

# PO-EUN HYUNG

1<sup>st</sup> Dan Pattern #2

36 movements



—■— Po-Eun is the pseudonym of loyal subject Chong Mong-Chu (1400), who was a famous poet and whose poem “I would not serve a second master, though I might be crucified a hundred times” is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country. Note that the second half of this pattern (mv 19 to 36) is a mirror image of the first half.

#	+	Move	Stance	Action
	N	On “Junbi”	Open ready stance	Raise both hands above and just in front of the head, forming a triangle with the index fingers and thumbs. Fingers are straight and together
1	W	L foot to W <sup>1</sup>	R back stance	Outer-forearm guarding block
2	N	Pull R foot up, look to E	L crane stance	L reinforced vertical punch <sup>2</sup>
3	E			R lower-section side kick (to E)
4	N	Step R foot down to E	Horse-riding stance	R knife-hand strike (to E)
5	N	Rotate R knife-hand to N, then		L hook punch <sup>3</sup> followed quickly by
6	N			L downward punch with R inner-forearm block <sup>4</sup> followed quickly by
7	N			R downward punch with L inner-forearm block followed quickly by
8	N			Inner-forearm wedging block <sup>5</sup> followed quickly by
9	N			R reinforced elbow-strike <sup>6</sup> to S followed quickly by

<sup>1</sup> This technique should be executed with a slide: step out with the L foot, but drive off the R foot to shift the stance 20 cm to W.

<sup>2</sup> From guarding block position, the leading fist thrusts upward to the height of the forehead, rotating so that the palm faces inward at the end of the movement. The rear fist rises to support the leading arm at the elbow (similar to reinforced blocks).

<sup>3</sup> Rotating the R arm to face N will chamber the hips and shoulders for the hook punch. Finish the punch at shoulder-height, in line with the R shoulder and with the R fist chambered at the lowest rib.

<sup>4</sup> These moves are executed simultaneously. The downward punch chambers at chest-height, with the elbow pointing upward and the forearm angled 45° forward. Concurrently, the blocking arm sweeps across the body, as occurs in a scooping block. As the blocking arm begins to bend and rise, the downward punch passes it on the inside, striking down and forward at 45°.

<sup>5</sup> This technique is executed as per outer-forearm wedging block, including the chamber position with palms facing inward, except that the forearms do not rotate through the block.

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#	+	Move	Stance	Action
10	N			Covered R mid-section punch <sup>7</sup> followed quickly by
11	N			L reinforced elbow-strike to S followed quickly by
12	N			Parallel punches <sup>8</sup> (to E)
13	N	L foot crosses in front of R foot (to E)	Crossed stance	R lower-section downward forearm block, L hand fingers to R wrist <sup>9</sup>
14	E	R foot to E	L back stance	Inverted pole block <sup>10</sup>
15	N	Pull L foot to R foot and look to W	Feet together	Twin elbow strikes (to E and W; under pressure) <sup>11</sup>
16	N	L foot to W <sup>12</sup>	Horse-riding stance	L lower-section block (to N) with R upper-section back-fist (to SE) <sup>13</sup> <b>STAMP</b>
17	N	R foot crosses behind L foot (to W)	Crossed stance	L lower-section hammer-fist into R palm <sup>14</sup> followed quickly by
18	N	L foot to W	Horse-riding stance	L lower-section reverse knife-hand guarding block
19	N	R foot to E	L back stance	Outer-forearm guarding block
20	N	Pull L foot up, look to W	R crane stance	R reinforced vertical punch
21	N			L lower-section side kick (to W)
22	N	Step L foot down to W	Horse-riding stance	L knife-hand strike (to W)

<sup>6</sup> L open hand covers R fist. Thrust backwards until the R fist is alongside the lowest rib and the L forearm rests over the solar-plexus.

<sup>7</sup> Slip the punching arm under the open (in this case L) hand until the palm rests over the elbow.

<sup>8</sup> Chamber the rear (in this case L) punch in front of the body at shoulder height, with a 90° bend in the elbow. Chamber the leading (in this case R) punch at the lowest rib with the palm facing down. Note that this chamber position is similar to Pole Block. Both punches extend to shoulder-height, with the rear punch finishing in line with the leading shoulder.

<sup>9</sup> The hands meet in front of the abdomen, with the front of the striking wrist covered by the fingers of the non-striking hand.

<sup>10</sup> Inverted pole block has the same chamber position as pole block. The top arc-hand, however, rotates so that the palm faces upward.

<sup>11</sup> Chamber forearms in front of the chest (in this case, with the R fist over the L elbow and the L fist under the R elbow). Extend the elbows to shoulder-height until the fists are in front of the shoulders.

<sup>12</sup> Before stepping, raise L knee and chamber the hips (in this case clockwise).

<sup>13</sup> These movements are simultaneous. Chamber both fists as per L lower-section block. Look to NE.

<sup>14</sup> The hands meet in front of the abdomen.

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#	+	Move	Stance	Action
23	N	Rotate L knife-hand to N, then		R hook punch <i>followed quickly by</i>
24	N			R downward punch with L inner-forearm block <i>followed quickly by</i>
25	N			L downward punch with R inner-forearm block <i>followed quickly by</i>
26	N			Inner-forearm wedging block <i>followed quickly by</i>
27	N			L reinforced elbow-strike to S <i>followed quickly by</i>
28	N			Covered L mid-section punch <i>followed quickly by</i>
29	N			R reinforced elbow-strike to S <i>followed quickly by</i>
30	N			Parallel punches (to W)
31	N	R foot crosses in front of L foot (to W)	Crossed stance	L lower-section downward forearm block, R hand fingers to L wrist
32	W	L foot to W	R back stance	Inverted pole block (U-shaped grasp)
33	N	Pull R foot to L foot and look to E	Feet together	Twin elbow strikes (to E and W; under pressure)
34	N	R foot to E	Horse-riding stance	R lower-section block (to N) with L upper-section back-fist (to SW) <b>STAMP</b>
35	N	L foot crosses behind R foot (to E)	Crossed stance	R lower-section hammer-fist into L palm <i>followed quickly by</i>
36	N	R foot to E	Horse-riding stance	R lower-section reverse knife-hand guarding block <b>KIUP</b>