

Po-Eun (D)

36 Movements

“Po-Eun is the pseudonym of the loyal subject Chong Moong-Chu. He was a famous poet whose poem ‘I Would Not Serve a Second Master Though I might Be Crucified A Hundred Times’ is known by every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to his king and country towards the end of the Koryo Dynasty.”

Ready Stance D

1. Left Double Fist Block - Left Back Stance
2. Left Double Upward Punch High - Left One-Leg Stance
3. Right Side Kick Low
4. Right Knife-hand Strike Middle - Sitting Stance
5. Left Horizontal Punch - Sitting Stance
6. Right Inner Forearm Block/Left Low Block - Sitting Stance
7. Left Inner Forearm Block/Right Low Block - Sitting Stance
8. Twin Inner Forearm Block - Sitting Stance
9. Right Backward Elbow Strike - Sitting Stance
10. Right Punch Middle - Sitting Stance
11. Left Backward Elbow Strike - Sitting Stance
12. Right Double Horizontal Punch - Sitting Stance
13. Right Wrist Slap Low - Left X-Stance
14. Right C-Block - Right Back Stance
15. Twin Elbow Strike (Medium) - Closed Stance
16. Left Low Block/Right Back Fist - Sitting Stance
17. Left Hammer-fist Low to Right Palm - Right X-Stance
18. Left Circular Double Ridge-hand Block Low - Left Back Stance
19. Right Double Fist Block - Right Back Stance
20. Right Double Upward Punch High - Right One-Leg Stance
21. Left Side Kick Low
22. Left Knife-hand Strike Middle - Sitting Stance
23. Right Horizontal Punch - Sitting Stance
24. Left Inner Forearm Block/Right Low Block - Sitting Stance
25. Right Inner Forearm Block/Left Low Block - Sitting Stance
26. Twin Inner Forearm Block - Sitting Stance
27. Left Backward Elbow Strike - Sitting Stance
28. Left Punch Middle - Sitting Stance
29. Right Backward Elbow Strike - Sitting Stance
30. Left Double Horizontal Punch - Sitting Stance
31. Left Wrist Slap Low - Right X-Stance
32. Left C-Block - Left Back Stance
33. Twin Elbow Strike (Medium) - Closed Stance
34. Right Low Block/Left Back-fist - Sitting Stance
35. Right Hammer-fist Low to Left Palm - Left X-Stance
36. Right Circular Double Ridge-hand Block Low - Right Back Stance