



# Valentin Karate Practice-at-Home Sheet

## Pyung Ahn Sam Dan ("p-yun on som dan")

*This is the sixth form (5th gup - green/brown) belt.*

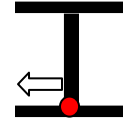
**"Choon Bee"** (Ready Stance) ● = starting position

**Side block** to the left side. (fighting stance)

Move back leg to the front

*Twist and* **Right Hand Inside/Outside Block... Left Hand Low Punch**

*Twist and* **Left Hand Inside/Outside Block... Right Hand Low Punch**

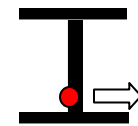


**Side block** to the right side. (fighting stance)

Move back leg to the front

*Twist and* **Left Hand Inside/Outside Block... Right Hand Low Punch**

*Twist and* **Right Hand Inside/Outside Block... Left Hand Low Punch**



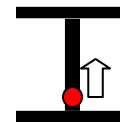
**Double block** (left, front stance) "down the middle"

**Spear hand** (right, front stance)

*Pull right hand behind back, twist...*

**Hammer-fist** in Horseback Stance (left hand)

**Center-punch** in Front Stance **"KI-HAP"** (right hand)



**Turn to the rear, crossing hands in front of lower abdomen, then arms go straight out to the sides and snap in to the waist, hands in a fist**

*Keeping hands attached to the waist*

Right Leg **Outside/insideCrescent Kick**, land in **horseback stance**

**Elbow strike in** and return, **Back Fist** and return hand to waist

Left Leg **Outside/insideCrescent Kick**, land in **horseback stance**

**Elbow strike in** and return, **Back Fist** and return hand to waist

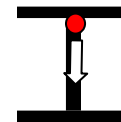
Right Leg **Outside/insideCrescent Kick**, land in **horseback stance**

**Elbow strike in** and return, **Back Fist** and return hand to waist

*Step into left leg front stance....*

**Left Hand Center Punch**

*Back (right) leg moves up to the left leg, then steps to the right into a* **Horseback Stance**



**"Big Turn"** (270 degrees)

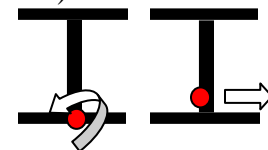
*Look over your left shoulder...*

**Left elbow strike to the rear, right hand punches over left shoulder** (horseback stance)

*Look to the right...*

**Jump in horseback stance and switch arms "KI-HAP"**

(Right elbow strike to the rear, left hand punches over right shoulder)



**"Ba Ro"** (Return)

### Learn Korean:

Spear hand = Kwan Soo

Back Fist = Kap Kwon

Elbow strike = Pahl Koop

Outside/Inside Crescent Kick = Phakeso Ahnu Ro cha ki