

## **Pyong E Dan**

Kata Introduction: Bow in. Walk to table. Bow to Instructor(s). Ready stance. Say:

*Hello! My name is \_\_\_\_\_. My instructor is Sensei McCrory, and with your permission I would like to perform Pyong E Dan.*

Bow to Instructor(s). Take 3 big steps back. Bow.

Ready Stance

Say Kata Name

Look to Left

1. **(Point)** Double Forearm Block, Minor Back Stance
2. Bring Right Hand Down Slowly Under Left Hand and Uppercut
3. Quickly After Uppercut, Left Hammerfist
4. **(Pivot)** Double Forearm Block, Minor Back Stance
5. Bring Left Hand Down Slowly Under Right Hand and Uppercut
6. Quickly After Uppercut, Right Hammerfist
  
7. Bring Right Foot Back to Groin Block, Rest Foot at Knee, Hands on Left Side at Belt
8. Look Over Right Shoulder, Right Side Kick and Right Middle Punch, Put Right Foot Down, Look Back to Front, Knifehand Guarding Block, Minor Back Stance
9. **(Step)** Knifehand Guarding Block, Minor Back Stance
10. **(Step)** Knifehand Guarding Block, Minor Back Stance
11. **(Step)** Right Reinforced Spearhand, Front Stance, Keop
  
12. **(Step Behind, Untwist)** Knifehand Guarding Block, Minor Back Stance
13. **(Angle Step)** Knifehand Guarding Block, Minor Back Stance
14. **(Turn)** Knifehand Guarding Block, Minor Back Stance
15. **(Angle Step)** Knifehand Guarding Block, Minor Back Stance
  
16. **(Touch, Turn, Go)** Low and Wide Front Stance, Right Circular Block
17. Right Front Snap Kick, Put Foot Down in Front, Left Middle Punch, Front Stance
18. Slide Right Foot into Low and Wide Front Stance, Left Circular Block
19. Left Front Snap Kick, Put Foot Down in Front, Right Middle Punch, Front Stance
20. **(Step)** Reinforced Forearm Block, Front Stance, Keop
  
21. **(Step Behind, Untwist)** Low Block, Front Stance
22. Left High Reverse Knifehand Strike
23. **(Angle Step)** Right High Block, Front Stance
24. **(Turn)** Low Block, Front Stance
25. Right High Reverse Knifehand Strike
26. **(Angle Step)** Left High Block, Front Stance, Keop

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