



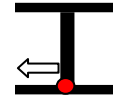
# Valentin Karate Practice-at-Home Sheet

## Pyung Ahn Oh Dan ("p-yun on o dan")

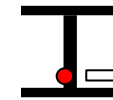
This is the eighth form (3rd gup - brown/red) belt.

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

**Side block** to the left side, followed by **short Punch** with right hand (fighting stance)  
Move right leg to the left, **left arm blocks across chest, right hand chambered**



**Side block** to the right side, followed by **short Punch** with left hand (fighting stance)  
Move left leg to the right, **right arm blocks across chest, left hand chambered**



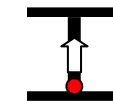
"Down the middle"

**Double block** (right, front stance)

**Double low "X", Double high "X"** (left, front stance)

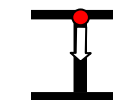
*Twist hands, bring to right side, left hand on top, right knee comes up to chamber.*

Left **Spear Hand**...Right **Center Punch**... land in front stance with the punch. **"KI-HAP"**



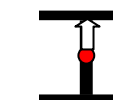
Turn to the rear.

Tuck right hand to chest, pivot, right leg **Outside/Inside Crescent Kick**,  
land in horseback stance while executing a right hand **Low Block**.



Look to the left, cross, left hand **Chops** behind the head

right leg **Crescent Kick** into the open hand, followed by **Elbow strike** into open hand  
(land in horseback stance)

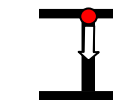


Look right, move left foot behind right foot while executing a **high two hand block** to the right.

**Look left... uncross legs, punch upwards.**

Step, jump, land low with a **double low "X" block**, **"KI-HAP"** (left leg behind the right).

**Double block** (right, front stance)

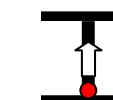


Turn to the front.

*Left leg front stance, right hand **Spear punch**.*

Pull back, fighting stance, *left hand **Low Block**, right hand high "L-shaped" block*

Bring left leg to the right leg, reinforcing the blocks.



**Pivot, twisting the legs and arms so that you end up facing the left side of the room.**

Right leg is behind the left, arms are in a **"U-shaped" block**.

Then...move "down the middle"

*Right leg front stance, left hand **Spear punch**.*

Pull back, fighting stance, *right hand **Low Block**, left hand high "L-shaped" block.*



**"Ba Ro"** (Return)

### Learn Korean:

High block = Sang Dan Mahk Ki

Double block = Ssang Soo Mahk Ki

Double low "X" = Ssang Soo Ha Dan Mahk Ki

Double high "X" = Ssang Soo Sang Dan Mahk Ki

Note: double "ss" in Ssang refers to the Double part of these terms  
the single "s" in sang refers to the "high" part of these terms.