

4 PYONGWON FORM

| Footwork | Stance | Face | Action |
|--------------------------------------|-----------------------|-------|---|
| START | Feet together | Front | Crossed palms ready position (left on top) |
| 1 Left foot steps left | Natural stance | Front | Low outside double knife hand block, hands go apart, then back (slowly breathe out) |
| 2 Same stance | Natural stance | Front | Sphere pushing (Breathe in, then slowly breathe out) |
| 3 Right foot steps right | Left back stance | Right | Right low knife hand block |
| 4 Pivot left 180° on both heels | Right back stance | Left | Left knife hand body block |
| 5 Left foot steps slightly forward | Left forward stance | Left | Right high rising elbow attack |
| 6 Step and pivot left on right foot | Left back stance | Right | Right front kick, left turning side kick, right double knife hand body block |
| 7 Same stance | Left back stance | Right | (Circling) right double knife hand low block |
| 8 Turn right foot 90° to left | Horse riding stance | Right | Assisted right inside high block, left fist with palm facing down |
| 9 Lift and stamp right foot | Horse riding stance | Front | Right side stamp to foot, while pulling left hand in (palm down) and right back fist (yell) |
| 10 Same stance | Horse riding stance | Front | Pull right hand in (palm down) and left back fist (full actions) |
| 11 Left foot steps over right foot | Left twisting stance | Right | Double side elbow attack |
| 12 Right foot steps right | Horse riding stance | Right | Mountain block (spreading hands) |
| 13 Right foot raises to left knee | Left crane stance | Right | Right outside low block, left face block |
| 14 Same stance | Left crane stance | Right | Both fists to left hip |
| 15 Right foot steps forward | Right forward stance | Right | Right side kick, then left high rising elbow attack |
| 16 Step and pivot right on left foot | Left back stance | Left | Left front kick, right turning side kick, left double knife hand body block |
| 17 Same stance | Right back stance | Right | (Circling) left double knife hand low block |
| 18 Turn left foot 90° to right | Horse riding stance | Right | Assisted left inside high block, right fist with palm facing down |
| 19 Lift and stamp left foot | Horse riding stance | Front | Left side stamp to foot, while pulling right hand in (palm down) and left back fist (yell) |
| 20 Same stance | Horse riding stance | Front | Pull left hand in (palm down) and right back fist (full actions) |
| 21 Right foot steps over left foot | Right twisting stance | Right | Double side elbow attack |
| 22 Left foot steps left | Horse riding stance | Right | Mountain block (spreading hands) |
| 23 Left foot raises to right knee | Right crane stance | Right | Left outside low block, right face block |
| 24 Same stance | Right crane stance | Right | Both fists to right hip |
| 25 Left foot steps forward | Left forward stance | Right | Left side kick and punch, then right elbow to left hand |
| END Left foot draws to right foot | Feet together | Front | Crossed palms finish position |