



# Valentin Karate Practice-at-Home Sheet

## Pyung Ahn Cho Dan ("p-yun on cho dan")

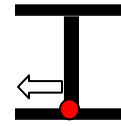
This is the fourth form (7th gup - orange/green) belt. Here you are introduced to combination techniques.

"Choon Bee" (Ready Stance) ● = starting position

Look left.

**Low-block** to the left side. (left leg front stance, left hand does low block.)

Step forward, **center-punch**. (right leg front stance, right-hand center punch.)

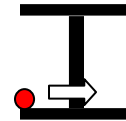


Pivot towards the front of the room on left foot and **low-block** to the right.

(Right leg front stance, right hand low block.)

**Wrist-break** in horseback stance, step back and **back-fist**. (using your right hand)

Step forward, **center punch**. (left leg front stance, left hand center punch.)



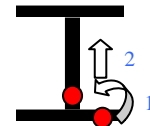
Turn to go towards the front of the room and...

**Low-block, center-chop** (left hand block & chop, right hand chambered... in front stance)

**High-block** (right hand, front stance)

**High-block** (left hand, front stance)

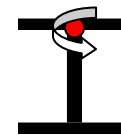
**High-block "KI-HAP"** (right hand, front stance)



"Big Turn" (270 degrees)

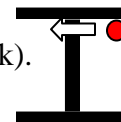
**Low-block** (left leg front stance, left hand block).

Step forward, **center-punch**. (right leg front stance, right-hand center punch.)



Pivot towards the back of the room on left foot, **low-block** (right leg front stance, right hand block).

Step forward, **center-punch**. (left leg front stance, left-hand center punch.)



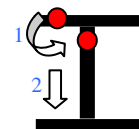
Turn to go towards the back of the room and...

**Low-block** (left leg front stance, left hand block).

**Center-punch** (right hand, front stance)

**Center-punch** (left hand, front stance)

**Center-punch "KI-HAP"** (right hand, front stance)



"Big Turn" (270 degrees)

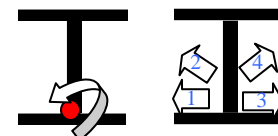
**Low-chops, fighting stance** (left leg in front).

Step 45 degrees, **low-chops, fighting stance** (right leg in front)

Pivot towards the front of the room on left foot and **low-chops** to the right (right leg in front)

Step 45 degrees, **low-chops**. (left leg in front)

"Ba Ro" (Return)



### Learn Korean:

low-chops = ha dan soo do mahk ki