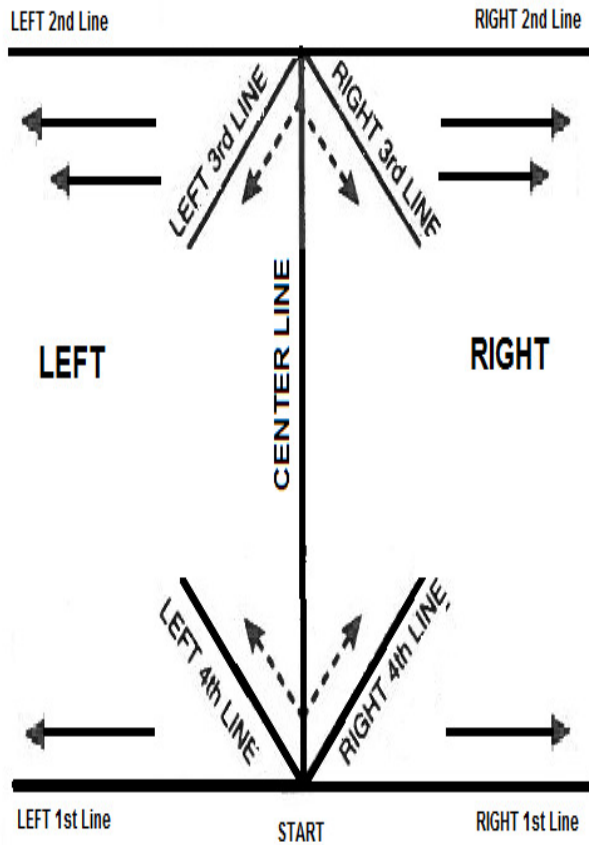
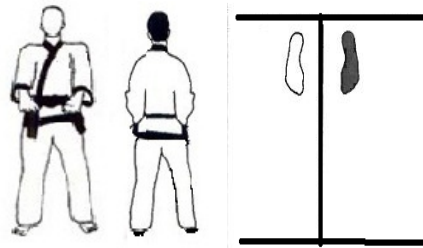


PYUNG AHN YI DAN
(Peaceful & Confident Two) Diagram

The fifth form in the Tang Soo Do Moo Duk Kwan system, and the second of the "Pyung Ahn" series. This form emphasizes combination techniques, angles, and multiple attacks from different directions. This form contains multiple techniques in 26 steps including Choon Bee Jaseh.

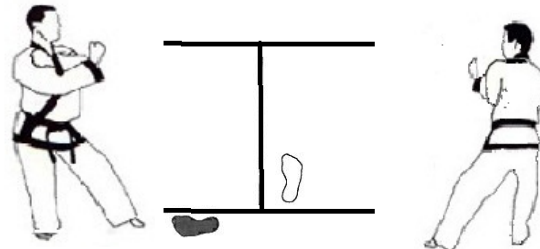


1. Choon Bee Jaseh



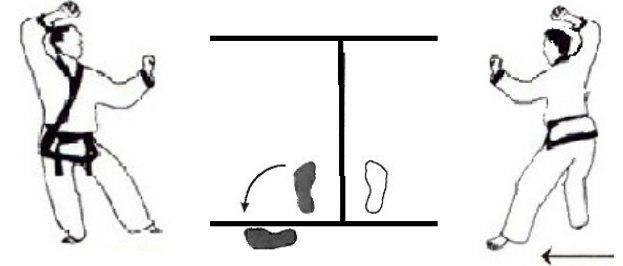
Front View

3. Bring the left hand down towards the front of your body at the chest level as if blocking an attack. Quickly bring the right hand down directly to the right hip in a loaded position. Then execute an uppercut punch with the right fist twisting the body slightly to the left.



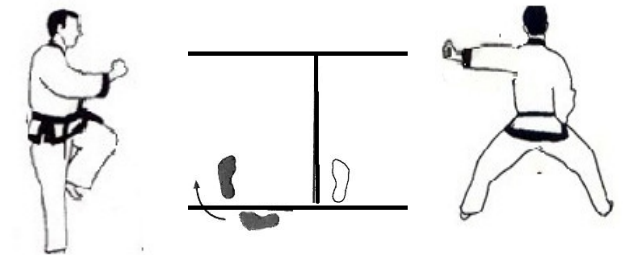
Front View

2. **Look left:** While stepping/turning to the left with the left foot into a back stance, bring both hands above the right hip in a chambered position and execute a double square block (left inside-outside hammer-fist block/right high block) towards the left.



