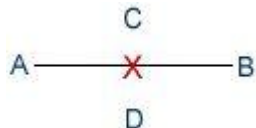


# PO-EUN



**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.**

## Movements - 36



## Starting Position - Parallel Stance with a Heaven Hand

**The illustration for this pattern assumes that the student is standing on the X and facing D**

1. Move the left foot to B, forming a right L-stance toward B while executing a middle forearm guarding block to B.
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 to face toward A.
3. Execute a right foot pressing kick to A 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 right middle knife-hand side strike to A.
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 while executing a front block with the left inner forearm, 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 twin elbow horizontal thrust, 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 reverse knife-hand guarding block to B.
19. Execute a middle forearm 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 left foot pressing kick to B 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 left middle knife-hand side strike to B with the.
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 while executing a side front block with the right inner forearm, 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 twin elbow horizontal thrust, turning the face toward A. **Perform in slow motion.**

## PO-EUN



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 reverse knife-hand guarding block to A.

**END:** Return the left foot to **Parallel Stance with a Heaven Hand**.