

Advanced 1st Dan Form

Po-Eun

Punches Low

Window of Knowledge

<u>#</u>	<u>Technique</u>	<u>Stance</u>
1	Left Double Fist Block	Left Backstance
2	Left C-Punch High	Left One-Leg Balance Stance
3	Right Side Kick Low	
4	Right Knifehand Strike	Sittingstance
5	Left Hook Punch	Sittingstance
6	Right Z-Block	Sittingstance
7	Left Z-Block	Sittingstance
8	Twin Innerforearm Block Low	Sittingstance
9	Right Punch	Sittingstance
10	Release	Sittingstance
11	Right Reverse Elbow	Sittingstance
12	Right Lunge Punch/Left Hook Punch	Sittingstance
13	Left Circular Trap	Left X-Stance
14	Right Pole Block	Right Backstance
15	Twin Elbow	Closed Stance
16	Left Low Block/Right Backfist	Left Backstance
17	Right Circular Hammerfist	Right X-Stance
18	<u>Left Double Ridgehand Low</u>	Left Backstance
19	Right Double Fist Block	Right Backstance
20	Right C-Punch High	Right One-Leg Balance Stance
21	Left Side Kick Low	
22	Left Knifehand	Sittingstance
23	Right Hook Punch	Sittingstance
24	Left Z-Block	Sittingstance
25	Right Z-Block	Sittingstance
26	Twin Innerforearm Block Low	Sittingstance
27	Left Punch	Sittingstance
28	Release	Sittingstance
29	Left Reverse Elbow	Sittingstance
30	Left Lunge Punch/Right Hook Punch	Sittingstance
31	Right Circular Trap	Right X-Stance
32	Left Pole Block	Left Backstance
33	Twin Elbow	Closed Stance
34	Right Low Block/Left Backfist	Right Backstance
35	Left Circular Hammerfist	Left X-Stance
36	<u>Right Double Ridgehand Low</u>	Right Backstance

Po-Eun (36 movements): Po-Eun is the pseudonym of a loyal subject Chong-Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.