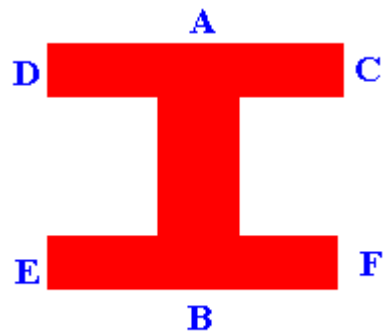
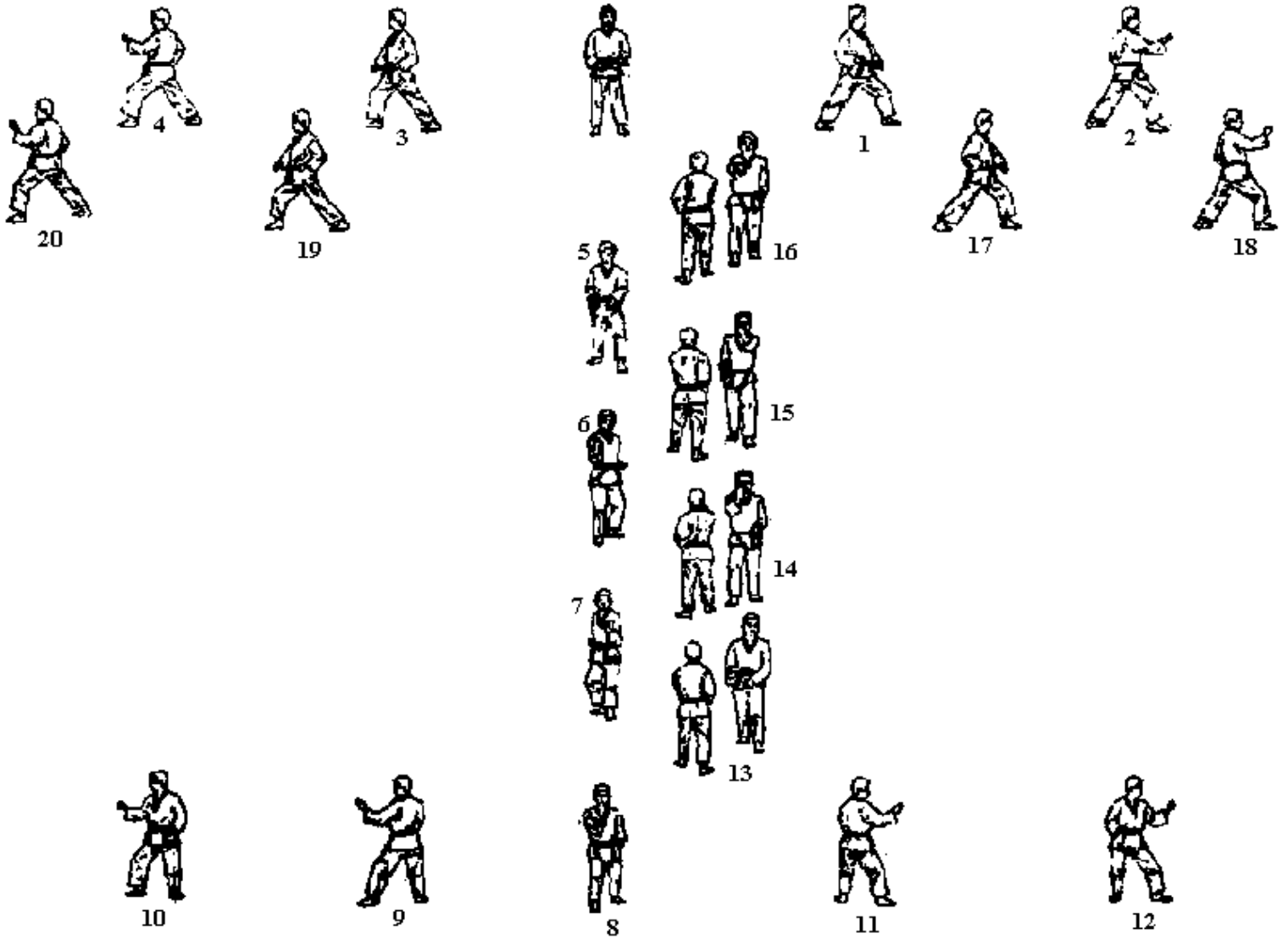


