Poomsae Pyongwon **Pyongwon: Step by Step**

Poomsae Pwongwon is the fourth of the Black Belt Dan Patterns. Poomsae Pwongwon is required for 5th Dan Black Belt grade. The 21 movements (29 techniques) represent the the vast plain, represented by the single line of the Poomsae.The poomsae is performed on a single line with many cross-stances and changes of direction of the face. It is important to co-ordinate the change of directions of the body and face. http://www.phoenixtaekwondo.net/tkdpoomsaepyongwon.html

Closed Stance Kyopson Junbi

Parallel Stance Knife Hand Block

Parallel Stance Tongmilgi Junbi

Back Stance Low Knife Hand Block

Back Stance Knife Hand Block

Front Stance Elbow Strike

Front Kick

Reverse Side Kick

Back Stance Double Knife Hand Block

Back Stance Double Low Knife Hand Block

Horseriding Stance Augmented Outer Block

Horseriding Stance Backfist (Kihap!)

Horseriding Stance Backfist Strike

Cross Stance Double Elbow Strike

Horseriding Stance Mountain Block

Crane Stance: Diamond Block

Side Kick

Front Stance: Elbow Strike

Front Kick

Reverse Side Kick

Back Stance Double Knife Hand Block

Back Stance Double Low Knife Hand Block

Horseriding Stance Augmented Outer Block

Horseriding Stance Backfist Strike (Kihap!)

Horseriding Stance Backfist Strike

Cross Stance Double Elbow Strike

Horseriding Stance Mountain Block

Crane Stance Diamond Block

Side Kick Hammerfist Strike

Front Stance Elbow Strike

Closed Stance Kyopson Junbi