

PAL GAE E JANG

12
LEFT FRONT KICK
MIDDLE PUNCH
LFS

11
UPPER BLOCK
RFS

9
UPPER BLOCK
LFS

10
RIGHT FRONT KICK
MIDDLE PUNCH
RFS

13
DOUBLE FIST DOWN BLOCK
LBS

8
UPPER PUNCH *
RFS

14
DOUBLE FIST MIDDLE BLOCK
RBS

7
UPPER BLOCK
LFS

15
OUT TO IN MIDDLE BLOCK
LBS

6
DOUBLE KNIFEHAND MIDDLE BLOCK
RBS

16
MIDDLE PUNCH*
RFS

5
DOUBLE KNIFEHAND DOWN BLOCK
LBS

18
RIGHT FRONT KICK
MIDDLE PUNCH
RFS

17
UPPER BLOCK
LFS

19
UPPER BLOCK
RFS

20
LEFT FRONT KICK
MIDDLE PUNCH
LFS

2
RIGHT FRONT KICK
MIDDLE PUNCH
RFS

1
UPPER BLOCK
LFS

3
UPPER BLOCK
RFS

4
LEFT FRONT KICK
MIDDLE BLOCK
LFS