GRANT'S FAMILY MARTIAL ARTS CENTER

PALGWE IL JANG

Start / end



GRANT'S FAMILY MARTIAL ARTS CENTER

PALGWE IL JANG

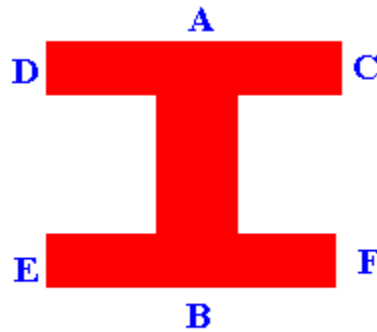
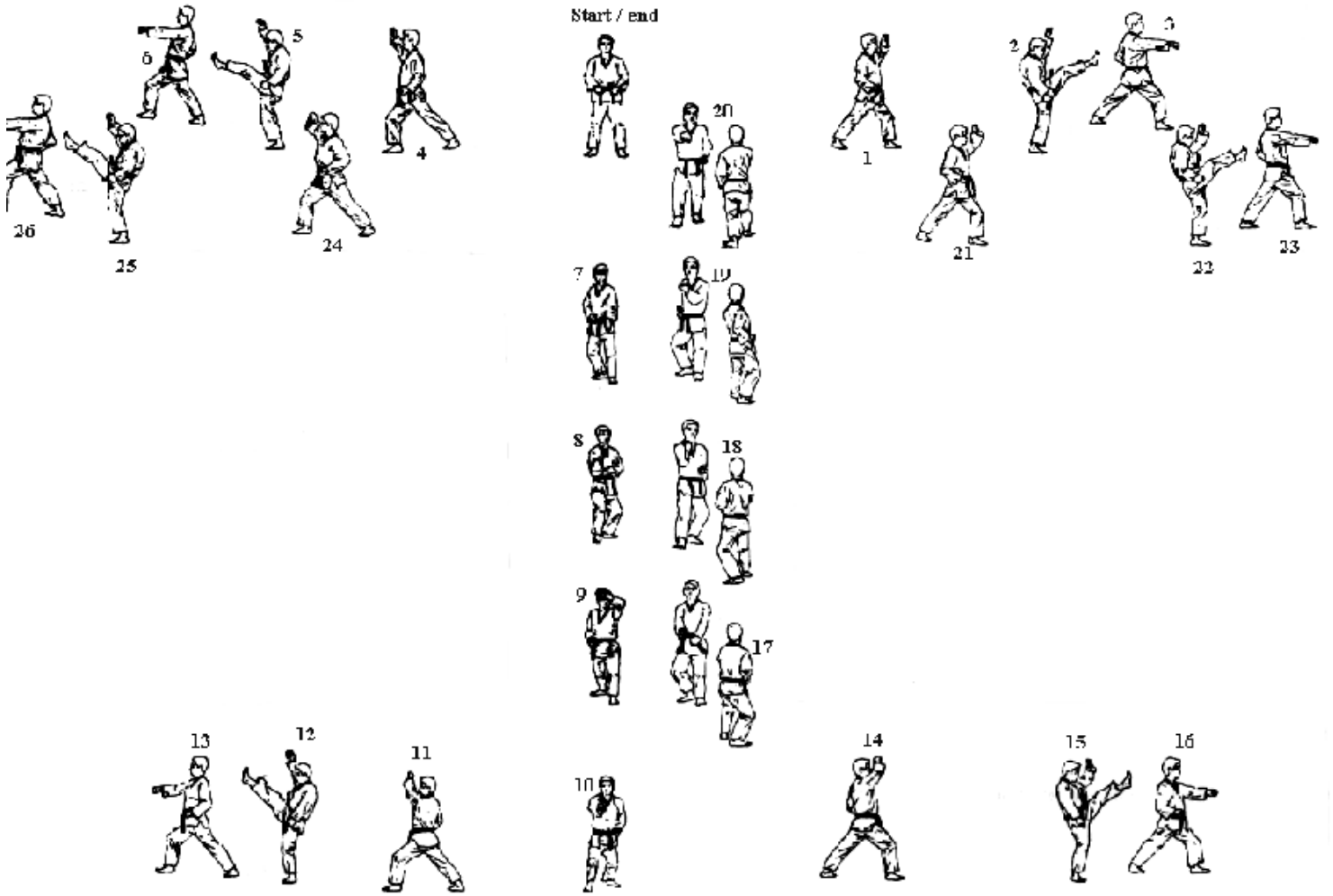
Ready Stance: Standing at "A", Facing "B" in Ready position

1. Turn 90° left counter-clockwise, moving left foot into a LEFT LONG STANCE and execute a LEFT ARM LOW BLOCK, toward "C".
2. Step forward with right foot into a RIGHT LONG STANCE and execute a RIGHT ARM OUT-TO-IN CHEST BLOCK, toward "C".
3. Step backward with right foot and turn 180° clockwise, moving right foot into a RIGHT LONG STANCE and execute a RIGHT ARM LOW BLOCK, toward "D".
4. Step forward with left foot into a LEFT LONG STANCE and execute a LEFT ARM OUT-TO-IN CHEST BLOCK, toward "D".
5. Turn 90° counter-clockwise, moving left foot into a LEFT LONG STANCE and execute a LEFT ARM LOW BLOCK, toward "B".
6. Step forward with right foot into a RIGHT BACK STANCE and execute a RIGHT ARM IN-TO-OUT CHEST BLOCK, toward "B".
7. Step forward with left foot into a LEFT BACK STANCE and execute a LEFT ARM IN-TO-OUT CHEST BLOCK toward "B".
8. Step forward with right foot into a RIGHT LONG STANCE and execute a RIGHT HAND MIDDLE SECTION PUNCH, toward "B". **KI-YAP!!**
9. Turn 270 degrees counter-clockwise, moving left foot into LEFT BACK STANCE and execute a LEFT DOUBLE KNIFE-HAND HIGH BLOCK, toward "E".
10. Step forward with right foot into a RIGHT BACK STANCE and execute a RIGHT ARM IN-TO-OUT CHEST BLOCK, toward "E".
11. Step backward with right foot and turn 180° clockwise, moving right foot into a RIGHT BACK STANCE and execute a DOUBLE KNIFE-HAND HIGH BLOCK, toward "F".
12. Step forward with left foot into a LEFT BACK STANCE and execute a LEFT ARM IN-TO-OUT CHEST BLOCK, toward "F".
13. Turn 90° counter-clockwise, moving left foot into a LEFT LONG STANCE and execute a LEFT ARM LOW BLOCK, toward "A".
14. Step forward with right foot into a RIGHT LONG STANCE and execute a RIGHT HAND CHOP to the neck (palm-up), toward "A".
15. Step forward with left foot into a LEFT LONG STANCE and execute a LEFT HAND CHOP to the neck (palm-up), toward "A".
16. Step forward with right foot into a RIGHT LONG STANCE and execute a RIGHT HAND MIDDLE SECTION PUNCH, toward "A". **KI-YAP!!**
17. Turn 270 degrees counter-clockwise, moving left foot into LEFT LONG STANCE and execute a LEFT ARM LOW BLOCK, toward "C".
18. Step forward with right foot into a RIGHT LONG STANCE and execute a RIGHT ARM OUT-TO-IN CHEST BLOCK, toward "C".
19. Step backward with right foot and turn 180° clockwise, moving right foot into a RIGHT LONG STANCE and execute a RIGHT ARM LOW BLOCK, toward "D".
20. Step forward with left foot into a LEFT LONG STANCE and execute a LEFT ARM OUT-TO-IN CHEST BLOCK, toward "D".

