

# Han Moo Kwan Tae Kwon Do

## Pyung Ahn Four



Pyung Ahn Four is expected to be demonstrated by students who are testing as a Blue Belt or above (unless it is their first time testing as a Blue Belt). If not explicitly stated, the default stance is an Attack Stance.

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

- Attack Stance Augmented Medium Block
- Rear Leg Front Kick

The twelve (12) new moves, techniques, or variations to techniques introduced in Pyung Ahn Four are:

- Fighting Cat Stance Combination Outward Ridge Hand / Knife Hand Rising 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
- Closed Stance Combination Backhand/ Front Kick
- Attack Stance Elbow Strike into open palm
- Attack Stance Reverse Knife Hand
- Augmented Elevated Medium Block
- Cat Stance 'X' Block
- Cat Stance Double Break
- Attack Stance Double Punch
- Attack Stance Upward Double Palm Strike
- Raise Knee into position for break

Key challenges of Pyung Ahn Four:

- Execute techniques with force and speed without the reciprocal
- Performing upper body techniques at shoulders (integrated with the body) without losing ground/raising your energy. Examples include, but are not limited to:
  - Using body in opening moves (hands and body need to work as a unit not independently) while staying grounded
  - Backhand/Front Kick combination
  - Working from hips and not raising ground especially on Upward Double Palm Strike
- Transition from Attack Stance sliding foot behind into Elevated Augmented Medium Block
- Multiple combinations
  - Instructor calls: Pyung Ahn Four
  - Enter Attention Stance
  - Instructor calls: Ready
  - Slide Left foot out to the Left; Enter Ready Stance
  - Instructor calls: Begin
  - 1. Hands open into knife hand positioned at Right hip
  - 2. Turn 90 Degrees to the Left; Execute Left Fighting Cat Stance Combination Left Outward Ridge Hand / Right Knife Hand Rising Block
  - 3. Turn 180 Degrees to the Right; Execute Right Fighting Cat Stance Combination Right Outward Ridge Hand/ Left Knife Hand Rising Block
  - 4. Slide Left foot 90 Degrees to the Left; Execute Left Attack Stance Downward Right 'X' Block above the Left knee
  - 5. Right foot Steps Forward; Execute Right Augmented Medium Block (palm inward on the augmented block arm)

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6. Left foot Steps Forward; Set into Closed Stance, Right forearm raises to guard position in front of the body; Left arm sets into reciprocal position
7. Stance remains the same; Execute Left Hook Punch
8. Execute Combination Left Front Kick/Left Backhand 45 Degrees to the Left; Retract backhand slightly as foot retracts
9. Set into Left Attack Stance (left arm remains as a guard in front of the body; right arm remains in the reciprocal position)
10. Open Left hand to spear hand; Execute Right Elbow Strike into Left open palm (fingers tight together)
11. Right foot Steps Forward; Set into Closed Stance, Left arm rotates to guard position in front of the body, Right arm to reciprocal position
12. Stance remains the same; Execute Right Hook Punch
13. Execute Combination Right Front Kick/ Right Backhand 45 Degrees to the Right; Retract backhand slightly as foot retracts
14. Right foot Sets into Right Attack Stance (right arm remains as a guard in front of the body; left arm remains in the reciprocal position)
15. Open Right hand to spear hand; Execute Left Elbow Strike into Right open palm (fingers tight together)
16. Raise left hand (palm outward) into a knife hand guard to protect the head; Set Right hand into a basic knife hand preparation position
17. Turn 90 Degrees to Left; Set into Left Attack Stance (hands remain in the same position)
18. Stance remains the same; Execute Right Reverse Attack Stance Knife Hand
19. Execute Right Rear Leg Front Kick
20. Right foot Sets into Right Attack Stance; Turn 45 Degrees to Left while sliding left foot behind Right foot; Execute Right Elevated Augmented Medium Block (glance is in direction of the block)
21. Turn 135 Degrees to the Left; Set into Left Cat Stance 'X' Block
22. Stance remains the same; Execute Double Break
23. Execute Right Rear Leg Front Kick
24. Right foot Sets into Right Attack Stance; Left arm guard, Right arm reciprocal
25. Stance remains the same; Execute Double Punch (Right/Left)
26. Turn 90 Degrees to the Right; Set into Right Cat Stance 'X' Block
27. Stance remains the same; Execute Double Break
28. Execute Left Rear Leg Front Kick
29. Left foot Sets into Left Attack Stance; Right arm guard, Left arm reciprocal
30. Stance remains the same; Execute Double Punch (Left/Right)
31. Turn 45 Degrees to the Left; Execute Left Attack Stance Augmented Medium Block
32. Right foot Steps Forward; Execute Right Attack Stance Augmented Medium Block
33. Left foot Steps Forward; Execute Left Attack Stance Augmented Medium Block
34. Stance remains the same; Place both hands in standard knife hand preparation positions
35. Execute Upward and Forward Double Palm Strike
36. Roll fingers into a fist; Rotate the hands to flatten the wrists
37. Pull fists downward as you raise Right Knee so leg forms 90 Degree angle; Roll wrists slightly as pass the plane of the knee with a Kiyup!
38. Turn 180 Degrees to the Left; Execute Left Cat Stance Attack
39. Right foot Steps Forward; Execute Right Cat Stance Attack
40. Stance remains the same; Hold for a moment
41. Slide Right Foot back; Enter Ready Stance
  - o Instructor calls: Relax

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[www.hanmookwan.org](http://www.hanmookwan.org)

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