

**PAL GAE CHIL JANG**

**8**  
LEFT SIDE KICK,  
DOUBLE KNIFEHAND  
DOWN BLOCK LBS  
AND REVERSE PUNCH  
LFS

**7**  
MIDDLE BLOCK RBS,  
THEN REVERSE PUNCH  
AND (PULL BACK)  
UPPER BLOCK  
RFS

**5**  
MIDDLE BLOCK LBS,  
THEN REVERSE PUNCH  
AND (PULL BACK)  
UPPER BLOCK  
LFS

**6**  
RIGHT SIDE KICK,  
DOUBLE KNIFEHAND  
DOWN BLOCK RBS  
AND REVERSE PUNCH  
RFS

**9**  
LOW X-BLOCK, HIGH X-BLOCK,  
TWISTING HANDS FOR LEFT KNIFEHAND  
STRIKE AND REVERSE MIDDLE PUNCH \*  
LFS

**10**  
360 DEG TURNING CRESCENT KICK  
(RIGHT FOOT) AND  
RIGHT SIDE DOWN BLOCK  
SS

**11**  
LEFT HORIZONTAL KNIFEHAND STRIKE  
LFS

**12**  
RIGHT CRESCENT KICK AND  
RIGHT ELBOW STRIKE TO LEFT HAND  
SS

**13**  
TURNING LEFT, JUMP BACK FROM LEFT  
FOOT FOR HIGH/LOW BLOCK  
LBS

**14**  
JUMP BACK FROM LEFT FOOT FOR  
DOUBLE KNIFEHAND MIDDLE BLOCK  
LBS

**15**  
REVERSE PUNCH  
IN DEEP LFS \*

**4**  
RIGHT SIDE KICK  
AND DOUBLE KNIFEHAND MIDDLE BLOCK  
RBS

**3**  
LEFT FRONT KICK  
AND HIGH X BLOCK  
LFS

**2**  
RIGHT FRONT KICK  
AND DOUBLE MIDDLE BLOCK  
RFS

**1**  
DOUBLE DOWN BLOCK  
LFS