

Pyung Ahn O Dan (Red Belt Instructional Guide pg 31)

1. Jhoon Bee Jaseh
2. Hu Gul Yup Mahk Kee
3. Yuk Jin Kong Kyuk
4. right foot next to left, left arm in front of solar plexus
5. Hu Gul Yup Mahk Kee
6. Yuk Jin Kong Kyuk
7. left foot next to right, right arm in front of solar plexus
8. Chun Gul Ssang Soo Ahneso Pahkuro Mahk Kee
9. Ha Dan Ssang Soo Mahk Kee
10. Sang Dan Ssang Soo Mahk Kee
11. raise right foot, hands palm to palm above right knee
12. extend left open palm down
13. Choong Dan Kong Kyuk
14. Pahkeso Anhero Cha Gi, right hand to shoulder
15. Ha Dan Mahk Kee
16. extend left open hand
17. Pahkeso Anhuro Cha Gi
18. Pal Koom Chi
19. Ssang Soo Ahneso Pahkuro Mahk Kee
20. move left foot forward to Hu Gul Jaseh
21. E Dan
22. Ssang Soo Ha Dan Mahk Kee from crouch
23. Chun Gul Ssang Soo Ahneso Pahkuro Mahk Kee
24. Teul Oh Ha Dan Kwan Soo Kong Kyuk, left hand to right shoulder
25. left Ha Dan Mahk Kee, right Sang Dan Mahk Kee
26. move left foot back to right
27. both hands Sang Dan Mahk Kee
28. Teul Oh Ha Dan Kwan Soo Kong Kyuk, right hand to right shoulder
29. right Ha Dan Mahk Kee, left Sang Dan Mahk Kee
30. Ba Ro

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