

6th Gup Resource_Pyung Ahn Hyung_KDJSS

PYUNG AHN HISTORY AND NAMING

平安 →

Pyung

Ahn

“Peaceful Confidence”

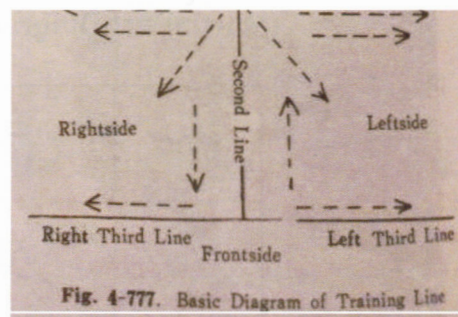
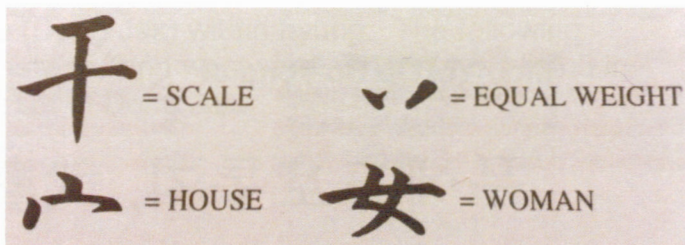


Fig. 4-777. Basic Diagram of Training Line
Pyung Ahn Cho Dan – Line Diagram

• **MEANING:**

- **Pyung** – Shape resembles a balanced scale and corresponds to English terms: well balanced, calm and peaceful.
- **Ahn** – Woman/Mother Inside a House and corresponds to English terms: safe, security, confident and comfortable.

• **INTRODUCTION:**

- Date of Creation - Approximately 1870
- By practicing Pyung Ahn one can develop Peaceful Confidence of mind and body regardless of the situation because of the self-defense ability developed by understanding these forms.
- Originated in China and exemplify the southern regional style.
- They were created by a Chinese military leader named Jeh Nam and were once known as the Jeh Nam Hyung.
- These forms were brought to Okinawa from mainland China, and Mr. Idos rearranged them into five sets of Hyung. Shortly thereafter, they became known as the Pyung Ahn Hyung.
- **Comments from Kwan Jang Nim H.C. Hwang**
 - Present confidence and make that part of your being.
 - Hold mind in the Dan Jun (Abdomen) = move from the center and trust the HuRi (Hip).

• **ANIMAL CHARACTERISTIC:**

- The Founder (Kwan Jang Nim Hwang Kee) made the Tortoise (Turtle) the symbol of the Pyung Ahn Hyung.
 - These forms were presented to reflect the Moo Duk Kwan style in 1945.
- The turtle bears a special significance in Korean culture comparable to that of a dragon in China.
 - Turtle sculptures are seen in gardens and temples.
 - Its head represents the earth, its claw - the heavens and its body - the water (as well as humanity).
 - Given what the turtle represents – it embodies longevity.

• **NUMBER OF TECHNIQUES:**

- Cho Dan (25), E Dan (30), Sam Dan (29), Sa Dan (31), O Dan (30)

• **PRACTICAL APPLICATION (PICTURES FROM THE SOO BAHK DO DAE KHAM - VOLUME 1 TEXTBOOK © 1978):**



Pyung Ahn Cho Dan



Pyung Ahn E Dan



Pyung Ahn Sam Dan



Pyung Ahn Sa Dan



Pyung Ahn O Dan