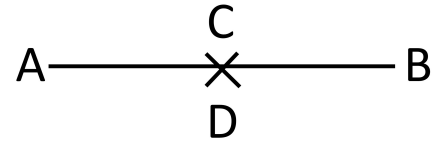


Po-Eun Tul



36 Movements

Ready Posture: Parallel Stance with Heaven Hand

1. Move the left foot to B forming a right L stance towards B middle forearm guarding block
2. Move the right foot to the left knee to form a one leg stance towards D lifting both fists while turning the face towards A
3. Perform a pressing kick towards A with the right foot keeping the position of the hands as they were in 2.
4. Lower the right foot to A to form a sitting stance towards D middle side strike towards A with the right knife hand
5. Perform an angle punch with the left fist maintaining a sitting stance towards D
6. Perform a pressing block with the left forefist and side front block with the right inner forearm maintaining a sitting stance towards D
7. Perform a pressing block with the right forefist and side front block with the left inner forearm maintaining a sitting stance towards D
8. Perform a wedging block with the inner forearm maintaining a sitting stance towards D
9. Perform a right back elbow thrust supporting the right forefist with the left palm maintaining a sitting stance towards D
10. Perform a middle punch to D with the right fist placing the left palm up to the right elbow maintaining a sitting stance towards D
11. Perform a left back elbow thrust supporting the left forefist with the right palm maintaining a sitting stance towards D
12. Perform a right horizontal punch to A maintaining a sitting stance towards D. Perform 6 to 12 in a continuous motion.
13. Cross the left foot over the right foot forming a right X-stance towards D whilst performing a low right front block to D with the right outer forearm and bringing the left finger belly on the right under forearm
14. Move the right foot to A forming a left L stance towards A whilst performing a U-shape grasp towards A
15. Bring the left foot to the right foot forming a closed stance towards D while performing a horizontal thrust with a twin elbow turning to face B. Perform in slow motion.
16. Move the left foot to B to form a sitting stance towards B performing a side back strike to C with the right back fist and extending the left arm to the side downwards
17. Cross the right foot over the left foot forming a left X-stance towards D while performing a low front block with the left outer forearm and bringing the right finger belly to the left side fist.
18. Move the left foot to B to form a sitting stance towards D whilst performing a low guarding block to B with a reverse knife hand
19. Move the right foot to A forming a left L-stance towards A middle forearm guarding block pivoting with the left foot.
20. Move the left foot to the right knee to form a one leg stance towards D lifting both fists while turning the face towards B
21. Perform a pressing kick towards B with the left foot keeping the position of the hands as they were in 20.

22. Lower the left foot to B to form a sitting stance towards D middle side strike towards A with the left knife hand
23. Perform an angle punch with the right fist maintaining a sitting stance towards D
24. Perform a pressing block with the right forefist and side front block with the left inner forearm maintaining a sitting stance towards D
25. Perform a pressing block with the left forefist and side front block with the right inner forearm maintaining a sitting stance towards D
26. Perform a wedging block with the inner forearm maintaining a sitting stance towards D
27. Perform a left back elbow thrust supporting the left forefist with the right palm maintaining a sitting stance towards D
28. Perform a middle punch to D with the left fist placing the right palm up to the left elbow maintaining a sitting stance towards D
29. Perform a right back elbow thrust supporting the right forefist with the left palm maintaining a sitting stance towards D
30. Perform a left horizontal punch to B maintaining a sitting stance towards D. Perform 24 to 30 in a continuous motion.
31. Cross the right foot over the left foot forming a left X-stance towards D whilst performing a low left front block to D with the left outer forearm and bringing the right finger belly on the left under forearm
32. Move the left foot to B forming a right L stance towards B whilst performing a U-shape grasp towards B
33. Bring the right foot to the left foot forming a closed stance towards D while performing a horizontal thrust with a twin elbow turning to face A. Perform in slow motion.
34. Move the right foot to A to form a sitting stance towards A performing a side back strike to C with the left back fist and extending the right arm to the side downwards
35. Cross the left foot over the right foot forming a right X-stance towards D while performing a low front block with the right outer forearm and bringing the left finger belly to the right side fist.
36. Move the right foot to A to form a sitting stance towards D whilst performing a low guarding block to A with a reverse knife hand

To end, bring the left foot back to a ready posture

Bibliography

TaeKwon-Do, Gen. Choi Hong Hi.