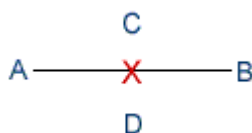


Nº. Movements: 36

Ready Position: Parallel Ready Stance With Heaven Hand

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.

Diagram:



The illustrations for this pattern assume that the student is standing on line AB facing D.

1.  
Move the left foot to B, forming a right L-stance toward B while executing a middle guarding block to B with the forearm.
2.  
Pull the right foot to the left knee joint to form a left one-leg stance toward D, at the same time lifting both fists while turning the face toward A.
3.  
Execute a pressing kick to A with the right foot keeping the position of the hands as they were in 2.
4.  
Lower the right foot to A to form a sitting stance toward D while executing a middle side strike to A with the right knife-hand.
5.  
Execute an angle punch with the left fist while maintaining a sitting stance toward D.
6.  
Execute a pressing block with the left, fore fist while executing a side front block with the right inner forearm, maintaining a sitting stance toward D.
7.  
Execute a pressing block with the right fore fist and a side front block with the left inner forearm while maintaining a sitting stance toward D.
8.  
Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.
9.  
Thrust to C with the right back elbow supporting the right fore fist with the left palm keeping the face as it was in 8 while maintaining a sitting stance towards D.
10.  
Execute a middle punch to D with the right fist slipping the left palm up to the right elbow joint while maintaining a sitting stance toward D.
11.  
Thrust to C with the left back elbow supporting the left fore fist with right palm, keeping the face as it was in 10 while maintaining a sitting stance toward D.
12.  
Execute a right horizontal punch to A while maintaining a sitting stance toward D. Perform 6 through 12 in a continuous motion.
13.  
Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block to D with the right outer forearm and bringing the left finger belly on the right under forearm.
14.  
Move the right foot to A forming a left L-stance toward A at the same time executing a U-shape grasp to A.
15.  
Bring the left foot to the right foot forming a closed stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward B. Perform in slow motion.
- 16.

Move the left foot to B to form a sitting stance toward D while executing a side back strike to C with the right back fist and extending the left arm to the side downward.

17.

Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block with the left outer forearm and bringing the right finger belly to the left side fist.

18.

Move the left foot to B to form a sitting stance toward D while executing a low guarding block to B with a reverse knife-hand.

19.

Execute a forearm middle guarding block to A while forming a left L-stance toward A pivoting with left foot.

20.

Pull the left foot to the right knee joint to form a right one-leg stance toward D, at the same time lifting both fists while turning the face toward B.

21.

Execute a pressing kick to B with the left foot keeping the position of the hands as they were in 20.

22.

Lower the left foot to B to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.

23.

Execute an angle punch with the right fist while maintaining a sitting stance toward D.

24.

Execute a pressing block with the right, fore fist while executing a side front block with the left inner forearm, maintaining a sitting stance toward D.

25.

Execute a pressing block with the left fore fist and a side front block with the right inner forearm while maintaining a sitting stance toward D.

26.

Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.

27.

Thrust to C with the left back elbow supporting the left fore fist with the right palm keeping the face as it was in 26 while maintaining a sitting stance towards D.

28.

Execute a middle punch to D with the left fist slipping the right palm up to the left elbow joint while maintaining a sitting stance toward D.

29.

Thrust to C with the right back elbow supporting the right fore fist with left palm, keeping the face as it was in 28 while maintaining a sitting stance toward D.

30.

Execute a left horizontal punch to B while maintaining a sitting stance toward D. Perform 24 through 30 in a continuous motion.

31.

Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block to D with the left outer forearm and bringing the right finger belly on the left under forearm.

32.

Move the left foot to B forming a right L-stance toward B at the same time executing a U-shape grasp to B.

33.

Bring the right foot to the left foot forming a closed stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward A. Perform in slow motion.

34.

Move the right foot to A to form a sitting stance toward D while executing a side back strike to C with the left back fist and extending the right arm to the side downward.

35.

Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block with the right outer forearm and bringing the left finger belly to the right side fist.

36.

Move the right foot to A to form a sitting stance toward D while executing a low guarding block to A with a reverse knife-hand.

End. Bring the left foot back to a ready posture.