

Po-Eun Step by Step

Ready posture: parallel stance with a heaven hands

1. L stance while executing a middle guarding block with the forearm
2. one-leg stance
Lift both fists.
3. a pressing kick
Keep the position of the hands as they were in 2.
4. sitting stance while executing a middle outward strike
5. sitting stance while executing a angle punch
6. sitting stance while executing a pressing block with the forefist
5. - 6. continuous motion
7. sitting stance while executing a pressing block with the forefist
6. - 7. continuous motion
8. sitting stance while executing a middle wedging block with the inner forearm
7. - 8. continuous motion
9. sitting stance while executing a thrust with the back elbow
8. - 9. continuous motion
Support the right forefist with the left palm.
10. sitting stance while executing a front punch
9. - 10. continuous motion
Slip the left palm up to the right elbow joint.
11. sitting stance while executing a thrust with the back elbow
10. - 11. continuous motion
Support the left forefist with the right palm.
12. sitting stance while executing a horizontal punch
11. - 12. continuous motion
13. X stance while executing a forearm low front block
14. L stance while executing a u-shape grasp
15. close stance while executing a horizontal thrust with a twin elbow
15. slow motion
16. sitting stance while executing a side back strike with the back fist
17. X stance while executing a forearm low front block
18. sitting stance while executing a low guarding block to B with a reverse knife-hand
19. L stance while executing a middle guarding block with the forearm
20. one-leg stance
Lift both fists.
21. a pressing kick
Keep the position of the hands as they were in 20.

22. sitting stance while executing a middle outward strike
23. sitting stance while executing a angle punch
24. sitting stance while executing a pressing block with the forefist
23. - 24. continuous motion
25. sitting stance while executing a pressing block with the forefist
24. - 25. continuous motion
26. sitting stance while executing a middle wedging block with the inner forearm
25. - 26. continuous motion
27. sitting stance while executing a thrust with the back elbow
26. - 27. continuous motion
Support the left forefist with the right palm.
28. sitting stance while executing a front punch
27. - 28. continuous motion
Slip the right palm up to the left elbow joint.
29. sitting stance while executing a thrust with the back elbow
28. - 29. continuous motion
Support the right forefist with the left palm.
30. sitting stance while executing a horizontal punch
29. - 30. continuous motion
31. X stance while executing a forearm low front block
32. L stance while executing a u-shape grasp
33. close stance while executing a horizontal thrust with a twin elbow
33. slow motion
34. sitting stance while executing a side back strike with the back fist
35. X stance while executing a forearm low front block
36. sitting stance while executing a low guarding block to B with a reverse knife-hand

Ready posture: parallel stance with a heaven hands