Front View

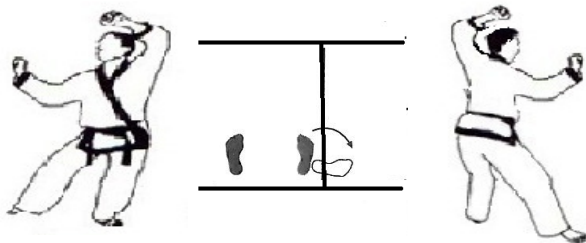
4. **A)** Re-chamber both hands to the left loading a side punch. **(B)** Step out to the left with the left foot into a horse stance while executing a left center side punch.



A) Front View

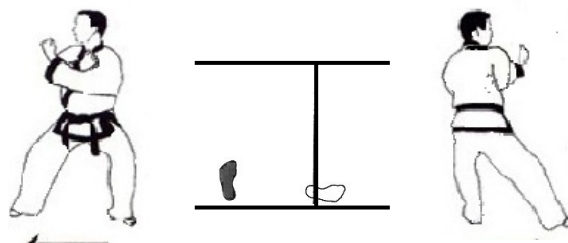
B)

5) **Look over the right shoulder 180°** -While turning 180° clockwise move the right foot back into a back stance, bring both hands above the left hip in a chambered position and execute a right side square block (right inside-outside hammer-fist block/left high block) towards the right.



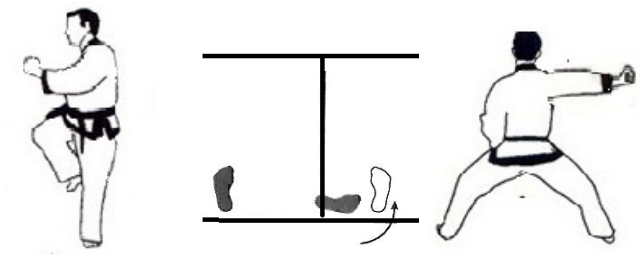
Front View

6. Bring the right hand down towards the front of your body at the chest level as if blocking an attack. Quickly bring the left hand down directly to the right hip in a loaded position. Then execute an uppercut punch with the left fist twisting the body slightly to the right.



Front View

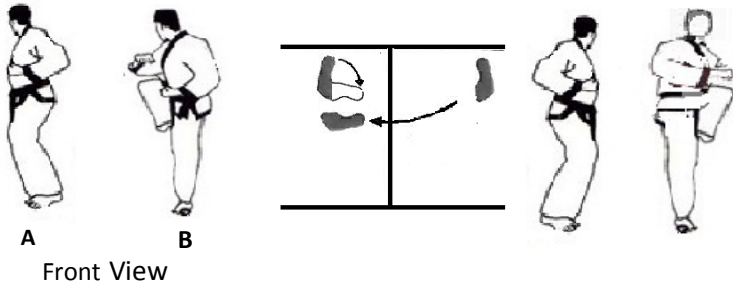
7. **A)** Re-chamber both hands to the right loading a side punch. **(B)** Step out to the right with the left foot into a horse stance while executing a right center side punch.



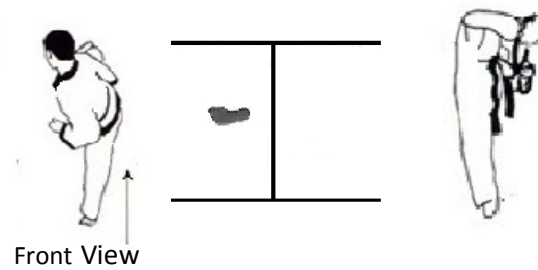
A) Front View

B)

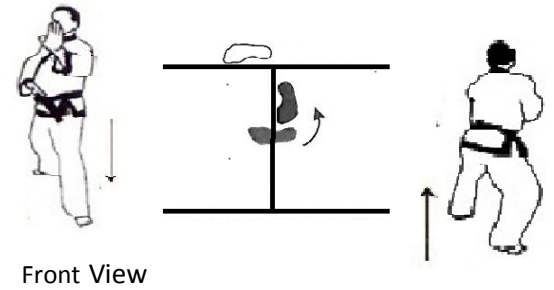
8. Look right – (A) Move your left leg up to the right leg while rotating the right foot and Body 90° to the right into a straight up position. **(B)** Load the right leg into a side kick chambered position while bringing both hands to a position above the left hip in a chambered position for a back fist with the right fist Palm Inward (look to the right).



