

Forms	(F/L) Front (F) (F/R) (L) Left Right (R) (B/L) Back (B) (B/R)
Advanced III  or Pyongon-Samn Don  (Green Belt)	<p>Start in <i>yunbi stance, chayuit, kiyunyuit</i>, return to <i>yunbi stance</i></p> <p><b>(90° counterclockwise to L)</b></p> <ol style="list-style-type: none"> <li>1) Look (<b>L</b>), slide <u>left</u> leg to <u>right</u> leg, bring arms to double fold with <u>left</u> arm on bottom</li> <li>• Slide <u>left</u> leg to a <u>left side kima stance</u>, simultaneously execute a <u>left outward block</u> (blocking a <i>horizontal punch</i> from (<b>L</b>))</li> <li>2) <u>Right reverse punch</u> (rotate on ball of <u>right</u> foot), simultaneously bring <u>left</u> fist to waist</li> </ol> <p><b>(Look 180° clockwise to R)</b></p> <ol style="list-style-type: none"> <li>3) Look (<b>R</b>), simultaneously slide <u>right</u> leg to <u>left</u> leg and “square up” <u>left</u> arm horizontally at shoulder height in front of body and snap <u>right</u> fist to waist</li> <li>4) Bring arms to double fold with <u>right</u> arm on bottom</li> <li>• Slide <u>right</u> leg a <u>right side kima stance</u>, simultaneously execute a <u>right outward block</u> (blocking a <i>horizontal punch</i> from (<b>R</b>))</li> <li>5) <u>Left reverse punch</u> (rotate on ball of <u>left</u> foot), simultaneously bring <u>right</u> fist to waist</li> </ol> <p><b>(180° counterclockwise to go R)</b></p> <ol style="list-style-type: none"> <li>6) Look (<b>R</b>), simultaneously slide <u>left</u> leg to <u>right</u> leg and “square up” <u>right</u> arm horizontally at shoulder height in front of body and snap <u>left</u> fist to waist</li> </ol> <p><b>(90° clockwise to go F)</b></p> <ol style="list-style-type: none"> <li>7) Bring <u>right</u> fist down to <u>left</u> fist at waist to fold, step forward with <u>right</u> foot into a <u>right forward stance</u> and simultaneously execute a <u>right twin fist</u></li> <li>8) Pull fists back to sides, step forward with <u>left</u> foot into a <u>left forward stance</u> and simultaneously execute a <i>lower X-Pressing block</i>, pull fists back to sides, execute an <i>upper X-Pressing block</i> with <u>left</u> arm on top</li> <li>• Grab with <u>left</u> hand (<u>right</u> fist to waist), step forward with <u>right</u> foot into <u>right forward stance</u> and simultaneously execute a <u>right horizontal punch</u> (<u>left</u> fist to waist), <b>Kiai</b></li> </ol> <p><b>(180° counterclockwise to face B)</b></p> <ol style="list-style-type: none"> <li>9) Look (<b>B</b>), turn 180° counterclockwise to face (<b>B</b>), simultaneously execute a <u>right inside crescent kick block</u> (to block a <u>right horizontal punch</u> . . . <u>right</u> arm stays same distance from <u>right</u> leg throughout movement)</li> <li>• Set down in a <u>right side horse stance</u>, simultaneously execute a <u>right downward hammerfist</u> to groin</li> </ol> <p><b>(180° counterclockwise to face F)</b></p> <ol style="list-style-type: none"> <li>10) Look (<b>F</b>), execute a <u>left outward pressing chop block</u> (slowly)</li> <li>11) <u>Right inside crescent kick block</u> (to block a <u>right horizontal punch</u>)</li> <li>• Set <u>right</u> foot down into a <u>right side horse stance</u> with simultaneous <u>right front elbow</u> to face, step with <u>left</u> foot behind <u>right</u> foot and execute a <u>right twin fist strike</u></li> </ol>

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	<p><b>(180° counterclockwise to face B)</b></p> <p>12) Look <b>(B)</b>, slide <u>left</u> foot to a <u>left cat stance</u> and simultaneously bring arms up high at right side to fold with hands in fists (<u>right</u> arm straight, <u>left</u> arm bent)</p> <ul style="list-style-type: none"> <li>• Step out with <u>left</u> foot, jump over opponent, and land in an <u>right side X-stance</u> and execute a <i>lower X-Pressing block</i> to <b>(R)</b></li> </ul> <p>13) Look <b>(B)</b>, slide <u>right</u> leg to a <u>right forward stance</u> and execute a <u>right twin fist strike</u></p> <p><b>(180° counterclockwise to face F)</b></p> <p>14) Look <b>(F)</b>, slide <u>left</u> leg back and pivot to a <u>left forward stance</u>, execute a <u>right upset finger strike</u> to the groin</p> <ul style="list-style-type: none"> <li>• Pull up to a <u>left cat stance</u> with <u>right</u> fist by <u>right</u> ear and <u>left</u> fist by <u>left</u> knee</li> </ul> <p>15) Pivot body counterclockwise to face <b>(L)</b>, and bring arms up to shoulder level and execute <i>double backfist strike</i> to <b>(R)</b></p> <p>16) Slide <u>right</u> leg to a <u>right forward stance</u>, execute a <u>left upset finger strike</u> to the groin</p> <ul style="list-style-type: none"> <li>• Pull up to a <u>right cat stance</u> with <u>left</u> fist by <u>left</u> ear and <u>right</u> fist by <u>right</u> knee,  <b>Kiai</b></li> </ul> <p><i>Yunbi stance, chayuit, kiyunyuit, and yunbi stance.</i></p>