

Po Eun Tul

This pattern starts in Heaven Hands toward D, Chunbi Jase

Stances	Techniques
1. L-stance Ninja sogi (Niunja so palmok daebi makgi)	Forearm guarding block Palmok daebi makgi
2. One leg stance Waeybel sogi (Waeybel so nopunde ollyo jirugi)	High upward punch Nopunde ollyo jirugi
3. N/A (Noollo chagi)	Pressing kick Noollo chagi
4. Sitting stance Annun sogi (Annun so sonkal taerigi)	Knife hand strike Sonkal taerigi
5. Sitting stance Annun sogi (Annun so kiokja jirugi)	Angle punch Kiokja jirugi
6. Sitting stance Annun sogi (Annun so ap joomuk noollo makgi – kaunde an palmok makgi)	Fore fist pressing block & Ap joomuk noollo makgi - Middle inner forearm block Kaunde an palmok makgi
7. Sitting stance Annun sogi (Annun so ap joomuk noollo makgi – kaunde an palmok makgi)	Fore fist pressing block & Ap joomuk noollo makgi - Middle inner forearm block Kaunde an palmok makgi
8. Sitting stance Annun sogi (Annun so an palmok hechyo makgi)	Inner forearm wedging block An Palmok hechyo makgi
9. Sitting stance Annun sogi (Annun so duro makgi)	Scooping block Duro makgi
10. Sitting stance Annun sogi (Annun so kaunde ap joomuk jirugi)	Middle fore fist punch Kaunde ap joomuk jirugi

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| 11. Sitting stance
Annun sogi
(Annun so dwit palkup tulgi) | Back elbow thrust
Dwit palkup tulgi |
| 12. Sitting stance
Annun sogi
(Annun so soopyong jirugi) | Horizontal punch
Soopyong jirugi |
| 13. X-stance
Kyocha sogi
(Kyocha so najunde bakat palmok ap makgi) | Low outer forearm front block
Najunde bakat palmok ap makgi |
| 14. L stance
Niunja sogi
(Niunja so mongdunggi jappgi) | U Shape Grasp
Mongdunggi jappgi |
| 15. Close stance
Moa sogi
(Moa so sang yop palkup tulgi) | Twin side elbow thrust
Sang yop palkup tulgi |
| 16. Sitting stance
Annun sogi
(Annun so yop dung joomuk taerigi) | Side back fist strike
Yop dung joomuk taerigi |
| 17. X-stance
Kyocha sogi
(Kyocha so najunde bakat palmok ap makgi) | Low outer forearm front block
Najunde bakat palmok ap makgi |
| 18. Sitting stance
Annun sogi
(Annun so najunde sonkal dung daebi makgi) | Low reverse knife hand guarding block
Najunde sonkal dung daebi makgi |
| 19. L-stance
Niunja sogi
(Niunja so palmok daebi makgi) | Forearm guarding block
Palmok daebi makgi |
| 20. One leg stance
Waeybel sogi
(Waeybel so nopunde ollyo jirugi) | High upward punch
Nopunde ollyo jirugi |
| 21. N/A

(Noollo chagi) | Pressing kick
Noollo chagi |

22. Sitting stance
Annun sogi
(Annun so sonkal taerigi) Knife hand strike
Sonkal taerigi
23. Sitting stance
Annun sogi
(Annun so kiokja jirugi) Angle punch
Kiokja jirugi
24. Sitting stance
Annun sogi
(Annun so ap joomuk noollo makgi – kaunde an palmok makgi) Fore fist pressing block &
Ap joomuk noollo makgi -
Middle inner forearm block
Kaunde an palmok makgi
25. Sitting stance
Annun sogi
(Annun so ap joomuk noollo makgi – kaunde an palmok makgi) Fore fist pressing block &
Ap joomuk noollo makgi
Middle inner forearm block
Kaunde an palmok makgi
26. Sitting stance
Annun sogi
(Annun so an palmok hechyo makgi) Inner forearm wedging block
An palmok hechyo makgi
27. Sitting stance
Annun sogi
(Annun so dwit palkup tulgi) Back elbow thrust
Dwit palkup tulgi
28. Sitting stance
Annun sogi
(Annun so kaunde ap joomuk jirugi) Middle front fore fist punch
Kaunde ap joomuk jirugi
29. Sitting stance
Annun sogi
(Annun so dwit palkup tulgi) Back elbow thrust
Dwit palkup tulgi
30. Sitting stance
Annun sogi
(Annun so soopyong jirugi) Horizontal punch
Soopyong jirugi
31. X-stance
Kyocha sogi
(Kyocha so najunde bakat palmok ap makgi) Low outer forearm front block
Najunde bakat palmok ap makgi
32. L-stance
Niunja sogi
(Niunja so mongdunggi jappgi) U-shape grasp
Mongdunggi jappgi

33. Close stance
Moa sogi
(Moa so sang yop palkup tulgi)
Twin side elbow thrust
Sang yop palkup tulgi
34. Sitting stance
Annun sogi
(Annun so yop dung joomuk taerigi)
Side back fist strike
Yop dung joomuk taerigi
35. X-stance
Kyocho sogi
(Kyocho so najunde bakat palmok ap makgi)
Low outer forearm front block
Najunde bakat palmok ap makgi
36. Sitting stance
Annun sogi
(Annun so najunde sonkal dung daebi makgi)
Low reverse knife hand guarding block
Najunde sonkal dung daebi makgi