

# UNIVERSAL TAEKWON-DO FEDERATION

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## PO-EUN HYUNG (11-02–20b)

36 steps, for Dan I-b

Begin: **Parallel Ready Stance**

with "Heaven Hand" held  
at 45 degree angle up and away  
and face looking through it.

Pattern Front

Pattern Left -----O----- Pattern Right

Pattern Back

1. Center-pull arms out, down and around into a forearm guarding block >PL in right L-stance
2. snap forward low with twin fist high upward punches >PL while turning your head and forming a left bending ready stance >PR
3. while staying low with upward punches in place, center-extend right pressing kick >PR
4. sitting-stance >PF with right knifehand middle strike >PR
5. snap left fist middle turning punch (to centerline)

[ #6-12 should (eventually) be performed fast as a group, with each move distinct ]

6. left forefist pressing block with right inner forearm middle front block
7. switch techniques to right forefist pressing block with left inner forearm middle front block
8. twin inner forearm middle wedging block
9. right back elbow thrust with left palm in front of right fist
10. right middle punch with left palm over right elbow
11. left back elbow thrust with right palm in front of left fist.
12. right horizontal punch >PR
13. cross left foot over into right X-stance >PF while bringing both right outer forearm low front inward block to centerline with left fingerbelly to above right wrist
14. right foot >PR into left L-stance U-shape grasp
15. pull left foot into close stance >PF with slow double elbow side thrusts, end with center set
16. left foot into sitting-stance >PF with right backfist high strike >PB and left low block
17. right foot over left into left X-stance >PF while bringing left outer forearm inward low front block to centerline with right fingerbelly to side of left fist
18. left foot leftward into sitting-stance with reverse swordarm low guarding block >PL
19. left L-stance with forearm guarding block >PR
20. snap forward low with twin fist high upward punches >PR while turning your head and forming a right bending ready stance >PL
21. while staying low with upward punches in place, center-extend left pressing kick >PL
22. sitting-stance >PF with left knifehand middle strike >PL

23. snap right fist middle turning punch (to centerline)

[ #24-30 should (eventually) be performed fast as a group, with each move distinct ]

24. right forefist pressing block with left inner forearm middle front block

25. switch techniques to left forefist pressing block with right inner forearm middle front block

26. twin inner forearm middle wedging block

27. left back elbow thrust with right palm in front of left fist

28. left middle punch with right palm over left elbow

29. right back elbow thrust with left palm in front of right fist

30. left horizontal punch >PL

31. cross right foot over into left X-stance >PF while bringing both left outer forearm low front inward block to centerline with right finger belly to above the left wrist

32. left foot >PL into left L-stance U-shape grasp

33. pull right foot into close stance >PF with slow double elbow side thrusts, end with center set

34. right foot into sitting-stance >PF with left backfist high strike >PB and right low block

35. left foot over right into right X-stance >PF while bringing right outer forearm inward low front block to centerline with left fingerbelly to side of right fist

36. right foot rightward into sitting-stance with reverse swordarm low guarding block >PR

Pull left foot rightward to return to beginning Ready Stance

**Po-Eun** is the pseudonym of Korean poet Chong Mong Chu (c. 1400). The straight-line of the Pattern represents his unerring loyalty to king and country.

(PYI/BFH)