

Pyung Ahn Sa Dan (Green Belt Instructional Guide pg 61)

1. Jhoon Bee Jaseh
2. Left Ahneso Pahkuro Soo Do Mahk Kee, right Sang Dan Soo Do Mahk Kee
3. Right Ahneso Pahkuro Soo Do Mahk Kee, left Sang Dan Soo Do Mahk Kee
4. Ha Dan Ssang Soo Mahk Kee
5. Hu Gul Ssang Soo Ahneso Pahkuro Mahk Kee
6. Prepare for Yup Podo Cha Gi
7. Yup Podo Cha Gi, Kwon Do Kong Kyuk, left foot back to right knee
8. Teul Oh Pahl Koop Kong Kyuk
9. Turn to Hu Gul Jaseh
10. Prepare for for Yup Podo Cha Gi
11. Yup Podo Cha Gi, Kwon Do Kong Kyuk, right foot back to right knee
12. Teul Oh Pahl Koop Kong Kyuk
13. Sang Dan Soo Do Mahk Kee, Teul Oh Sang Dan Soo Do Kong Kyuk
14. Ahp Cha Nut Gi
15. Sang Dan Kap Kwon Kong Kyuk
16. Grab lapel motion
17. Choong Dan Kong Kyuk, Ahp Cha Nut Gi
18. Choong Dan Kong Kyuk
19. Teul Oh Choong Dan Kong Kyuk
20. Grab lapel motion
21. Choong Dan Kong Kyuk, Ahp Cha Nut Gi
22. Choong Dan Kong Kyuk
23. Teul Oh Choong Dan Kong Kyuk
24. Hu Gul Ssang Soo Ahneso Pahkuro Mahk Kee
25. Hu Gul Ssang Soo Ahneso Pahkuro Mahk Kee
26. Hu Gul Ssang Soo Ahneso Pahkuro Mahk Kee
27. Snap both hands forward
28. Moo Roop Cha Gi
29. Hu Gul Choong Dan Soo Do Mahk Kee
30. Hu Gul Choong Dan Soo Do Mahk Kee
31. Ba Ro Jaseh

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