

PAL GAE SA JANG

11
TKD UPPER CUT, LBS
AND L KNIFEHAND
STRIKE
NS

10
SIMULTANEOUS
FRONT MIDDLE AND
SIDE UPPER BLOCK
LBS

8
SIMULTANEOUS
FRONT MIDDLE AND
SIDE UPPER BLOCK
LBS

9
TKD UPPER CUT, RBS
AND R KNIFEHAND
STRIKE
NS

12
DOUBLE KNIFEHAND MIDDLE BLOCK
LBS

13
FRONT KICK AND SPEARHAND STRIKE
RFS

14
PULL RIGHT HAND TO SHOULDER, TURN
AROUND, BOTTOM FIST STRIKE, LFS
MIDDLE PUNCH *
RFS

16
SIDE BLOCK
SS

15
DOWN BLOCK IN SS
REVERSE PUNCH
IN LFS

7
BACK BLOCK, PULLING R FOOT IN,
AND TURNING,
BOTTOM FIST STRIKE, LFS
MIDDLE PUNCH *
RFS

6
FRONT KICK AND R SPEARHAND STRIKE
RFS

5
DOUBLE KNIFEHAND MIDDLE BLOCK
LBS

17
DOWN BLOCK WITH SKIP IN SS
REVERSE PUNCH
RFS

2
TKD UPPER CUT, LBS
AND L KNIFEHAND
STRIKE
NS

1
SIMULTANEOUS
FRONT MIDDLE AND
SIDE UPPER BLOCK
LBS

3
SIMULTANEOUS
FRONT MIDDLE AND
SIDE UPPER BLOCK
RBS

4
TKD UPPER CUT, RBS
AND R KNIFEHAND
STRIKE
NS