

POEUN HYUNG

Pronounced (Poe - Wan)

Poeun is the pseudonym of a loyal subject Chong Mong Chu (1400 A.D.) who was a famous poet and whose poem *“I would not serve a second master though I might be crucified a hundred times”* is know 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.

The Pattern made by this form:



of Movements – 36

of Kihaps – 2

#14 Right C Block

#32 Left C Block

No fear of the dark and greater respect for the light.

A Black Belt stands tall among the forest and shelters the weak for posterity and prosperity.



1ST DEGREE BLACK BELT – DECIDED

POEUN

TECHNIQUE

STANCE

Twin arc hands ready position	
1. Left double outer forearm block	Right back
2. Double upset punches	Left one leg
3. Right side kick	
4. Right knifehand strike	Middle
5. Left horizontal punch	
6. Right inner forearm block-left low blocks	
7. Left inner forearm block - right low blocks	
8. Twin inner forearm block	
9. Right back elbow strike	
10. Right punch	
11. Left back elbow strike	
12. Double horizontal punches	
13. Right low outer forearm block	X - stance
14. Right C-block (kihap)	Left back
15. Tension twin elbow strikes	Closed
16. Left low block - right backfist	Middle
17. Left low outer forearm block	X - stance
18. Left double ridgehand low block	Right back
19. Right double outer forearm block	Left back
20. Double upset punches	Right one leg
21. Left side kick	
22. Left knifehand strike	Middle
23. Right horizontal punch	
24. Left inner forearm - right low blocks	
25. Right inner forearm - left low blocks	
26. Twin inner forearm block	
27. Left back elbow strike	
28. Left punch	
29. Right back elbow strike	
30. Double horizontal punches	
31. Left low outer forearm block	X - stance
32. Left C- block	Right back
33. Tension twin elbow strikes	Closed
34. Right low block - left backfist	Middle
35. Right low outer forearm block	X – stance
36. Right double ridgehand low block	Left back

