

PAL GAE SAM JANG

12
DOUBLE KNIFEHAND
MIDDLE BLOCK
LBS

11
DOUBLE KNIFEHAND
MIDDLE BLOCK
RBS

9
DOUBLE KNIFEHAND
MIDDLE BLOCK
LBS

10
DOUBLE KNIFEHAND
MIDDLE BLOCK
RBS

13
IN TO OUT MIDDLE BLOCK LBS
TURNING RIGHT,
IN TO OUT MIDDLE BLOCK RBS

14
STEPPING BACK WITH RIGHT FOOT
OUT TO IN RIDGE MIDDLE BLOCK
LBS

15
STEPPING BACK WITH LEFT FOOT
OUT TO IN RIDGE MIDDLE BLOCK
RBS

16
STEPPING BACK WITH RIGHT FOOT
OUT TO IN RIDGE MIDDLE BLOCK LBS
TURNING RIGHT,
IN TO OUT MIDDLE BLOCK RBS

18
UPPER PUNCH
RFS

17
UPPER BLOCK
LFS

19
UPPER BLOCK
RFS

20
UPPER PUNCH
LFS

8
UPPER PUNCH *
RFS

7
UPPER BLOCK
LFS

6
UPPER BLOCK
RFS

5
DOWN BLOCK
LFS

2
MIDDLE PUNCH
RFS

1
DOWN BLOCK
LFS

3
DOWN BLOCK
RFS

4
MIDDLE PUNCH
LFS