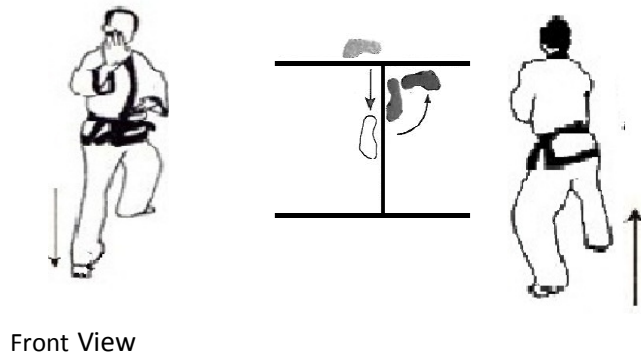
9. While Look right – Simultaneously execute a center side kick with the right leg, and a back-fist (6-8 inches above the let) with the right hand.



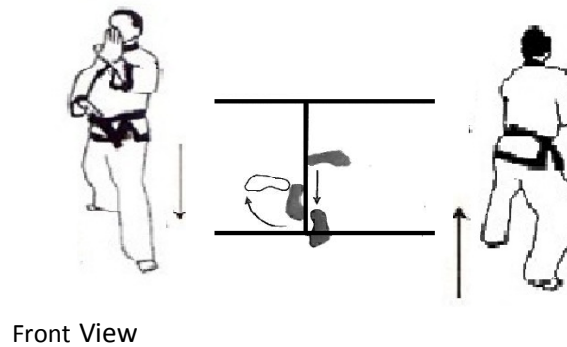
10. Look left- while reloading the right leg into a side kick chambered position and loading the hands near the right hip for a midlevel center knife hand block. Set the right leg down while lifting the left foot up, as if avoiding a sweeping technique, then lounge forward into a back stance executing a left two-



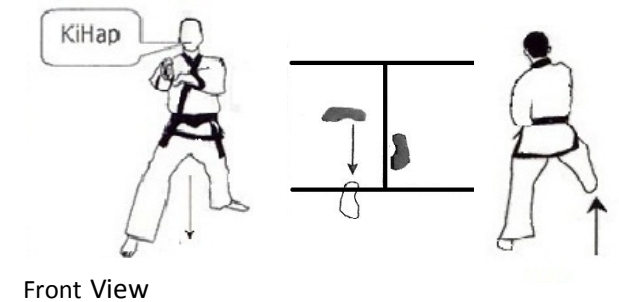
11. Step forward into a back stance with the right foot while executing a right two-hand center knife hand block.



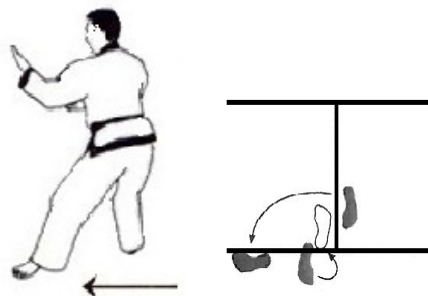
12. Step forward with the left foot into a back stance while executing a left two-hand center knife hand block.



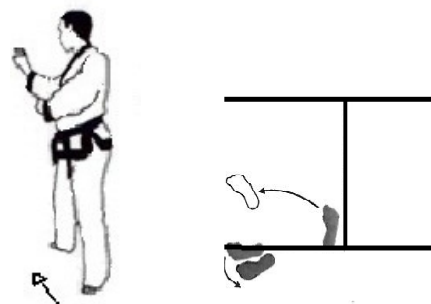
13. Step forward with the right foot into a front stance, while performing a spear hand strike with the right hand to the solar plexus area. The left open hand should be placed underneath the right elbow palm down. **Kihap.**



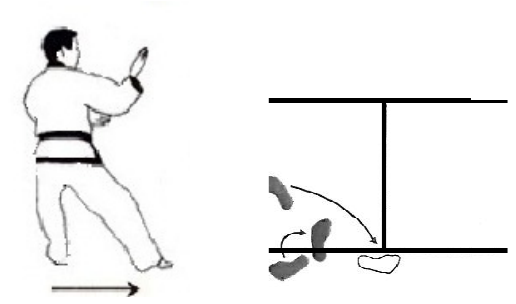
14. Look right 90° – then left over the left shoulder -Turn counterclockwise (to the left) 270° with the left foot into a back stance while executing a left two-hand center knife hand block.



