

Han Moo Kwan Tae Kwon Do

Pyung Ahn Three



Pyung Ahn Three is expected to be demonstrated by students who are testing as a Blue Belt for the first time or any rank above. If not explicitly stated, the default stance is an Attack Stance.

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

- Cat Stance Medium Block
- Attack Stance Extended Spear Hand
- Attack Stance Augmented Medium Block

The seven (7) new moves, techniques, or variations to techniques introduced in Pyung Ahn Three are:

- Natural Stance Combination Low Block/Medium Block
- Attack Stance Outward Hammer Fist
- Horse Stance Stamping Side Kick
- Horse Stance Forward Shoulder Strike
- Horse Stance Backhand
- Horse Stance Hook Punch
- 360 Degree Spin into Attack Stance Outward Hammer Fist

Key challenges of Pyung Ahn Three include:

- Turning in attack stance while maintaining ground
 - Maintain ground and forward presence during strikes to the side
 - Execute linear Hammer Fist
 - Execute Extended Spear Hand without leaning forward
 - Maintain ground during 360 Degree Spin into Attack Stance Outward Hammer Fist
 - Execute techniques with force and speed without the reciprocal
- Instructor calls: Pyung Ahn Three
 - 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 Cat Stance Medium Block
 2. Right Foot Steps Forward; Set in Closed Stance Right Low Block to the right of the body, left arm remains in medium block position
 3. Stance remains the same; Execute Combination Right Medium Block/ Left Low Block
 4. Stance remains the same; Execute Combination Left Medium Block/Right Low Block
 5. Turn 180 Degrees to the Right; Execute Right Cat Stance Medium Block
 6. Left Foot Steps Forward; into Closed Stance; Set in Closed Stance low block position to the left of the body, right arm remains in medium block position
 7. Stance remains the same; Execute Combination Left Medium Block/Right Low Block
 8. Stance remains the same; Execute Combination Right Medium Block/ Left Low Block
 9. Step 90 Degrees to the Left; Execute Left Attack Stance Augmented Medium Block
 10. Right foot Steps Forward; Execute Right Attack Stance Extended Spear Hand with a Kiyup!
 11. Turn Right palm 180 Degrees such that it is facing the Right (thumb down)
 12. Roll fingers into a fist; Move Right Hip toward fist as rotating fist back into a reciprocal position, Turn 360 Degrees to the Left; Execute Left Attack Stance Outward Hammer Fist
 13. Right foot Steps Forward; Execute Right Attack Punch
 14. Turn 180 Degrees to the Left into Closed Stance; Set fist/knuckles on hips
 15. Raise Right Knee; Right foot in Side Kick position

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16. Turn 90 Degrees to the Left; Execute Right Facing Horse Stance Right Stamping Side Kick
17. Stance remains the same; Execute Horse Stance Forward Right Shoulder Strike
18. Stance remains the same; Execute Right Backhand (shoulder moves back); Right Fist returns to hip
19. Raise Left Knee; Left Foot in Side Kick position
20. Turn 180 Degrees to the Right; Execute Left Facing Horse Stance Left Stamping Side Kick
21. Stance remains the same; Execute Horse Stance Forward Left Shoulder Strike
22. Stance remains the same; Execute Left Backhand (shoulder moves back); Left fist returns to hip
23. Raise Right Knee; Right foot in Side Kick position
24. Turn 180 Degrees to the Left; Execute Right Facing Horse Stance Right Stamping Side Kick
25. Stance remains the same; Execute Horse Stance Forward Right Shoulder Strike
26. Stance remains the same; Execute Right Backhand (shoulder moves back); Right fist remains in position as a guard
27. Turn 90 Degrees to the Right; Execute Left Attack Punch
28. Right foot takes a half step forward; Turn 180 Degrees to the Left; Execute Horse Stance Right Hook Punch
29. Shift stance half foot to the Right by sliding Right foot immediately followed by the Left foot; Execute Horse Stance Left Hook Punch with a Kiyup!
30. Stance remains the same; Hold for a moment
31. Slide Right Foot to the Left; Enter Ready Stance
 - o Instructor calls: Relax

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