Return to Ready Stance.

GRANT'S FAMILY MARTIAL ARTS CENTER

PALGWE EE JANG



GRANT'S FAMILY MARTIAL ARTS CENTER

PALGWE EE JANG

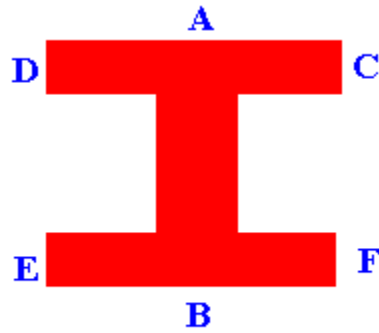
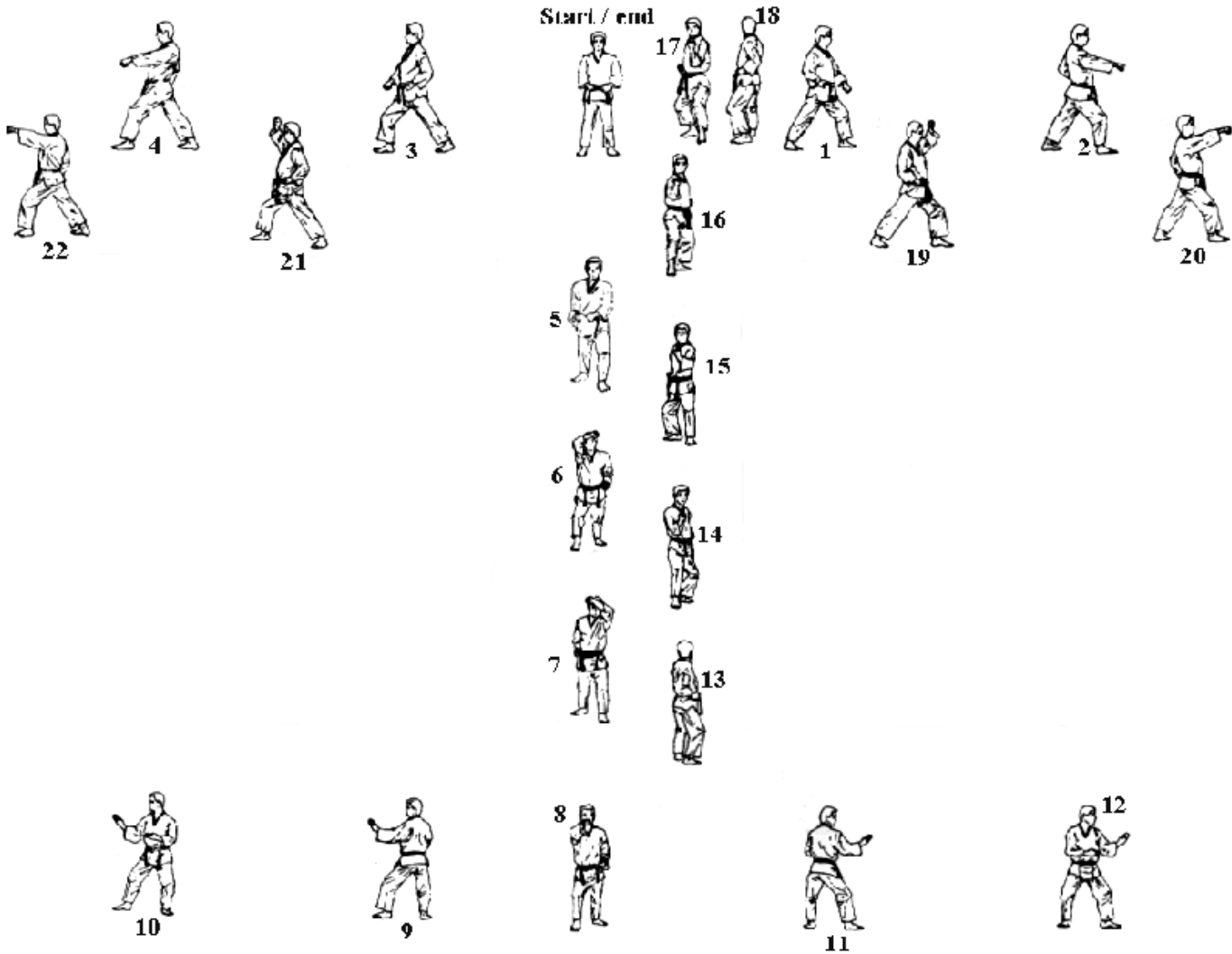
Ready Stance: Standing at "A", Facing "B" in Ready position

