

Updated 10/08	<p>(F/L) Front (F) (F/R)</p> <p>(L) Left Right (R)</p> <p>(B/L) Back (B) (B/R)</p>
Advanced II or Pyongon- Yee Don (Blue Belt)	<p>Start in <i>yunbi stance, chayuit, kiyunyuit</i>, return to <i>yunbi stance</i></p> <p>(90° counterclockwise to L)</p> <p>1) Look (L), slide <u>left</u> leg to <u>right</u> leg and fold at <u>right</u> side, slide <u>left</u> foot to a <u>left back stance</u> and simultaneously execute a <u>left outside chop block</u> and a <u>right upward block</u> (with palm open)</p> <p>2) Execute a <u>right sliding punch</u> to throat (pivot body with <u>right</u> heel off ground)</p> <ul style="list-style-type: none"> • Pivot abruptly back into a <u>left side horse stance</u> (move <u>left</u> foot slightly), simultaneously execute a <u>left horizontal punch</u> to body <p>(180° clockwise to R)</p> <p>3) Look (R), slide <u>right</u> leg to <u>left</u> leg and fold at <u>left</u> side, slide <u>right</u> foot to a <u>right back stance</u> and simultaneously execute a <u>right outside chop block</u> and a <u>left upward block</u> (with palm open)</p> <p>4) Execute a <u>left sliding punch</u> to throat (pivot body with <u>left</u> heel off ground)</p> <ul style="list-style-type: none"> • Pivot abruptly back into a <u>right side horse stance</u> (move <u>right</u> foot slightly), simultaneously execute a <u>right horizontal punch</u> to body <p>(90° clockwise to B)</p> <p>5) Look (B), simultaneously slide <u>right</u> foot to <u>left</u> foot and fists to <u>left</u> waist, <u>right low/high side kick</u></p> <p>(180° counterclockwise to F)</p> <p>6) Look (F), set down in a <u>left back stance</u> and fold to execute a <u>left shuto block</u></p> <p>7) Slide <u>right</u> foot forward and fold to execute a <u>right shuto block</u></p> <p>8) Slide <u>left</u> foot forward and fold to execute a <u>left shuto block</u></p> <p>9) Slide <u>right</u> foot forward to a <u>right forward stance</u>, simultaneously swing arm around to execute a <u>right spear hand strike</u> to diaphragm, Kiai</p> <p>10) Grab head with <u>left</u> hand, slide <u>right</u> foot forward to a <u>right side horse stance</u> and simultaneously execute a <u>right front elbow strike</u></p> <p>(225° counterclockwise to B/L)</p> <p>11) Look (B/L), slide <u>left</u> foot to <u>right</u> foot, slide <u>left</u> foot forward and fold to execute a <u>left shuto block</u></p> <ul style="list-style-type: none"> • Grab sleeve, pull to a <u>left cat stance</u> with <u>right reverse punch</u> to chest, set down <u>left</u> foot into a <u>left side horse stance</u> and simultaneously execute a <u>left horizontal punch</u> <p>12) Slide <u>right</u> foot forward and fold to execute a <u>right shuto block</u></p> <ul style="list-style-type: none"> • Grab sleeve, pull to a <u>right cat stance</u> with <u>left reverse punch</u> to chest, set down <u>right</u> foot into a <u>right side horse stance</u> and simultaneously execute a <u>right horizontal punch</u>

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	<p>(90° counterclockwise to B/R)</p> <p>13) Look (B/R), slide <u>right</u> foot forward and fold to execute a <u>right shuto block</u></p> <ul style="list-style-type: none"> Grab sleeve, pull to a <u>right cat stance</u> with <u>left reverse punch</u> to chest, set down <u>right</u> foot into a <u>right side horse stance</u> and simultaneously execute a <u>right horizontal punch</u> <p>14) Slide <u>left</u> foot forward and fold to execute a <u>left shuto block</u></p> <ul style="list-style-type: none"> Grab sleeve, pull to a <u>left cat stance</u> with <u>right reverse punch</u> to chest, set down <u>left</u> foot into a <u>left side horse stance</u> and simultaneously execute a <u>left horizontal punch</u>
	<p>(45° counterclockwise to B)</p> <p>15) Look (B), bring arms to a double fold with <u>right</u> arm on bottom</p> <ul style="list-style-type: none"> Slide <u>left</u> foot back to deep <u>left forward stance</u>, simultaneously execute a <u>right outward pressing block</u> <u>Right front thrust kick</u>, deep <u>right forward stance</u> with a simultaneous <u>left horizontal punch</u> <p>16) Bring arms to a double fold with <u>left</u> arm on bottom, <u>left outward pressing block</u></p> <ul style="list-style-type: none"> <u>Left front thrust kick</u>, <u>left forward stance</u> with a simultaneous <u>right horizontal punch</u> <p>17) Slide <u>right</u> foot to <u>left</u> foot with fists to <u>left</u> waist, slide <u>right</u> foot to a <u>right forward stance</u> with a simultaneous <u>right twin fist strike</u></p>
	<p>(45° counterclockwise to B/R)</p> <p>18) Look (B/R), slide <u>right</u> foot to <u>left</u> foot and bring fists to <u>left</u> waist, <u>right back kick</u></p>
	<p>(180° counterclockwise to F/L)</p> <ul style="list-style-type: none"> Set down in a <u>left back stance</u> and fold to execute a <u>left shuto block</u> <p>19) Grab and pull head with <u>left</u> hand and execute a <u>right vertical punch</u> to head (pivot body with <u>right</u> heel off ground)</p>
	<p>(90° clockwise to F/R)</p> <p>20) Slide <u>right</u> foot forward and fold to execute a <u>right shuto block</u></p> <ul style="list-style-type: none"> Grab and pull head with <u>right</u> hand and execute a <u>left vertical punch</u> to head (pivot body with <u>left</u> heel off ground), Kiai <p>Slide <u>right</u> foot to <u>left</u> foot, slide <u>left</u> foot out...</p> <p><i>Yunbi stance, chayuit, kiyunyuit, and yunbi stance.</i></p>