

PO EUN (1st Degree Black Belt)

<i>MOVE</i>	<i>TECHNIQUE</i>	<i>TARGET</i>	<i>STANCE</i>	<i>DIRECTION</i>
1	Double Guarding Blocks	Middle	Left Back L-Stance	Step out with the left foot while turning 90° to fac left
2	Double Upward Punch	High	Left Bending Stance	Facing Same
3	Right Sidekick	Low—Knee level		Kick to right
4	Right Side KnifeHand	Middle	Middle Stance	Right side
5	Left Hook Punch	Middle	Middle Stance	Stationery—Face Front
6	Left Low Block/Right Inner Forearm Side Block	Low/Middle	Middle Stance	Stationery—Face Front
7	Right Low Block/Left Inner Forearm Side Block	Low/Middle	Middle Stance	Stationery—Face Front
8	Double inner forearm block (Wedge block)	Middle	Middle Stance	Stationery—Face Front
9	Right Supported Back Elbow	Middle	Middle Stance	Stationery—Face Front
10	Right Punch—slipping the left hand to the right elbow	Middle	Middle Stance	Stationery—Face Front
11	Left Supported Back Elbow	Middle	Middle Stance	Stationery—Face Front
12	Twin Horizontal Punches	Middle	Middle Stance	Stationery—Face Right
13	Right Circular Low Block/Left fingerbellys to right under forearm	Low @ 45°	Left X-Stance	Step left foot over to right
14	Right Pole Block	<i>KIHAP</i> Middle	Right Middle L-Stance	Step right foot out to right side
15	Twin Elbow Strike	Middle	Closed Stance	Bring left foot to right

<i>MOVE</i>	<i>TECHNIQUE</i>	<i>TARGET</i>	<i>STANCE</i>	<i>DIRECTION</i>	<i>ITF Differences</i>
16	Left Low Block/Right Side Rear Backfist	Low/High	Middle Stance	Step out to left	
17	Left Circular Low Block into right palm	Low @ 45°	Right X-Stance	Step over to left	Block is not circular. Weight is on the rear foot
18	Circular Double Ridgehand Blocks	Low	Left Back L-Stance	Step out to left	Block is not circular.
19	Double Guarding Blocks	Middle	Right Back L-Stance	Face 180° to Right while shifting the right foot	
20	Double Upward Punch	High	Right Bending Stance	Facing Same	Lifting fists / One-legged stance Look in opp. direction
21	Left Sidekick	Low—Knee level		Kick to left	Pressing kick
22	Left Side KnifeHand	Middle	Middle Stance	Left side	
23	Right Hook Punch	Middle	Middle Stance	Stationery—Face Front	Called “angle punch”
24	Right Low Block/Left Inner Fore-arm Side Block	Low/Middle	Middle Stance	Stationery—Face Front	Low pressing block with forefist at groin
25	Left Low Block/Right Inner Fore-arm Side Block	Low/Middle	Middle Stance	Stationery—Face Front	Low pressing block with forefist at groin
26	Double inner forearm block (Wedge Block)	Middle	Middle Stance	Stationery—Face Front	
27	Left Supported Back Elbow	Middle	Middle Stance	Stationery—Face Front	
28	Left Punch while slipping the right palm to the left elbow	Middle	Middle Stance	Stationery—Face Front	
29	Right Supported Back Elbow	Middle	Middle Stance	Stationery—Face Front	

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30	Twin Horizontal Punches	Middle	Middle Stance	Stationery—Face Left	
31	Left Circular Low Block/Right fingers to underbelly of wrist	Low @ 45°	Right X-Stance	Step over to left	Block is not circular. Weight is on the rear foot
32	Left Pole Block	Middle	Left Middle L-Stance	Step out to left	U-shape grasp (same move)
33	Twin Elbow Strike	Middle	Right X-Stance	Bring right foot to left	Weight is on the rear foot.
34	Right Low Block/Left Backfist	Low/High	Middle Stance	Step out to right	
35	Right Circular Low Block into left palm	Low @ 45°	Left X-Stance	Step over to right	Block is not circular. Weight is on the rear foot
36	Circular Double Knifehand Blocks	Low	Right Back L-Stance	Step out to right	Block is not Circular
	Left foot returns - Parallel Ready Stance			This pattern moves back & forth along a straight line _____.	