1. Turning CCW 90°, moving left foot into a LEFT LONG STANCE and execute a LEFT ARM FACE BLOCK toward "C".
2. Execute a RIGHT LEG FRONT KICK toward "C".
3. Step forward and down with right foot into a RIGHT LONG STANCE and execute a RIGHT HAND MIDDLE SECTION PUNCH toward "C".
4. Step backward with right foot and turn CW 180°, moving right foot into a RIGHT LONG STANCE and execute a RIGHT ARM FACE BLOCK toward "D".
5. Execute a LEFT LEG FRONT KICK toward "D".
6. Step forward and down with left foot into a LEFT LONG STANCE and execute a LEFT HAND MIDDLE SECTION PUNCH toward "D".
7. Turn CCW 90°, moving left foot into a LEFT BACK STANCE and execute a DOUBLE KNIFE-HAND LOW BLOCK, toward "B".
8. Step forward with right foot into a RIGHT BACK STANCE and execute a DOUBLE KNIFE-HAND HIGH BLOCK toward "B".
9. Step forward with left foot into a LEFT LONG STANCE and execute a LEFT ARM FACE BLOCK toward "B".
10. Step forward with right foot into a RIGHT LONG STANCE and execute a RIGHT HAND MIDDLE SECTION PUNCH toward "B". **KIYAP!!**
11. Turn CCW 270°, moving left foot into LEFT LONG STANCE and execute a LEFT ARM FACE BLOCK toward "E".
12. Execute a RIGHT LEG FRONT KICK toward "E".
13. Step forward and down with right foot into a RIGHT LONG STANCE and execute a RIGHT HAND MIDDLE SECTION PUNCH toward "E".
14. Step backward with right foot and turn CW 180°, moving right foot into a RIGHT LONG STANCE and execute a RIGHT ARM FACE BLOCK toward "F".
15. Execute a LEFT LEG FRONT KICK toward "F".
16. Step forward and down with left foot into a LEFT LONG STANCE and execute a LEFT HAND MIDDLE PUNCH toward "F".
17. Turn CCW 90°, moving left foot into a LEFT BACK STANCE and execute a DOUBLE FIST LOW BLOCK toward "A".
18. Step forward with right foot into a RIGHT BACK STANCE and execute a DOUBLE FIST MIDDLE BLOCK toward "A".
19. Step forward with left foot into a LEFT BACK STANCE and execute a LEFT ARM OUT-TO-IN CHEST BLOCK toward "A".
20. Step forward with right foot into a RIGHT LONG STANCE and execute a RIGHT HAND MIDDLE PUNCH toward "A". **KIYAP!!**
21. Turn CCW 270°, moving left foot into LEFT LONG STANCE and execute a LEFT ARM FACE BLOCK toward "C".
22. Execute a RIGHT LEG FRONT KICK toward "C".
23. Step forward and down with right foot into a RIGHT LONG STANCE and execute a RIGHT HAND MIDDLE SECTION PUNCH toward "C".
24. Step backward with right foot and turn CW 180°, moving right foot into a RIGHT LONG STANCE and execute a RIGHT ARM FACE BLOCK toward "D".
25. Execute a LEFT LEG FRONT KICK toward "D".
26. Step forward and down with left foot into a LEFT LONG STANCE and execute a LEFT HAND MIDDLE SECTION PUNCH toward "D".

Return to Ready Stance.

GRANT'S FAMILY MARTIAL ARTS CENTER

PALGWE SAM JANG



GRANT'S FAMILY MARTIAL ARTS CENTER

PALGWE SAM JANG

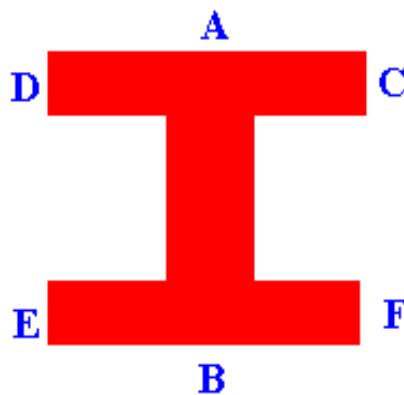
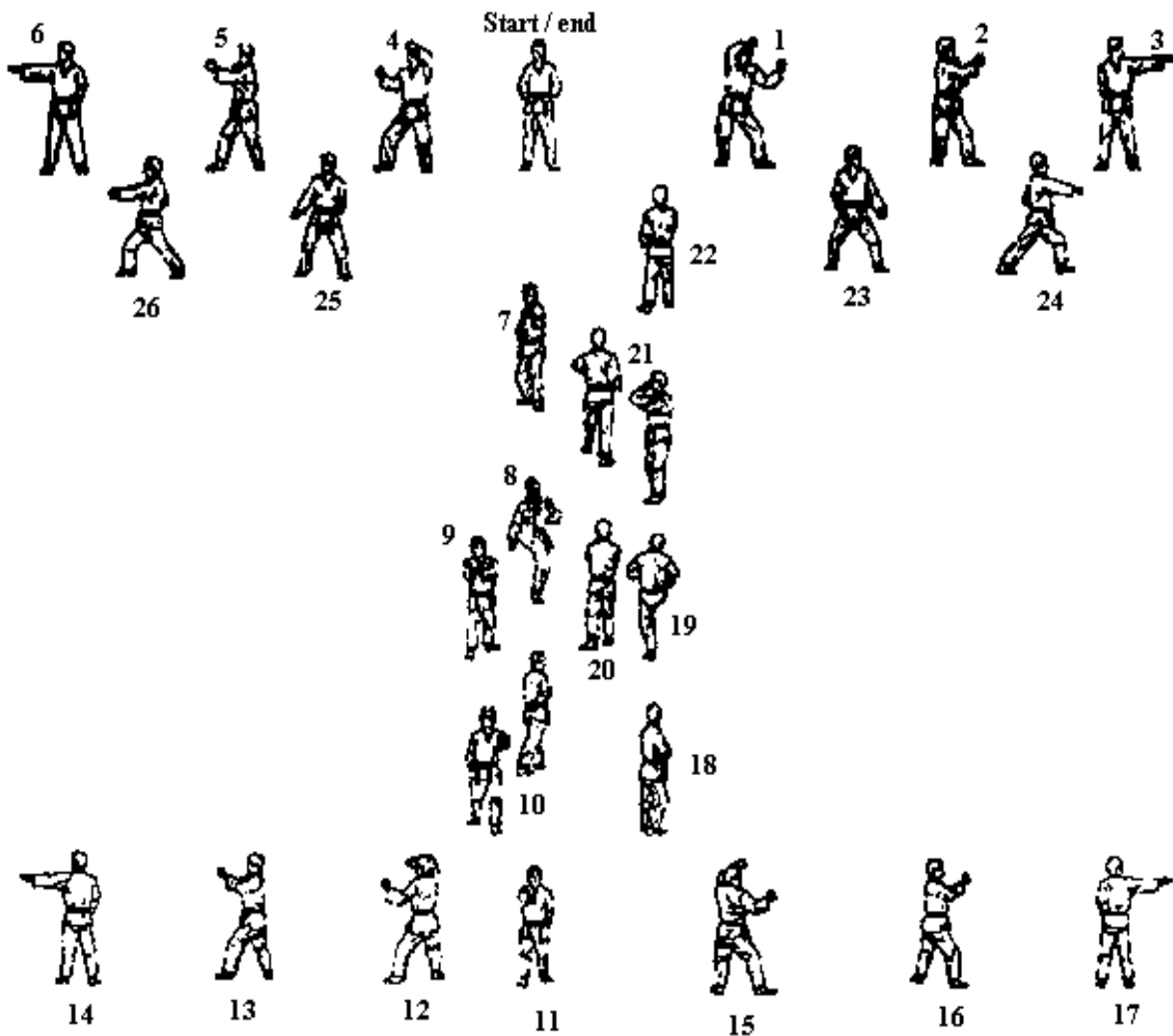
Ready Stance: Standing at "A", Facing "B" in Ready position