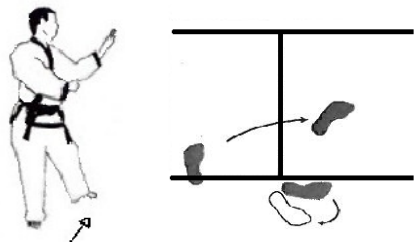
15. Look & Step forward off the line at a 45° angle with the right foot into a back stance while executing a right two-hand center knife hand block.



16. Look right & pick up the right foot, turning 135° back onto the line into a back stance while executing a right two-hand center knife hand block.

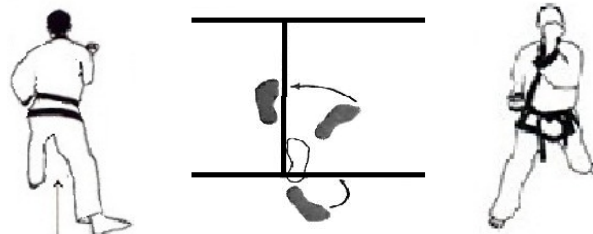


17. Look left -Step forward at a 45° angle off the line with the left foot into a back stance while executing a left two-hand center knife hand block.



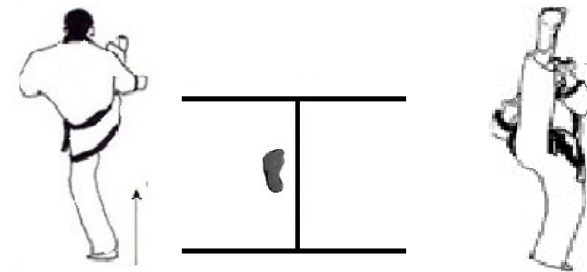
Front View

18. Slide the left foot to the left approximately 45° into a front stance, while performing a cross-body block with the left arm being positioned at right shoulder level and the right arm is brought across to the left hip. Execute a reverse inside-outside block with the right hand as you set your foot into position, twisting the body slightly to the left.



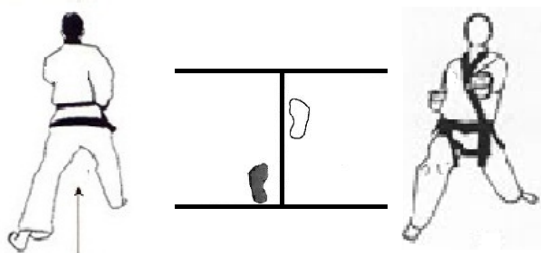
Front View

19. (A) Execute a center front kick with the right leg, (reload the kick, Do Not set the foot down).



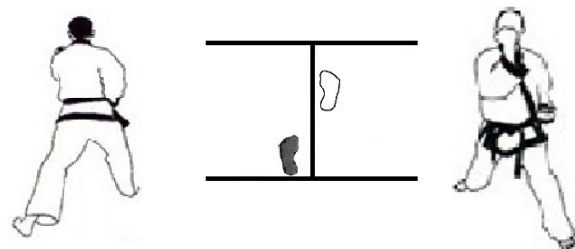
Front View

19. (B) Move forward with the right leg into a front stance while executing a left hand center reverse punch as you set your foot in place. .



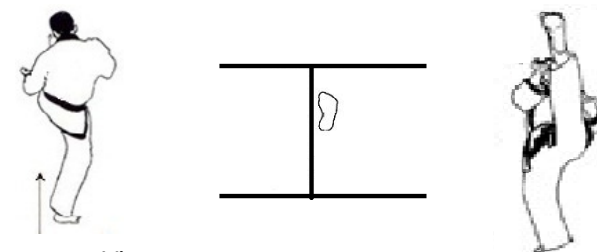
Front View

19. (C) Perform a cross-body block with the right arm being positioned at left shoulder level and the left arm is brought across to the right hip. Execute a reverse inside-outside block with the left hand, twisting the body slightly to the right.



