

# Han Moo Kwan Tae Kwon Do

## Pyung Ahn Two



Pyung Ahn Two is expected to be demonstrated by students who are testing at a rank of Green Belt or above. It is the first form to break away from the “I” pattern. If not explicitly stated, the default stance is an Attack Stance.

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

- Rear Leg Front Kick
- Cat Stance Front Kick

The eight (8) new moves, techniques, or variations to techniques introduced in Pyung Ahn Two are:

- Fighting Cat Stance Combination Medium Block/ Rising Block to the side
- Cat Stance Reverse Straight Punch
- Natural Stance Outward Hammer Fist
- Attack Stance Outward Knife Hand
- Attack Stance Extended Spear Hand
- Attack Stance Reverse Medium Block
- Attack Stance Augmented Medium Block
- Attack Stance Reverse Upward Punch

Key challenges of Pyung Ahn Two:

- Shifting to formal cat stance (square) during Cat Stance Straight Punch
  - Maintain ground and forward presence during strikes to the side
  - Execute linear Hammer Fist
  - Execute linear Knife Hand
  - Execute Extended Spear Hand without leaning forward
  - Execute True Medium Block arm motion
  - Execute techniques with force and speed without the reciprocal (such a Medium Block)
  - Execute upper body techniques without losing your ground or raising your energy
- Instructor calls: Pyung Ahn Two
  - Enter Attention Stance
  - Instructor calls: Ready
  - Slide Left foot out to the Left; Enter Ready Stance
  - Instructor calls: Begin
1. Turn 90 Degrees to Left; Execute Left Fighting Cat Stance Combination Left Medium Block / Right Rising Block
  2. Execute Left (Formal) Cat Stance Reverse Straight Punch (left arm retracts where fist is center of body at chin height)
  3. Turn 90 Degrees to the Right; Set into Natural Stance Left cross forearm guard
  4. Stance remains the same; Execute Left Outward Hammer Fist
  5. Turn 90 Degrees to the Right; Execute Right Fighting Cat Stance Combination Right Medium Block / Left Rising Block
  6. Stance remains the same; Execute Right (Formal) Cat Stance Reverse Straight Punch (right arm retracts to where fist is center of body at chin height)
  7. Turn 90 Degrees to the Left; Set into Natural Stance Right cross forearm guard
  8. Stance remains the same; Execute Right Outward Hammer Fist
  9. Turn 90 Degrees to the Right (as right arm sets into knife hand forearm guard position); Execute Right Attack Stance Outward Knife Hand

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10. Turn 90 Degrees to the Right; Set into Right Cat Stance (right arm remains in same position in space from previous position; left arm remains in reciprocal position)
11. Stance remains the same; Execute Right Front Kick
12. Turn 180 Degrees to the Left; Execute Left Cat Stance Attack
13. Right foot Steps Forward; Execute Right Cat Stance Attack
14. Left foot Steps Forward; Execute Left Cat Stance Attack
15. Right foot Steps Forward; Execute Right Attack Stance Extended Spear Hand with a Kiyup!
16. Turn 270 Degrees to the Left; Execute Left Cat Stance Attack
17. Turn 45 Degrees to the Right; Execute Right Cat Stance Attack
18. Turn 135 Degrees to the Right; Execute Right Cat Stance Attack
19. Turn 45 Degrees to the Left; Execute Left Cat Stance Attack
20. Left Foot Sweeps 45 Degrees to the Left; Execute Left Attack Stance Reverse Medium Block
21. Execute Right Rear Leg Front Kick
22. Right foot Sets into Right Attack Stance; Execute Reverse Attack Punch
23. Remain in the same stance; Execute Left Medium Block (without a reciprocal; reciprocal remains in place from previous position)
24. Execute Left Rear Foot Front Kick
25. Left foot Sets into Left Attack Stance; Execute Reverse Attack Punch
26. Right foot Steps Forward; Execute Right Attack Stance Augmented Medium Block
27. Turn 270 Degrees to the Left; Execute Left Low Block
28. Turn 45 Degrees to the Right; Execute Right High Block
29. Turn 135 Degrees to the Right; Execute Right Low Block
30. Turn 45 Degrees to the Left; Execute Left High Block
31. Open Left hand into a Knife Hand position palm upward; Roll fingers into a fist; Rotate palm 180 Degrees (towards face)
32. Pull fist downward to a reciprocal position while executing Right Upward Attack Punch with a Kiyup!
33. Stance remains the same; Hold for a moment
34. Slide Left Foot 135 Degrees to the Left; Enter Ready Stance
  - Instructor calls: Relax

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