1. Turn counter-clockwise 90°, moving left foot into a LEFT LONG STANCE and execute a LEFT ARM LOW BLOCK toward "C".
2. Step forward with right foot into a RIGHT LONG STANCE and execute a RIGHT HAND MIDDLE SECTION PUNCH toward "C".
3. Step backward with right foot and turn clockwise 180°, moving right foot into a RIGHT LONG STANCE and execute a RIGHT ARM LOW BLOCK toward "D".
4. Step forward with left foot into a LEFT LONG STANCE and execute a LEFT HAND MIDDLE SECTION PUNCH toward "D".
5. Turn counter-clockwise 90°, moving left foot into a LEFT LONG STANCE and execute a LEFT ARM LOW BLOCK toward "B".
6. Step forward with right foot into a RIGHT LONG STANCE and execute a RIGHT ARM FACE BLOCK toward "B".
7. Step forward with left foot into a LEFT LONG STANCE and execute a LEFT ARM FACE BLOCK toward "B".
8. Step forward with right foot into a RIGHT LONG STANCE and execute a RIGHT HAND MIDDLE SECTION PUNCH toward "B". **KIYAP!!**
9. Turn counter-clockwise 270°, moving left foot into LEFT BACK STANCE and execute a DOUBLE KNIFE-HAND HIGH BLOCK toward "E".
10. Step forward with right foot into a RIGHT BACK STANCE and execute a DOUBLE KNIFE-HAND HIGH BLOCK toward "E".
11. Step backward with right foot and turn clockwise 180°, moving right foot into a RIGHT BACK STANCE and execute a DOUBLE KNIFE-HAND HIGH BLOCK toward "F".
12. Step forward with left foot into a LEFT BACK STANCE and execute a DOUBLE KNIFE-HAND HIGH BLOCK toward "F".
13. Turn counter-clockwise 90°, moving left foot into a LEFT BACK STANCE and execute a LEFT ARM IN-TO-OUT CHEST BLOCK toward "A".
14. Turn head and body clockwise 180° to face "B", keeping both feet in the same place and tapping right foot to left leg to assume a RIGHT BACK STANCE and execute a RIGHT ARM IN-TO-OUT CHEST BLOCK toward "B".
15. Step backward with right foot into a LEFT BACK STANCE and execute a LEFT ARM OUT-TO-IN CHEST BLOCK toward "B".
16. Step backward with left foot into a RIGHT BACK STANCE and execute a RIGHT ARM OUT-TO-IN CHEST block toward "B".
17. Step backward with right foot into a LEFT BACK STANCE and execute a LEFT ARM OUT-TO-IN CHEST BLOCK toward "B".
18. Turn head and body clockwise 180° to face "A", keeping both feet in the same place and tapping right foot to left leg to assume a RIGHT BACK STANCE with a RIGHT ARM IN-TO-OUT CHEST BLOCK toward "A".
19. Turn counter-clockwise 270°, moving left foot into LEFT LONG STANCE and execute a LEFT ARM FACE BLOCK toward "C".
20. Step forward with right foot into a RIGHT LONG STANCE and execute a RIGHT HAND FACE PUNCH toward "C".
21. Step backward with right foot and turn clockwise 180°, moving right foot into a RIGHT LONG STANCE and execute a RIGHT ARM FACE BLOCK toward "D".
22. Step forward with left foot into a LEFT LONG STANCE and execute a LEFT HAND FACE PUNCH toward "D". **KIYAP!!**

Return to Ready Stance.

