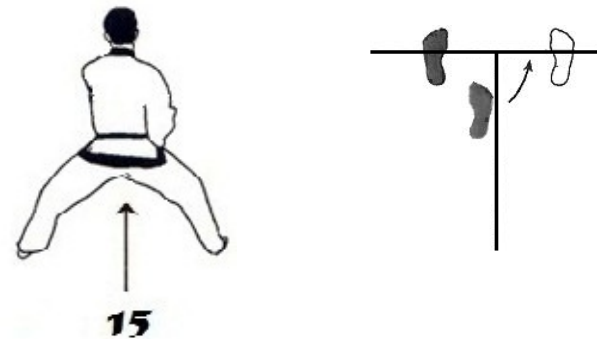
13. (A) Execute an outside-inside crescent kick with the right leg, leaving the hands on the hips. Upon completion of the kick, the right foot should be in a chambered position near the left knee. (B) Step forward into a horse stance, executing a stomp kick with the right leg. At the same time, twist the body to the left, leaving the fists on the hips, performing a blocking motion with the right elbow. (C) Then, execute a back fist strike at face level with the right hand. The left fist is left on the left hip.



14. Step forward with your left leg into a front stance while executing a center punch with the left hand.



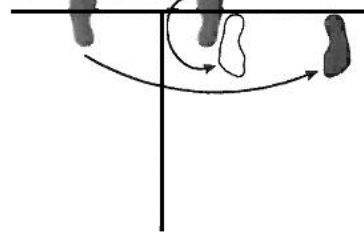
15. Slowly, pick up the right leg bringing it inward, and then stepping out to the right into a horse stance. The hands are left in the same position as the previous movement.



**16. Look over the left shoulder 180°** -Turn counterclockwise 180° moving the left foot, into a horse stance. Simultaneously, extend both hands in front of the body, as if grabbing and opponent or striking an opponent (right fist on top facing down and left first on bottom facing up) then bring the left hand back sharply into a chambered position, performing a back elbow strike, while performing a punch over the left shoulder with the right hand, palm facing inwards towards the face. Eyesight should be directed over the left shoulder.



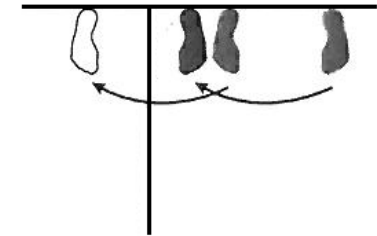
**16**



**17. Shuffle to the right in a horse stance. Switch hands, performing a back elbow strike with the right arm, and a punch over the right shoulder with the left hand. Eyesight is directed over the right shoulder. Kihap.**



**17**



**18. Choon Bee Jaseh**



**18**