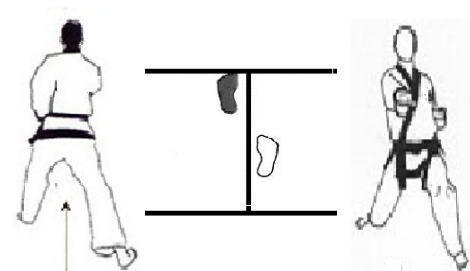
Front View

20. (A) Execute a center front kick with the left leg, (reload the kick, Do Not set the foot down) and step forward with the left leg into a front stance



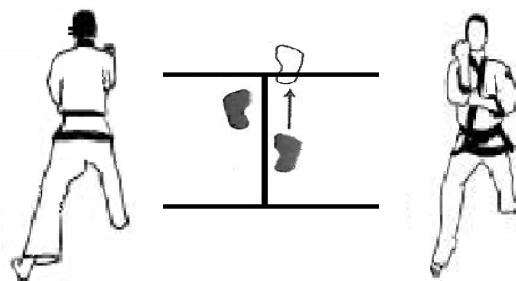
Front View

20. (B) while executing a reverse center punch with the right hand.



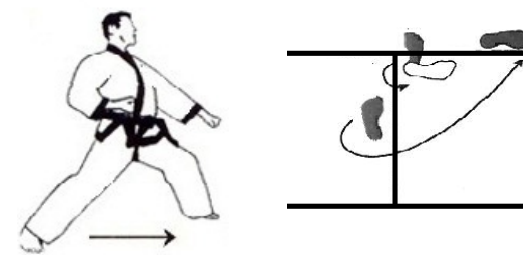
Front View

21. Step forward with the right leg into a front stance while executing a right side two-fist block.

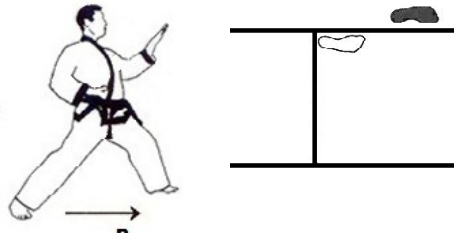


Front View

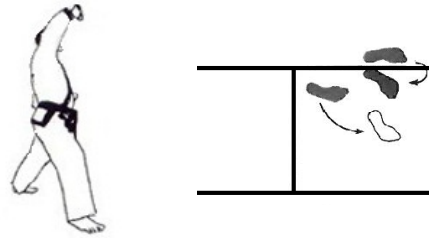
22 Look right 90° – then left over the left shoulder (A) Pick up the left foot, turning counterclockwise 270° into a front stance, while performing a low block with the left hand. (



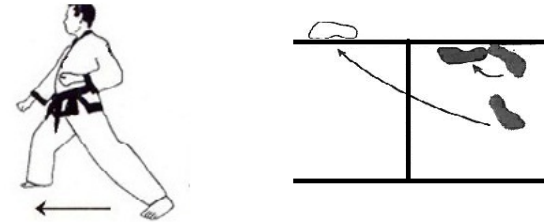
22. B) Perform a cross body block, bringing the left hand to the right shoulder level (twisting hips to the right). Execute a center knife hand block with the left hand, the right hand is at your side in a chambered punch position



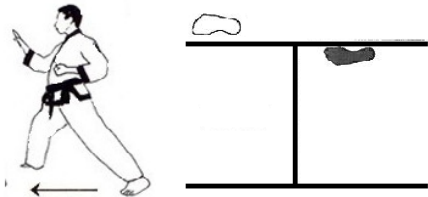
23. Look right 45° Step forward with the right foot, 45° off the line into a front stance while executing a high block with the right hand.



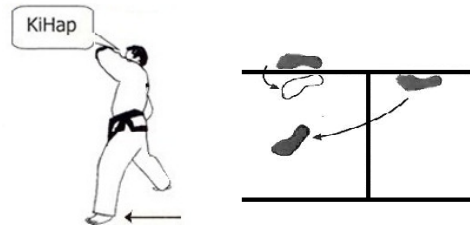
24. Look over the right shoulder 135° -**(A)** Turn clockwise 135° back onto the line, moving the right foot into a front stance while performing a low block with the right hand. **(B)** Perform a cross body block, bringing the right hand to the right shoulder level (twisting hips to the left). Execute a center knife hand block with the right hand while the left hand is at your side in a chambered punch position.



24. B) Perform a cross body block, bringing the right hand to the right shoulder level (twisting hips to the left). Execute a center knife hand block with the right hand while the left hand is at your side in a chambered punch position.



25. Step forward at 45° off the line with the left foot into a front stance while executing a high block with the left hand. **KiHap**



26. Return to Choon Bee Jaseh upon command.

