

Han Moo Kwan Tae Kwon Do

No Pe Hyung



No Pe Hyung is expected to be demonstrated by students who are testing as an Interim Black Belt or above. If not explicitly stated, the default stance is an Attack Stance. No Pe Hyung is a demonstration of power on wood. This form appears to be derived from the Rohai forms practiced in some styles of karate. The name Rohai translates approximately to "vision of a Crane" or "vision of a heron". The kata originated from the Tomari-te school of Okinawan martial arts. It was called Matsumora Rohai, after Kosaku Matsumora, who was presumably its inventor. Anko Itosu later took this kata and developed three kata from it: Rohai shodan, Rohai nidan, and Rohai sandan. No Pe Hyung taught in Han Moo Kwan most closely resembles Matsumora Rohai.

The variations seen in No Pe Hyung and introduced in previous forms are:

- Horse Stance Hook Punch
- Rear Leg Front Kick
- Attack Stance Double Punch
- Crescent Kick

The five (5) new moves, techniques, or variations to techniques introduced in No Pe Hyung are:

- Advanced Ready Stance
Note: Feet Together; Left Knife Hand over Right Knife Hand; thumbs tightly intertwined away from the body in front of belt
- Natural Stance Upward Double Ridge Hand
- Horse Stance Downward Hammer Fist to the side the body
- Fighting Cat Stance with Raise Knee Block Combination Downward Knife Hand \Knife Hand High Block
- Horse Stance Downward Punch

Key challenges of No Pe Hyung:

- Maintain focus and force throughout form; especially after the board break
- Perform board break without losing awareness around you
- Maintain presence as you split energy. Example includes but not limited to:
 - Fighting Cat Stance with Raise Knee Block Combination Downward Knife Hand \Knife Hand High Block
- Perform upper body techniques at shoulders (integrated with the body) without losing ground. Examples include, but are no limited to:
 - Natural Stance Upward Double Ridge Hand
- Transition from Cat Stance to Attack Stance
- Setting kick in place after Crescent Kick
- Working in close proximity to the board

- Instructor calls: No Pe Hyung
- Enter Attention Stance
- Instructor calls: Ready
- Enter Advanced Ready Stance
- Instructor calls: Begin
- 1. Left foot slides to Left into Natural Stance; Hands spread outward at the hips to shoulder width apart
- 2. Slowly Execute Upward Double Ridge Hands towards shoulders; When hands are about half way to shoulders, accelerate to the final position in front of shoulder. When hands start to accelerate, head turns to the Left

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3. Slide Left foot out to Left; Execute Left Facing Horse Stance Low Block
4. Stance remains the same; Execute Horse Stance Right Hook Punch (gaze is to the left)
5. Bring Left foot up to Right into a Closed Stance, both arms set at reciprocal position (gaze moves forward)
6. Take two short steps forward starting with Left foot
7. Left foot takes half step back and rotates 90 Degrees to the left transitioning into a Right Fighting Cat Stance; both arms remain in reciprocal position, quick gaze at board during transition
Note: Intent of Stance changes 90 Degrees, but the rotation of hips is less than 90 Degrees and is approximately 45 Degrees (the exact angle change is dependent on body type and flexibility).
8. Focus to the Right; Execute Right Knee Block Combination Right Downward Knife Hand in front of knee\Left Knife Hand High Block
9. Turn 135 Degrees to the Right; Execute Right Cat Stance Attack
Note: Intent of Stance changes 135 Degrees, but the rotation of hips is less than 135 Degrees and is approximately 90 Degrees (the exact angle change is dependent on body type and flexibility).
10. Execute Left Rear Leg Front Kick
11. Left foot Sets into Left Attack Stance as Right hand arm extends to guard position in front of the body; Execute Left Attack Stance Double Punch (Left/Right)
12. Left foot takes step back and rotates 135 Degrees to the left transitioning into a Right Fighting Cat Stance; both arms remain in reciprocal position, quick gaze at board during transition
Note: Intent of Stance changes 135 Degrees, but the rotation of hips is less than 135 Degrees and is approximately 90 Degrees (the exact angle change is dependent on body type and flexibility).
13. Focus to the Right; Execute Right Knee Block Combination Right Downward Knife Hand in front of knee\Left Knife Hand High Block
14. Turn 45 Degrees to the Right; Execute Right Cat Stance Attack
Note: Intent of Stance changes 45 Degrees, but the rotation of hips is less than 45 Degrees (the exact angle change is dependent on body type and flexibility) to execute a Fighting Cat Stance.
15. Execute Left Rear Leg Front Kick
16. Left foot Sets in to Left Attack Stance as Right hand arm extends to guard position in front of the body; Execute Left Attack Stance Double Punch (Left/Right)
17. Left foot slides in inward arc motion backwards to set on the board; left arm raise to a guard position; Execute Horse Stance Right Downward Punch (starting from the Right shoulder) to the board with a Kiyup! breaking the board
18. Focus to the Right as raise into a Right Fighting Cat Stance; Execute Right Knee Block Combination Right Downward Knife Hand in front of knee\Left Knife Hand High Block
19. Turn 90 Degrees to the Right; Execute Right Cat Stance Attack
Note: Intent of Stance changes 90 Degrees, but the rotation of hips is less than 90 Degrees and is approximately 45 Degrees (the exact angle change is dependent on body type and flexibility).
20. Left foot Steps Forward; Execute Left Cat Stance Attack
21. Set arm into a Left Extended Spear Hand position in front of shoulder with knife hand reciprocal
22. Execute Right Crescent Kick to the Left open palm
23. Turn 360 Degrees, Execute Left Cat Stance Attack
24. Left foot Steps back; Execute Right Cat Stance Attack
25. Slide Right foot back into Closed Stance; Enter Advanced Ready Stance
 - o Instructor calls: Finish

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