

Han Moo Kwan Tae Kwon Do

Pyung Ahn Five



Pyung Ahn Five is expected to be demonstrated by students who are testing as a Brown Belt or above. This form switches between force and energy moves. This form starts out with just force and then transfers to the energy moves. If not explicitly stated, the default stance is an Attack Stance.

The basic variations seen in Pyung Ahn Five and introduced in previous forms are:

- Attack Stance Augmented Medium Block
- Attack Stance Downward 'X' Block
 - Note: Right arm augments (is the inside arm) the left arm in a 'X' Block*
- Closed Stance Hook Punch
- Stamping Side Kick
- Horse Stance Elbow Strike into open palm
- Reverse Attack Punch

The 10 new moves, techniques, or variations to techniques introduced in Pyung Ahn Five are:

- Fighting Cat Stance Medium Block
- Cat Stance Reverse Forward Punch
- Advanced Spiraling Wrist Technique
- Attack Stance Upward 'X' Block
- Stamping Side Kick Combination Outward Hammer Fist / Hook Punch
- Horse Stance Outward Hammer Fist
- Crescent Kick
- Reverse Fighting Cat Stance Supported Medium Block (block in slight outward position, supported with open palm)
- Cross Step Downward 'X' Block
- Elongated Attack Stance Combination Low Block/ Medium Block

Key challenges of Pyung Ahn Five:

- Mechanics
 - Return to square in Cat Stance Reverse Forward Punch
 - Feet together in the Closed Stance
 - Transition from Cat Stance Medium Block to Downward 'X' Block
 - Execute linear Crescent Kick
 - Execute linear Hammer Fist
 - Performing advanced wrist technique
 - Transition to the Cross Step Downward 'X' Block
 - Transition from supported Medium Block to the follow-on techniques
- Grounding and energy
 - Performing upper body techniques at shoulders (integrated with the body) without losing ground. Examples include, but are not limited to:
 - Upward 'X' Block
 - Combination Outward Hammer Fist / Hook Punch
 - Working from hips and not raising ground
- Instructor calls: Pyung Ahn Five
- Enter Attention Stance
- Instructor calls: Ready
- Slide Left foot out to the Left; Enter Ready Stance

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Pyung Ahn Five



- Instructor calls: Begin
- 1. Turn 90 Degrees to the Left; Execute Left Fighting Cat Stance Medium Block
- 2. Execute Left Cat Stance Reverse Forward Punch
- 3. Left foot slides 90 Degrees to the Right; Execute Closed Stance Left Hook Punch
- 4. Turn 90 Degrees to the Right; Execute Right Fighting Cat Stance Medium Block
- 5. Execute Right Cat Stance Reverse Forward Punch
- 6. Right foot slides 90 Degrees to the Left; Execute Closed Stance Right Hook Punch
- 7. Right foot Steps Forward; Execute Right Attack Stance Augmented Medium Block
- 8. Left foot Steps Forward; Execute Left Attack Stance Downward 'X' Block over the Left knee
- 9. Remain in the same stance; Bring 'X' Block back to Right hip; Execute Upward 'X' Block above and in front of Left shoulder
- 10. Remain in the same stance; Open fists into Knife Hands; Rotate to place wrists together palms facing upward; Continue spiral rotation until right palm is straight up fingers forward
- 11. Remain in the same stance; Pull Right hand back to reciprocal position (closed fist), Left arm remains as a guard (closed fist); Execute Right Reverse Attack Punch with a Kiyup!
- 12. Turn 270 Degrees to the Left, Raise Right Knee; Right foot in Side Kick position (Right arm Sets in Hook Punch position shoulder height; Left arm Sets in elbow strike position shoulder height)
- 13. Execute Right Facing Horse Stance Combination Right Stamping Side Kick/ Right Outward Hammer Fist/ Left Hook Punch
- 14. Execute Left Facing Horse Stance Outward Hammer Fist to the Left
- 15. Open Left hand into Spear Hand; Execute Right Crescent Kick across body to the Left palm, turning 180 Degrees to the Left
- 16. Right foot stomps to the floor; Execute Right Horse Stance Elbow Strike into Left palm (fingers tight together)
- 17. Turn 90 Degrees to the Left; Set into Reverse Fighting Cat Stance Medium Block (block in slight outward position, Left palm shifts to place fingertips under Right elbow, glance is toward the block)
- 18. Look Left; Left foot slides forward to drop Cat Stance, Right elbow drops
- 19. Set Right fist Upward; left palm remains under right elbow
- 20. Right foot jumps forward; body rotates 90 Degrees to the Left; landing Left foot Crossed Behind Right foot (knees bent, back straight); Execute Downward 'X' Block directly above the floor
- 21. Slide Right foot backward to the side; Execute Elongated Attack Stance Combination Right Medium Block/ Left Low Block leaning away from opponent
- 22. Left foot slides up to Right foot (half step)
- 23. Pivot on Left foot 180 Degrees to the Left
- 24. Slide Right foot outward to the side; Execute Elongated Attack Stance Combination Left Medium Block/ Right Low Block leaning away from opponent
- 25. Hold for a moment
- 26. Turn 90 Degrees to the Right; Enter Ready Stance
- Instructor calls: Relax

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