

PAL GAE O JANG

13
 CHAMBER, R SIDE
 KICK, R ARM EXT'D
 ELBOW STRIKE RFS
 DOUBLE KNIFEHAND
 MIDDLE BLOCK LBS

12
 MIDDLE BLOCK,
 REVERSE PUNCH,
 MIDDLE PUNCH
 RFS

10
 MIDDLE BLOCK,
 REVERSE PUNCH,
 MIDDLE PUNCH
 LFS

11
 CHAMBER, L SIDE
 KICK, L ARM EXT'D
 ELBOW STRIKE LFS
 DOUBLE KNIFEHAND
 MIDDLE BLOCK RBS

14
 SCISSORS BLOCK
 LFS

9
 SPEARHAND STRIKE*
 RFS

15
 DOUBLE FIST LOW BLOCK
 RBS

8
 DOUBLE FIST MIDDLE BLOCK
 LFS

16
 DOUBLE FIST LOW BLOCK
 LBS

7
 DOUBLE FIST MIDDLE BLOCK
 RFS

17
 MIDDLE PUNCH*
 RFS

6
 SCISSORS BLOCK
 LFS

19
 STEP BACK, LEFT
 PALM BLOCK IN SS
 STEP FORWARD,
 RIGHT MIDDLE,
 PUNCH RFS

18
 DOUBLE KNIFEHAND
 DOWN BLOCK LBS
 STEP FORWARD
 DOUBLE KNIFEHAND
 MIDDLE BLOCK RBS

20
 DOUBLE KNIFEHAND
 DOWN BLOCK RBS
 STEP FORWARD
 DOUBLE KNIFEHAND
 MIDDLE BLOCK LBS

21
 STEP BACK, RIGHT
 PALM BLOCK IN SS
 STEP FORWARD,
 LEFT MIDDLE
 PUNCH RFS

3
 STEP BACK,
 LEFT PALM
 BLOCK IN SS
 STEP FORWARD,
 RIGHT MIDDLE
 PUNCH RFS

2
 DOUBLE KNIFEHAND
 DOWN BLOCK LBS
 STEP FORWARD
 DOUBLE KNIFEHAND
 MIDDLE BLOCK RBS

1
 STEP BACK
 WITH LEFT FOOT
 SCISSORS BLOCK
 RFS

4
 DOUBLE KNIFEHAND
 DOWN BLOCK RBS
 STEP FORWARD
 DOUBLE KNIFEHAND
 MIDDLE BLOCK LBS

5
 STEP BACK,
 RIGHT PALM
 BLOCK IN SS
 STEP FORWARD,
 LEFT MIDDLE
 PUNCH RFS