GRANT'S FAMILY MARTIAL ARTS CENTER

PALGWE SAH JANG



GRANT'S FAMILY MARTIAL ARTS CENTER

PALGWE SAH JANG

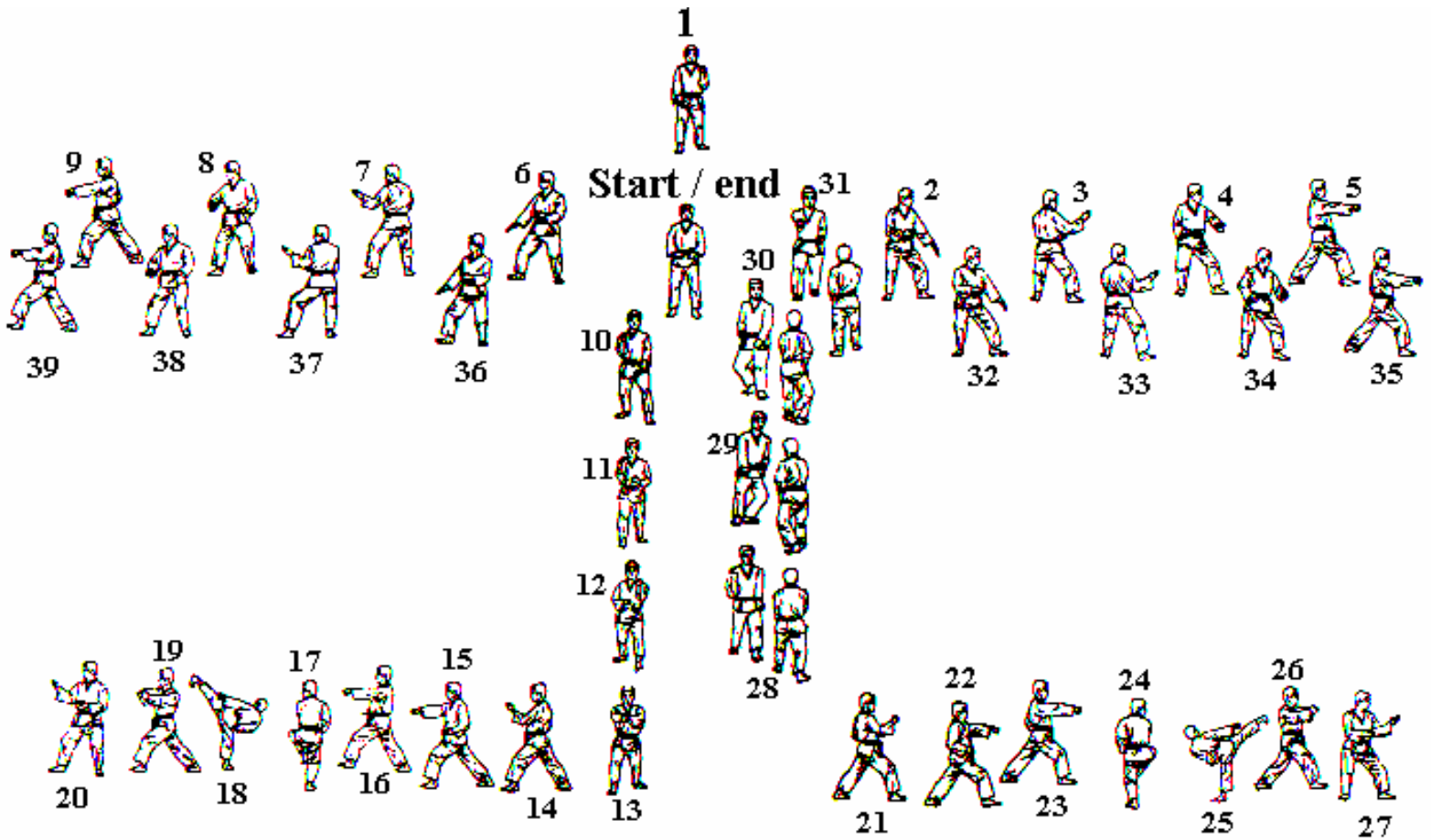
Ready Stance: Standing at "A", Facing "B" in Ready position

1. Bring right foot to left foot. Move left foot toward "C", into a LEFT BACK STANCE & execute DIAMOND BLOCK.
2. Pull with left hand and a REVERSE UPPER-CUT with right hand & sliding into LEFT LONG STANCE toward "B".
3. Pull left foot back slightly into a READY STANCE facing "B". Execute a LEFT HAND KNIFE-HAND CHOP (palm down) to neck, to your left toward "C".
4. Bring left foot to right foot. Move right foot toward "D", into a RIGHT BACK STANCE & execute DIAMOND BLOCK.
5. Pull with right hand, and execute a REVERSE UPPER-CUT with left hand and sliding into RIGHT LONG STANCE "D".
6. Pull right foot back slightly into a READY STANCE facing "B". Execute a RIGHT HAND KNIFE-HAND STRIKE (palm down) to neck, to your right toward "D".
7. Look 90° left toward "B". Place right foot behind left and then step left foot forward towards "B" into a LEFT BACK STANCE & execute a DOUBLE KNIFE HAND HIGH BLOCK towards "B".
8. Execute a RIGHT LEG FRONT KICK toward "B".
9. Step down with right foot into RIGHT LONG STANCE toward "B" & execute a LEFT HAND PALM-HEEL DOWN BLOCK and RIGHT HAND SPEAR-HAND THRUST toward "B".
10. Tuck right hand behind back on right hip keeping feet in same positions while pivoting both feet and turn body 180° CCW toward "A". Complete a full turn to the left (180° more, to finish a 360°). Step into a LEFT LONG STANCE toward "B" and execute a LEFT HAND SIDEWAY HAMMER FIST to the upper body.
11. Step forward with right foot into a RIGHT LONG STANCE towards "B" & execute a RIGHT HAND MIDDLE PUNCH.
KIYAP!!
12. Turn 270° CCW, moving left foot into LEFT BACK STANCE toward "E" & execute DIAMOND BLOCK.
13. Pull with left hand, and REVERSE UPPER-CUT with right hand & sliding into LEFT LONG STANCE toward "E".
14. Pull left foot back slightly into a READY STANCE facing "A". Execute a LEFT HAND KNIFE-HAND CHOP (palm down) to neck, to your left toward "E".
15. Bring left foot to right foot. Move right foot toward "F", into a RIGHT BACK STANCE & execute DIAMOND BLOCK.
16. Pull with right hand, and REVERSE UPPER-CUT with left hand and sliding into RIGHT LONG STANCE towards "F".
17. Pull right foot back slightly into a READY STANCE facing "A". Execute a RIGHT HAND KNIFE-HAND STRIKE (palm down) to neck, to your right toward "F".
18. Look 90° left toward "A". Place right foot behind left and then step left foot forward toward "A" into a LEFT BACK STANCE and execute a DOUBLE KNIFE HAND HIGH BLOCK.
19. Execute a RIGHT LEG FRONT KICK toward "A".
20. Step down with right foot into RIGHT LONG STANCE toward "A" and execute a LEFT HAND PALM-HEEL DOWN BLOCK and RIGHT HAND SPEAR-HAND THRUST toward "A".
21. Place right hand above eye with palm down. Keep feet in same positions while pivoting both feet and turn body 180° CCW towards "B". Complete a full turn to the left (180° more, to finish a 360°). Step into a LEFT LONG STANCE toward "A" and execute a LEFT HAND SIDEWAY HAMMER FIST to the upper body.
22. Step forward with right foot into a RIGHT LONG STANCE towards "A" and execute a RIGHT HAND MIDDLE PUNCH.
KIYAP!!
23. Turn 270°, moving left foot into HORSEBACK STANCE facing "B" and execute a LEFT ARM LOW BLOCK toward "C".
24. Turn 90° left, stepping out with your left foot into a LEFT FOOT LONG STANCE toward "C" and execute a RIGHT HAND MIDDLE REVERSE PUNCH.
25. Turn 90° right, moving left foot into HORSEBACK STANCE facing "B" and execute a RIGHT ARM LOW BLOCK toward "D".
26. Turn 90° right stepping back with your right foot into a RIGHT FOOT LONG STANCE toward "D" and execute a LEFT HAND MIDDLE REVERSE PUNCH toward "D". **KIYAP!!**

