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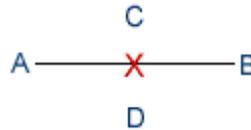
PO-EUN is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

PO-EUN

Movements - 36

Ready Posture - PARALLEL

STANCE WITH A HEAVEN HAND



1. Move the left foot to B, forming a right L-stance toward B while executing a middle guarding block to B with the forearm.
2. Pull the right foot to the left knee joint to form a left one-leg stance toward D, at the same time lifting both fists while turning the face toward A.
3. Execute a pressing kick to 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 toward D while executing a middle side strike to A with the right knife-hand.
5. Execute an angle punch with the left fist while maintaining a sitting stance toward D.
6. Execute a pressing block with the left, fore fist while executing a side front block with the right inner forearm, maintaining a sitting stance toward D.
7. Execute a pressing block with the right fore fist and a side front block with the left inner forearm while maintaining a sitting stance toward D.
8. Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.
9. Thrust to C with the right back elbow supporting the right fore fist with the left palm keeping the face as it was in 8 while maintaining a sitting stance towards D.
10. Execute a middle punch to D with the right fist slipping the left palm up to the right elbow joint while maintaining a sitting stance toward D.
11. Thrust to C with the left back elbow supporting the left fore fist with right palm, keeping the face as it was in 10 while maintaining a sitting stance toward D.
12. Execute a right horizontal punch to A while maintaining a sitting stance toward D. Perform 6 through 12 in a continuous motion.
13. Cross the left foot over the right foot forming a right X-stance toward D while executing a low 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 toward A at the same time executing a U-shape grasp to A.
15. Bring the left foot to the right foot forming a closed stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward B. Perform in slow motion.
16. Move the left foot to B to form a sitting stance toward D while executing a side back strike to C with the right back fist and extending the left arm to the side downward.
17. Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block with the left outer forearm and bringing the right finger belly to the left side fist.

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18. Move the left foot to B to form a sitting stance toward D while executing a low guarding block to B with a reverse knife-hand.
 19. Execute a forearm middle guarding block to A while forming a left L-stance toward A pivoting with left foot.
 20. Pull the left foot to the right knee joint to form a right one-leg stance toward D, at the same time lifting both fists while turning the face toward B.
 21. Execute a pressing kick to 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 toward D while executing a middle side strike to B with the left knife-hand.
 23. Execute an angle punch with the right fist while maintaining a sitting stance toward D.
 24. Execute a pressing block with the right, fore fist while executing a side front block with the left inner forearm, maintaining a sitting stance toward D.
 25. Execute a pressing block with the left fore fist and a side front block with the right inner forearm while maintaining a sitting stance toward D.
 26. Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.
 27. Thrust to C with the left back elbow supporting the left fore fist with the right palm keeping the face as it was in 26 while maintaining a sitting stance towards D.
 28. Execute a middle punch to D with the left fist slipping the right palm up to the left elbow joint while maintaining a sitting stance toward D.
 29. Thrust to C with the right back elbow supporting the right fore fist with left palm, keeping the face as it was in 28 while maintaining a sitting stance toward D.
 30. Execute a left horizontal punch to B while maintaining a sitting stance toward D. Perform 24 through 30 in a continuous motion.
 31. Cross the right foot over the left foot forming a left X-stance toward D while executing a low 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 toward B at the same time executing a U-shape grasp to B.
 33. Bring the right foot to the left foot forming a closed stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward A. Perform in slow motion.
 34. Move the right foot to A to form a sitting stance toward D while executing a side back strike to C with the left back fist and extending the right arm to the side downward.
 35. Cross the left foot over the right foot forming a right X-stance toward D while executing 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 toward D while executing a low guarding block to A with a reverse knife-hand.
- END: Bring the left foot back to a ready posture.

**Korean for each technique in
PO-EUN**

01. Niunja so palmok kaunde daebi makgi
02. Waebal so ap joomuk ollyo jirugi
03. Bakuro noollyo chagi
04. Annun so sonkal kaunde yop taerigi
05. Annun so giokja jirugi
06. Annun so ap joomuk noollyo makgi
07. Annun so ap joomuk noollyo makgi
08. Annun so an palmok kaunde hechyo makgi
09. Annun so dwit palkup tulgi
10. Annun so ap joomuk kaunde jirugi
11. Annun so dwit palkup tulgi
12. Annun so soopyong jirugi
13. Kyocha so palmok najunde ap makgi
14. Niunja so mongdung-i japgi
15. Moa so sang yop palkup tulgi
16. Annun so dung joomuk nopunde yopdwi taerigi
17. Kyocha so palmok najunde ap makgi
18. Annun so sonkal dung najunde daebi makgi
19. Niunja so palmok kaunde daebi makgi
20. Waebal so ap joomuk ollyo jirugi
21. Bakuro noollyo chagi
22. Annun so sonkal kaunde yop taerigi
23. Annun so giokja jirugi
24. Annun so ap joomuk noollyo makgi
25. Annun so ap joomuk noollyo makgi
26. Annun so an palmok kaunde hechyo makgi
27. Annun so dwit palkup tulgi
28. Annun so ap joomuk kaunde jirugi
29. Annun so dwit palkup tulgi
30. Annun so soopyong jirugi
31. Kyocha so palmok najunde ap makgi
32. Niunja so mongdung-i japgi
33. Moa so sang yop palkup tulgi
34. Annun so dung joomuk nopunde yopdwi taerigi
35. Kyocha so palmok najunde ap makgi
36. Annun so sonkal dung najunde daebi makgi