

PYONGWON



Pyongwon literally means “plain”, with the poomsae performed on a single line and represents the great plain of fertile countryside from which all things grow and draw life, symbolizing a peacefulness.

List of Movements(continued):

- start in ready stance & close up(tongmilgi)
- turn right & right low knife strike
- pivot left, left single knife, shift & right upward elbow
- right front snap & left back side kick
- turn right, double knife & double low knife
- shift, right middle block & left twist punch
- right/left hammer strike(kihap on right)
- step over left & double elbow strike
- step right & mountain block
- lift right leg to crane & keumgang
- right side kick & left upward elbow
- left front snap & right back side kick
- turn left, double knife & double low knife
- shift, left middle block & right twist punch
- left/right hammer strike(kihap on left)
- step over right & double elbow strike
- step left & mountain block
- lift left leg to crane & keumgang
- left side kick right elbow strike
- left foot return to close up(tongmilgi)
- return to ready stance

Kicking Requirements:

- Front Snap to Back Side Kick
- Side Kick(from crane)

Board Break Requirement:

Elbow Strike though 3