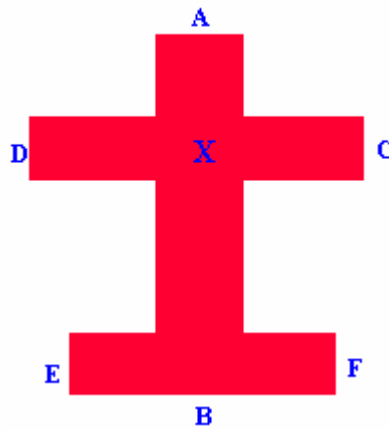
Return to Ready Stance.

GRANT'S FAMILY MARTIAL ARTS CENTER

PALGWE O JANG



X= Start / end



GRANT'S FAMILY MARTIAL ARTS CENTER

PALGWE O JANG

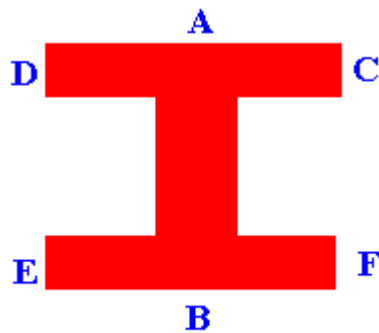
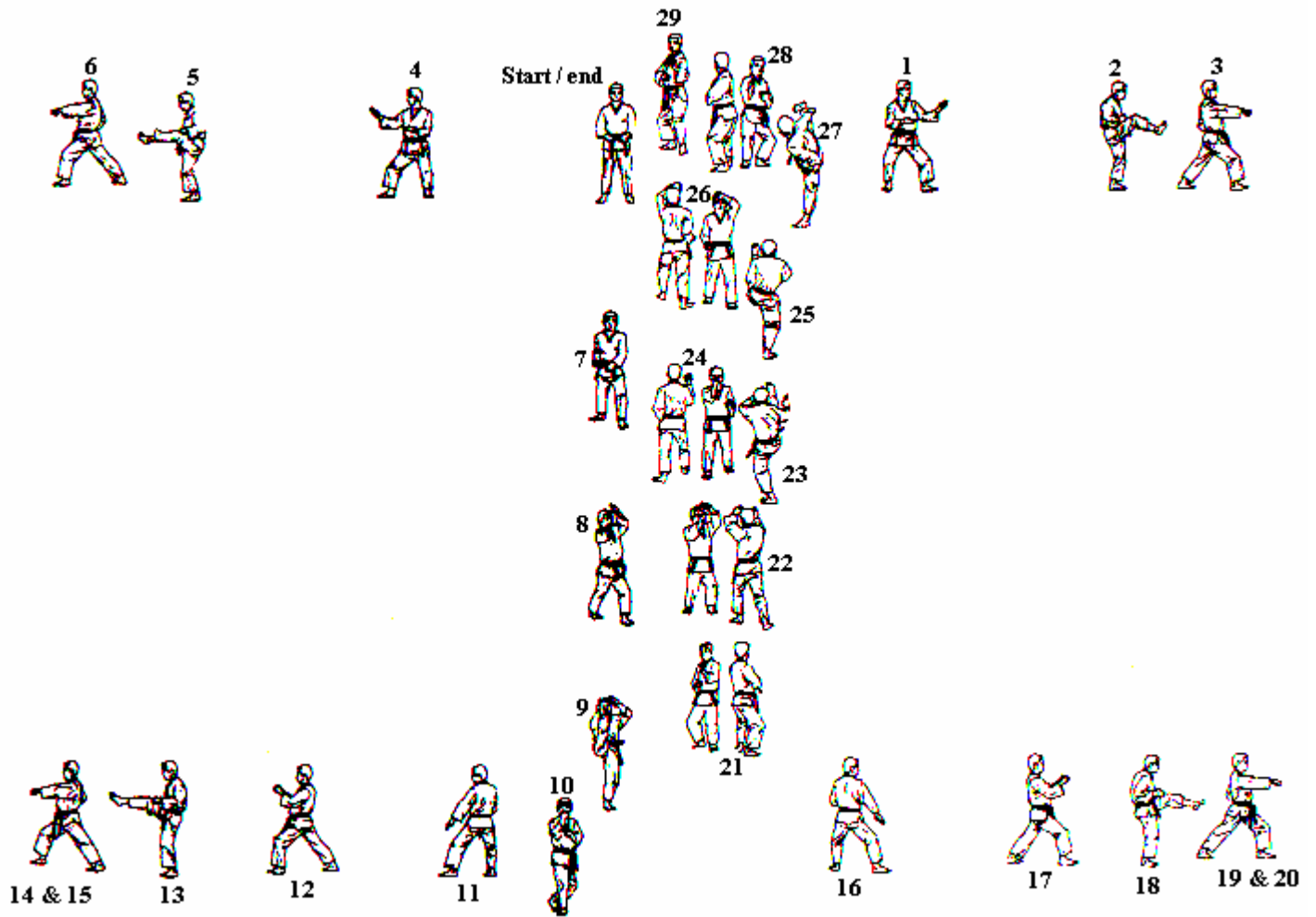
Ready Stance: Standing at "X" facing "B"

