



Valentin Karate Practice-at-Home Sheet

Pyung Ahn E Dan ("p-yun on eee dan")

This is the fifth form (6th gup - green) belt. Here you are introduced to reverse-hand techniques.

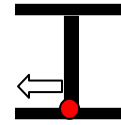
"Choon Bee" (Ready Stance) ● = starting position

"C" block to the left side. (fighting stance)

(left leg fighting stance, left hand inside/out block position facing out, right hand in high block position.)

Uppercut (left hand pulls in, right hand comes under left in an uppercut).

Side Punch in Horseback Stance. (left hand side punch)

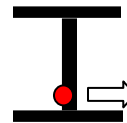


"C" block to the right side. (fighting stance)

(right leg fighting stance, right hand inside/out block position facing out, left hand in high block position.)

Uppercut (right hand pulls in, left hand comes under right in an uppercut).

Side Punch in Horseback Stance. (right hand side punch)



Left leg steps half-way in, pivot towards back, left hand chambered, right hand blocks across the chest, right leg ready for kick.

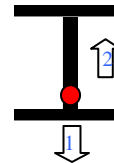
Side Kick and Punch to the rear (right leg, right hand)

Land forward facing center chops. (left leg fighting stance)

Center chops. (right leg fighting stance)

Center chops. (left leg fighting stance)

Spears hand. "KI-HAP" (right hand, front stance)



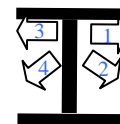
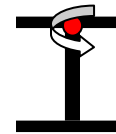
"Big Turn" (270 degrees)

Center-chops, fighting stance (left leg in front)

Step 45 degrees, center-chops. (right leg in front)

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

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



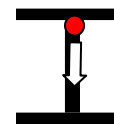
Left leg shifts into front stance along center line, Right hand inside/outside block.

Back (right) leg, front kick...

land right leg front stance... Left hand center punch, inside/outside block.

Back (left) leg, front kick... land left leg front stance, Right hand center punch.

Step forward, double block. (right leg front stance)



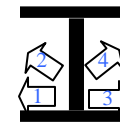
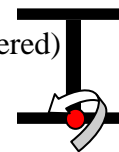
"Big Turn" (270 degrees)

Left hand low-block, center-chop (left hand block & chop, right hand chambered)

45 degrees High block (right leg front stance, right hand block)

To the right... Right hand low-block, center-chop (front stance)

45 degrees High block "KI-HAP" (left leg front stance, left hand block)



"Ba Ro" (Return)

Learn Korean:

Horseback stance = kee ma ja seh

Center chops = choong dan soo do mahk ki

Double block = choong dan ssang soo mahk ki

Side punch = choong dan hang jin

Inside/Outside Block = ahneso phaku ro mahk ki