

Po-Eun
Parallel Stance with Heaven Hands
(Maintain focus to front of pattern throughout)

1. Step left foot into a right L-stance (facing west) while executing a guarding block.
2. Snap right foot into a left one-legged stance (facing north) while executing two upward punches to the west (right fist at left elbow, palms facing you).
- 3a. Maintain hand positions while executing a (low, right leg) side piercing kick to the east.
- 3b. Set down into a straddle stance (facing north) while executing a (outward) single knife hand strike to the east.
4. Maintain straddle stance while executing a left crescent punch to the north.
5. Maintain straddle stance while simultaneously executing a left low defense and a (high) right inner forearm block to the north.
6. Maintain straddle stance while simultaneously executing a right low defense and a (high) left inner forearm block to the north.
7. Maintain straddle stance while executing a (middle) wedging block to the north with the inner forearms.
8. Maintain straddle stance while executing a right #3 elbow strike to the south.
9. Maintain straddle stance while executing a (middle) right hand punch (punch passes under left palm, bringing your left palm above right elbow).
10. Maintain straddle stance while executing a left #3 elbow strike to the south.
11. Maintain straddle stance while executing a horizontal punch to the east.
12. Step left foot into a (low) left X-stance (facing north) while executing a (low) trapping block (left finger-belly to right wrist, in front of rear leg).
13. Step right foot into a left L-stance (facing east) while executing a U-grab.
14. Step left foot into a close ready stance (facing north) and with a grabbing motion (open hands cross in front of neck) thrust both elbows to the sides (fists palm down, fists and elbows shoulder high).
15. Step left foot into a straddle stance (facing north) while simultaneously executing a left low defense and a (high, rearward) right back-fist strike to the south.
16. Step right foot into a (low) right X-stance (facing north) while executing a (low) trapping block (left hammer fist into right palm, in front of rear leg).
17. Step left foot into a straddle stance (facing north) while simultaneously executing a (low) left ridge-hand block and a (low) right knife-hand guard to the west.
18. Pivot into a left L-stance (facing east) while executing a guarding block.
19. Snap left foot into a right one-legged stance (facing north) while executing two upward punches to the east (left fist at right elbow, palms facing you).
- 20a. Maintain hand positions while executing a (low, left leg) side piercing kick to the west.
- 20b. Set down into a straddle stance (facing north) while executing a (outward) single knife hand strike to the west.
21. Maintain straddle stance while executing a right crescent punch to the north.
22. Maintain straddle stance while simultaneously executing a right low defense and a (high) left inner forearm block to the north.
23. Maintain straddle stance while simultaneously executing a left low defense and a (high) right inner forearm block to the north.
24. Maintain straddle stance while executing a (middle) wedging block to the north

with the inner forearms.

25. Maintain straddle stance while executing a left #3 elbow strike to the south.
26. Maintain straddle stance while executing a (middle) left hand punch (punch passes under right palm, bringing your right palm above left elbow).
27. Maintain straddle stance while executing a right #3 elbow strike to the south.
28. Maintain straddle stance while executing a horizontal punch to the west.
29. Step right foot into a (low) right X-stance (facing north) while executing a (low) trapping block (right finger-belly to left wrist, in front of rear leg).
30. Step left foot into a left L-stance (facing west) while executing a U-grab.
31. Step right foot into a close ready stance (facing north) and with a grabbing motion (hands cross in front of neck) thrust both elbows to the sides (fists palm down, fists and elbows shoulder high).
32. Step right foot into a straddle stance (facing north) while simultaneously executing a right low defense and a (high, rearward) left back-fist strike to the south.
33. Step left foot into a (low) left X-stance (facing north) while executing a (low) trapping block (right hammer fist into left palm, in front of rear leg).
34. Step right foot into a straddle stance (facing north) while simultaneously executing a (low) right ridge-hand block and a (low) left knife-hand guard to the east.

Move Left Foot To Paro

Pattern Count: 34

(Techniques: 36)

Definition: **Po-Eun**: For the Se-Jong student Po-Eun pattern is a reminder of the necessity to be loyal to one's self and one's conscience, and art.
(1st. **Grade-Red Belt with Black Stripe—Candidate for Black Belt.**)