



West Coast Taekwondo

Gary & Lynn Williams, Owner/Senior Instructors — 714.505.3220

1st Degree Decided Black Belt Pattern PO-EUN (36 movements)

The pseudonym of a loyal subject Chong Mong-Chu (1400 A.D.) who was a famous poet and 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 the king and country towards the end of the Koryo Dynasty.

	Ready Stance D	
1	Left Double Fist Block	Left Back Stance
2	Left Double Upward Punch High	Left One Leg Stance
3	Right Side Kick Low	
4	Right Knifehand Strike Middle	Sitting Stance
5	Left Horizontal Punch	Sitting Stance
6	Right Inner Forearm Block/ Left Low Block	Sitting Stance
7	Left Inner Forearm Block/ Right Low Block	Sitting Stance
8	Twin Inner Forearm Block	Sitting Stance
9	Right Backward Elbow Strike	Sitting Stance
10	Right Punch Middle (Left finger tips on top of right elbow)	Sitting Stance
11	Left Backward Elbow Strike	Sitting Stance
12	Right Double Horizontal Punch	Sitting Stance
13	Right Wrist Slap Low	X-Stance (Left leg in front)
14	Right C-Block (Yell)	Right Back Stance
15	Twin Elbow Strike (Medium – end fast)	Closed Stance
16	Left Low Block / Right Backfist High	Sitting Stance
17	Left Hammerfist Low (Right Palm)	X-Stance (Right leg in front)
18	Left Circular Double Ridgehand Block Low	Left Back Stance
19	Right Double Fist Block	Right Back Stance
20	Right Double Upward Punch High	Right One Leg Stance
21	Left Side Kick Low	
22	Left Knifehand Strike Middle	Sitting Stance
23	Right Horizontal Punch	Sitting Stance
24	Left Inner Forearm Block / Right Low Block	Sitting Stance
25	Right Inner Forearm Block / Left Low Block	Sitting Stance
26	Twin Inner Forearm Block	Sitting Stance
27	Left Backward Elbow Strike	Sitting Stance
28	Left Punch Middle (Right finger tips on top of left elbow)	Sitting Stance
29	Right Backward Elbow Strike	Sitting Stance
30	Left Double Horizontal Punch	Sitting Stance
31	Left Wrist Slap Low	X-Stance (Right leg in front)
32	Left C-Block (Yell)	Left Back Stance
33	Twin Elbow Strike (Medium – end fast)	Closed Stance
34	Right Low Block / Left Backfist High	Sitting Stance
35	Right Hammerfist Low (Left Palm)	X-Stance (Left leg in front)
36	Right Circular Double Ridgehand Block Low	Right Back Stance