

Po-Eun (36 MOVEMENTS)

PO-EUN was the pseudonym of the loyal subject Chong Mong-Chu (1400) a famous poet, whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to king and country towards the end of the Koryo Dynasty

Begin: Parallel Heavenly Stance

	Technique	Height	Stance	Direction
1.	Move the left foot, forearm guarding block to the left	Mid	L	Left
2.	Bring the right foot to left knee, corkscrew up both fists. Look to right	----	BRS	Left
3.	Side pressing kick with right foot, maintain position of hands	Low	---	Right
4.	Lower right foot, knife-hand strike to right side with right hand	Shoulder	S	Right
5.	Angle punch with left fist in front	Chest	---	-----
6.	Low pressing block/punch with left forefist, mid block right arm simultaneously	Mid/Low	---	-----
7.	Low pressing block/punch with right forefist, mid block left arm simultaneously	Mid/Low	---	-----
8.	Wedging block with inner forearms to front	Mid	---	-----
9.	Back thrust with right elbow, pushing fist with left open palm Look back	Mid	---	-----
10.	Right punch to front, sliding left palm up to elbow joint	Shoulder	---	-----
11.	Back thrust with left elbow, pushing fist with right open palm Look back	Mid	---	-----
12.	Look right, double side parallel punch to right	Shoulder	---	-----
13.	Cross left foot over right, low outer forearm block with right arm. Placing fingers of left hand over right wrist	Low	X	Right
14.	Step out with right foot, U-shaped grasp	---	L	Right
15.	Bring left foot to right, twin elbow horizontal strike Look left	Shoulder	C	Right
16.	Step out with left foot, right back-fist to the back ,	Head/Low	S	Left

low block with left arm. Look at back-fist

17.	Cross right foot over left, low outer forearm block with left arm. Placing fingers of right hand on side of left fist	Low	X	Left
18.	Step out with left foot, low reverse knife-hand guarding block	Low	S	Left
19.	Shifting the left foot, double forearm guarding block to right	Mid	L	Right
20.	Bring the left foot to right knee, corkscrew up both fists. Look to left	----	BRS	Right
21.	Side pressing kick with left foot, maintain position of hands	Low	---	Left
22.	Lower left foot, knife-hand strike to left side with left hand	Shoulder	S	Left
23.	Angle punch with right fist in front	Chest	---	-----
24.	Low pressing block/punch with right forefist, mid block left arm simultaneously	Mid/Low	---	-----
25.	Low pressing block/punch with left forefist, mid block right arm simultaneously	Mid/Low	---	-----
26.	Wedging block with inner forearms to front	Mid	---	-----
27.	Back thrust with left elbow, pushing fist with right open palm Look back	Mid	---	-----
28.	Left punch to front, sliding right palm up to elbow joint	Shoulder	---	-----
29.	Back thrust with right elbow, pushing fist with left open palm Look back	Mid	---	-----
30.	Look left, double side parallel punch to left	Shoulder	---	-----
31.	Cross right foot over left, low outer forearm block with left arm. Placing fingers of right hand over left wrist	Low	X	Left
32.	Step out with left foot, U-shaped grasp	---	L	Left
33.	Bring right foot to left, twin elbow horizontal strike Look right	Shoulder	C	Left
34.	Step out with right foot, left back-fist to the back , low block with right arm. Look at back-fist	Head/Low	S	Right
35.	Cross left foot over right, low outer forearm block with right arm. Placing fingers of left hand on side of right fist	Low	X	Right
36.	Step out with right foot, low reverse knife-hand guarding block	Low	S	Left

END: Bring left foot back to form **Heavenly Ready Stance**