

**Martial Arts Carolina**  
Form and Rank Requirement Sheet

**Po-Eun: 36 movements**

**History:** Po-Eun is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

**Form:**

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Parallel stance with Heaven Hand facing North		
1. Step left foot W, double outer forearm block	W	RB
2. Pull right foot to left knee to one leg stance, left high outer forearm block to W, looking E (right hand at left shoulder)	W	Cr
3. Right #1 flip side kick (low), maintain hand position		
4. Step right foot to MS facing N, right knifehand strike to E	N	M
5. Left horizontal punch		
6. Right high/low inner forearm block		
7. Left high/low inner forearm block		
8. Twin circular inner forearm block to N		
9. Right back elbow strike, left palm on right fist		
10. Right punch to N, left palm on right bicep		
11. Left back elbow strike, right palm on left fist		
12. Double horizontal punch to E, KIHAP		
13. Step left foot in front of right, right finger belly to left wrist		X
14. Step right foot E, pole block to E	E	LB
15. Step left foot to right, twin slow horizontal back elbow strike		
16. Left #1 outer crescent, landing in right side high/low inner forearm block	W	RB
17. Step right foot in front of left, right circular hammerfist into left palm (low)	W	X
18. Step left foot W, circular double ridgehand low block	W	RB
19. Pivot to face E, double outer forearm block to E	E	LB
20. Pull left foot to right knee to one leg stance, right high outer forearm block to E, looking W (left hand at right shoulder)	E	Cr
21. Left #1 flip side kick (low), maintain hand position		
22. Step left foot to MS facing N, left knifehand strike to W	N	M
23. Right horizontal punch		
24. Left high/low inner forearm block		
25. Right high/low inner forearm block		
26. Twin circular inner forearm block to N		
27. Left back elbow strike, right palm on left fist		
28. Left punch to N, right palm on left bicep		
29. Right back elbow strike, left palm on right fist		
30. Double horizontal punch to W, KIHAP		
31. Step right foot in front of left, left finger belly to right wrist		X
32. Step left foot W, pole block to W	W	RB
33. Step right foot to left, twin slow horizontal back elbow strike		

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**Po-Eun: 36 movements (cont.)**

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|---|---|----|
| 34. Right #1 outer crescent, landing in left side high/low<br>inner forearm block       | E | LB |
| 35. Step left foot in front of right, left circular hammerfist<br>into right palm (low) | E | X  |
| 36. Step right foot W, circular double ridgehand low block                              | E | LB |
- Right foot returns to ready position