

PAL GAE PAL JANG

11
REVERSE PUNCH RFS
THEN SIDE BLOCK
S.S.

10
KNIFEHAND, RBS THEN
ELBOW STRIKES S.S.
THEN MIDDLE BLOCK
RFS

8
KNIFEHAND, LBS THEN
ELBOW STRIKE S.S.
THEN MIDDLE BLOCK
LFS

9
REVERSE PUNCH LFS
THEN SIDE BLOCK
S.S.

12
CHAMBER, LEFT SIDE KICK,
LEFT ARM EXTENDED
RIGHT ELBOW STRIKE, LFS

13
TURNING 180 DEG. RIGHT
CHAMBER, RIGHT SIDE KICK
RIGHT ARM EXTENDED
LEFT ELBOW STRIKE, RFS

14
TURNING 180 DEG. LEFT
OPEN BLOCK, DOUBLE ELBOW STRIKE
BACKWARD, AND TWIN UPPERCUT
LFS

15
SAME AS 14 IN RFS

16
LEFT KNIFEHAND STRIKE AND GRAB LBS
AND TURNING RIGHT ELBOW STRIKE S.S.

17
FEET TOGETHER PALM BLOCK,
CIRCULAR MOTION, TANJEON BREATHING

18
MOVING LEFT OPEN KNIFEHAND BLOCK S.S.

20
ELBOW STRIKE AND
PUNCH OVER LEFT
SHOULDER * S.S.

19
ELBOW STRIKE AND
PUNCH OVER RIGHT
SHOULDER S.S.

7
BACK BLOCK (PULLING RIGHT FOOT IN)
AND TURNING BACKFIST, LFS
THEN, MIDDLE PUNCH *
RFS

6
FULL PREPARATION
SPEARHAND STRIKE
RFS

5
DOUBLE KNIFEHAND
MIDDLE BLOCK
LBS

2
MIDDLE PUNCH
RFS

1
DOWN BLOCK, LFS
AND SIDE
BOTTOM FIST
NS

3
DOWN BLOCK, RFS
AND SIDE
BOTTOM FIST
NS

4
MIDDLE PUNCH
LFS