

PAL GAE YUK JANG

10
LEFT FRONT KICK,
DOUBLE PUNCH
LFS

9
DOUBLE KNIFEHAND
DOWN BLOCK RBS,
THEN OPEN BLOCK RFS

7
DOUBLE KNIFEHAND
DOWN BLOCK LBS,
THEN OPEN BLOCK LFS

8
RIGHT FRONT KICK,
DOUBLE PUNCH
RFS

11
DOUBLE KNIFEHAND MIDDLE BLOCK LBS
THEN UPPER KNIFEHAND BLOCK
AND SIMULTANEOUS REVERSE
PALM HEEL STRIKE
LFS

12
RIGHT FRONT KICK,
AND DRIVING BACKFIST STRIKE
RFS

13
LEFT FRONT KICK
AND UPPER BLOCK
LFS

14
RIGHT SIDE KICK
AND DOUBLE KNIFEHAND MIDDLE BLOCK
RBS

15
TURNING LEFT
DOUBLE KNIFEHAND MIDDLE BLOCK
LBS

6
RIGHT FRONT KICK, THEN OBSTACLE
JUMPING TO DOUBLE FIST
MIDDLE BLOCK
WITH LEFT FOOT CROSSED
BEHIND RIGHT FOOT

5
DOWN BLOCK,
THEN UPPER KNIFEHAND BLOCK
AND SIMULTANEOUS REVERSE KNIFEHAND
STRIKE
LFS

2
RIGHT FRONT KICK
MIDDLE PUNCH
RFS

1
DOUBLE KNIFEHAND
MIDDLE BLOCK
LBS

3
DOUBLE KNIFEHAND
MIDDLE BLOCK
RBS

4
LEFT FRONT KICK
MIDDLE PUNCH
LFS