

Pyung Ahn Hyung

Meaning “Peaceful Confidence” the characters are

平

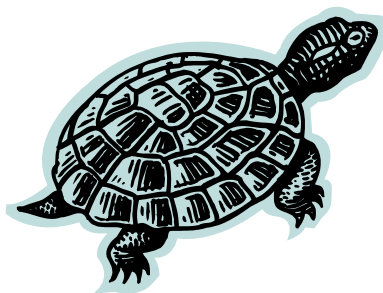
Pyung= Scale/equal weight

安

Ahn- A woman in a house

Created in the 1870's by Mr. Idos

The forms are from Okinawa, and the symbols is a tortoise.



Pyung Ahn Cho Dan

1. Step to the left, low block (left hand).
2. Step and middle punch (right hand).
3. Turn to the right, low block (right hand), switch to side stance groin strike (right hand), slide right leg back to left leg, hammer fist strike (right hand),
4. Step and middle punch (left hand).
5. Step to the middle, low block (left hand), turn hip back, middle soo do block in front stance (left hand).
6. Step and high block (right hand).
7. Step and high block (left hand).
8. Step and high block (right hand), Ki Hap (yell).
9. Turn backwards to the left, low block (left hand).
10. Step and middle punch (right hand).
11. Turn to the right, low block (right hand).
12. Step and middle punch (left hand).
13. Step to the middle, low block (left hand).
14. Step and middle punch (right hand).
15. Step and middle punch (left hand).
16. Step and middle punch (right hand), Ki Hap (yell).
17. Turn backwards to the left, low soo do block (left hand).
18. Step 45°, low soo do block (right hand).
19. Turn to the right, low soo do block (right hand).
20. Step 45°, low soo do block (left hand)

