

Pyong Sah 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 Sah Dan.

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

Ready Stance

Say Kata Name

Look to Left

1. **(Point)** Double Knifehand Block, Minor Back Stance
2. **(Pivot)** Double Knifehand Block, Minor Back Stance
3. **(Step Out)** Left Low X-Block, Front Stance
4. **(Step)** Reinforced Forearm, Front Stance
5. Left Foot Stomp Beside Right Foot, Rest Left Foot at Knee, Hands at Right Waist
6. Left Side Kick and Left Side Backfist, Down to Front Stance, Forearm Strike With Left Hand Pulling
7. **(Pivot)** Hands on Left Waist, Minor Back Stance
8. Left Foot Stomp Beside Right Foot, Rest Right Foot at Knee, Hands at Left Waist
9. Right Side Kick and Right Side Backfist, Down to Front Stance, Forearm Strike With Right Hand Pulling
10. Look Left, Knifehand Block
 - a. **(Left Step)** Twist into Open Hand Rising Block, Right Knifehand Strike, Long Front Stance
11. Right Front Snap Kick,
 - a. **(Jump)** Right Side Block, Left Foot Hooked on Knee, Hook Stance, Keop
12. **(Step Behind, Untwist)** Wedging Block, Front Stance
13. Right Front Snap Kick, Punch, Reverse Punch, Front Stance
14. **(Turn)** Wedging Block, Front Stance
15. Left Front Snap Kick, Punch, Reverse Punch, Front Stance
16. **(Touch, Turn, Go)** Low Block, Front Stance
17. **(Step)** Reinforced Forearm, Front Stance
18. **(Step)** Reinforced Forearm, Front Stance
19. Reach Back to "Arkansas" with Dual Knifehands
20. Head Grab to Right Rising Knee Kick, Keop, Put Right Foot Down in Front
21. **(Pivot)** Knifehand Guarding Block, Minor Back Stance
22. **(Angle Step)** Knifehand Guarding Block Minor Back Stance

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