

# Han Moo Kwan Tae Kwon Do

## Pyung Ahn One



Pyung Ahn One is expected to be demonstrated by students who are testing at a rank of Green Belt or above. It is assumed here that all stances and techniques for this form have been taught as well as the “I” pattern explained. While it maintains the “I” pattern from the Kibon series, it loses its symmetry in that the same sequence is not executed up the center of the “I” as it is returning down the center of the “I”. If not explicitly stated, the default stance is an Attack Stance.

The four (4) new moves, techniques, or variations to techniques introduced in Pyung Ahn One are:

- Cat Stance Downward Hammer Fist
- 180 Degree Turn from Attack Stance to Horse Stance
- Horse Stance Downward Double Knife Hand
- 90 Degree Turn in Horse Stance

Key challenges of Pyung Ahn One:

- Maintain ground in four final moves
  - Perform Double Knife Hand with a linear strike
  - Learn how to “Set” a hammer fist
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- Enter Attention Stance
  - Instructor calls: Ready
  - Slide Left foot out to the Left; Enter Ready Stance
  - Instructor calls: Begin
  - 1. Turn 90 Degrees to the Left; Execute Left Low Block
  - 2. Slide Left Foot over into Left Sparring Cat Stance Cross Block; Execute Left Cat Stance Downward Hammer Fist in front of shoulder
  - 3. Right foot Steps Forward while shifting Left arm to a guard position in front of body; Execute Right Attack Punch
  - 4. Turn 180 Degrees to the Right; Execute Right Low Block
  - 5. Slide Right Foot over into Right Sparring Cat Stance Cross Block; Execute Right Cat Stance Downward Hammer Fist in front of shoulder
  - 6. Left foot Steps Forward while shifting Right arm to a guard position in front of body; Execute Left Attack Punch
  - 7. Turn 90 Degrees to the Left; Execute Left Low Block
  - 8. Right foot Steps Forward; Execute Right High Block
  - 9. Left foot Steps Forward; Execute Left High Block
  - 10. Right foot Steps Forward; Execute Right High Block
  - 11. Turn 270 Degrees to the Left; Execute Left Low Block
  - 12. Right foot Steps Forward while raising Left arm to a guard position in front of body; Execute Right Attack Punch
  - 13. Turn 180 Degrees to the Right; Execute Right Low Block
  - 14. Left foot Steps Forward while raising Right arm to a guard position in front of body; Execute Left Attack Punch
  - 15. Turn 90 Degrees to the Left; Execute Left Low Block
  - 16. Right foot Steps Forward while raising Left arm to a guard position in front of body; Execute Right Attack Punch
  - 17. Left foot Steps Forward; Execute Left Attack Punch
  - 18. Right foot Steps Forward; Execute Right Attack Punch with a Kiyup!
  - 19. Stance remains the same; Set into Double Knife Hand preparation position on right side

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20. Turn 180 Degrees to the Left; Execute Left Facing Horse Stance Downward Double Knife Hand to the Left
21. Stance remains the same; Set into Double Knife Hand preparation position on left side
22. Turn 90 Degrees to the Left moving the Right foot; Execute Right Facing Horse Stance Downward Double Knife Hand to the Right
23. Stance remains the same; Set into Double Knife Hand preparation position on left side
24. Turn 90 Degrees to the Right moving the Right foot; Execute Right Facing Horse Stance Downward Double Knife Hand to the Right
25. Stance remains the same; Set into Double Knife Hand preparation position on right side
26. Turn 90 Degrees to the Right moving the Left foot; Execute Left Facing Horse Stance Downward Double Knife Hand to the Left
27. Stance remains the same; Hold for a moment
28. Turn 90 Degrees to the Left; Enter Ready Stance
  - Instructor calls: Relax

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

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