

Pyung Ahn Sam Dan (Green Belt Instructional Guide pg 51)

1. Jhoon Bee Jaseh
2. Hu Gul Yup Mahk Kee
3. Right Ahneso Pahkuro Mahk Kee, left Ha Dan Mahk Kee
4. Left Ahneso Pahkuro Mahk Kee, right Ha Dan Mahk Kee
5. Hu Gul Yup Mahk Kee
6. Left Ahneso Pahkuro Mahk Kee, right Ha Dan Mahk Kee
7. Right Ahneso Pahkuro Mahk Kee, left Ha Dan Mahk Kee
8. Chun Gul Ssang Soo Ahneso Pahkuro Mahk Kee
9. Choong Dan Kwan Soo Kong Kyuk
10. Prepare
11. Kwon Do Kong Kyuk
12. Choong Dan Kong Kyuk
13. Fists to hips
14. Pahkeso Ahnuro Cha Gi, right foot to left knee
15. Chit Bal Gi, Pahl Koop Mahk Kee
16. Kwon Do Kong Kyuk
17. Right hand to right hip
18. Pahkuro Ahnuro Cha Gi, left foot to right knee
19. Chit Bal Gi, Pahl Koop Mahk Kee
20. Kwon Do Kong Kyuk
21. Left hand to left hip
22. Pahkeso Ahnuro Cha Gi, right foot to left knee
23. Chit Bahl Gi, Pahl Koop Mahk Kee
24. Kwon Do Kong Kyuk
25. Choong Dan Kong Kyuk
26. Kee Ma Jaseh
27. Sang Dan Kong Kyuk, Pahl Koop Kong Kyuk
28. Sang Dan Kong Kyuk, Pahl Koop Kong Kyuk
29. Ba Ro Jaseh

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