1. Step backward with left foot toward "A", assuming a RIGHT LONG STANCE and execute a SCISSOR BLOCK towards "B" (simultaneous Left in-to-out chest block and Right Low blocks).
2. Turn 90° CCW into a LEFT BACK STANCE and execute a DOUBLE KNIFE-HAND LOW BLOCK toward "C".
3. Step forward with right foot into a RIGHT BACK STANCE and execute a DOUBLE KNIFE-HAND HIGH BLOCK toward "C".
4. Step back toward "X" with right foot into a LEFT BACK STANCE and execute a LEFT SINGLE KNIFE-HAND BLOCK toward "C".
5. Step forward with right foot into a RIGHT LONG STANCE and execute a RIGHT MIDDLE PUNCH toward "C".
6. Step back with right foot and turn 180° CW, moving right foot into a RIGHT BACK STANCE toward "D" and execute a DOUBLE KNIFE-HAND LOW BLOCK toward "D".
7. Step forward with left foot into a LEFT BACK STANCE and execute a DOUBLE KNIFE-HAND HIGH BLOCK toward "D".
8. Step back with left foot towards "X" into a RIGHT BACK STANCE and execute a RIGHT SINGLE KNIFE-HAND BLOCK toward "D".
9. Step forward with left foot into a LEFT LONG STANCE and execute a LEFT HAND MIDDLE PUNCH toward "D".
10. Turn 90° CCW toward "B", moving left foot into a LEFT LONG STANCE and execute a SCISSORS BLOCK (simultaneous Left in-to-out chest block and Right Low blocks).
11. Step forward with right foot into a RIGHT LONG STANCE and execute a DOUBLE FIST HIGH BLOCK toward "B".
12. Step forward with left foot into a LEFT LONG STANCE and execute a DOUBLE FIST HIGH BLOCK toward "B".
13. Step forward with right foot into a RIGHT LONG STANCE and execute a LEFT PALM-HEEL DOWN BLOCK and RIGHT SPEAR-HAND THRUST toward "B". **KIYAP!!**
14. Turn 270° CCW, moving left foot into LEFT LONG STANCE and execute a LEFT IN-TO-OUT CHEST BLOCK toward "E".
15. Keep LEFT LONG STANCE and execute a RIGHT REVERSE MIDDLE PUNCH toward "E".
16. Keep LEFT LONG STANCE and execute a LEFT MIDDLE PUNCH toward "E".
17. Pull left foot back to right and raise it up to assume a RIGHT CRANE STANCE facing "A" but looking towards "E".
18. Execute a LEFT FOOT SIDE KICK to upper body toward "E".
19. Bring left foot back to a crane stance, then step into a LEFT LONG STANCE toward "E" and execute a RIGHT ELBOW SMASH, using left palm as the target.
20. Step forward with right foot into a RIGHT BACK STANCE toward "E" and execute a DOUBLE KNIFE-HAND HIGH BLOCK.
21. Step back with right foot and turn 180° CW toward "F", moving right foot into a RIGHT LONG STANCE and execute a RIGHT ARM IN-TO-OUT CHEST BLOCK toward "F".
22. Keep RIGHT LONG STANCE and execute a LEFT REVERSE MIDDLE PUNCH toward "F".
23. Keep RIGHT LONG STANCE and execute a RIGHT MIDDLE PUNCH toward "F".
24. Pull right foot back to left leg and raise it up to assume a RIGHT CRANE STANCE facing "A" but looking toward "F".
25. Execute a RIGHT FOOT SIDE KICK to upper body toward "F".
26. Bring right foot back to a crane stance, then step into a RIGHT LONG STANCE toward "F" and execute a LEFT ELBOW SMASH, using right palm as the target.
27. Step forward with left foot into a LEFT BACK STANCE toward "F" and execute a DOUBLE KNIFE-HAND HIGH BLOCK.
28. Turn 90° CCW toward "A", moving left foot into a LEFT LONG STANCE and execute a SCISSORS BLOCK (simultaneous Left in-to-out chest block and Right Low blocks).
29. Step forward with right foot into a RIGHT BACK STANCE and execute a DOUBLE FIST LOW BLOCK toward "A".
30. Step forward with left foot into a LEFT BACK STANCE and execute a DOUBLE FIST HIGH BLOCK toward "A".
31. Step forward with right foot into a RIGHT LONG STANCE and execute a RIGHT HAND MIDDLE PUNCH toward "A". **KIYAP!!**
32. Turn 270° CCW toward "C", moving left foot into LEFT BACK STANCE and execute a DOUBLE KNIFE-HAND LOW BLOCK.
33. Step forward with right foot into a RIGHT BACK STANCE and execute a DOUBLE KNIFE-HAND HIGH BLOCK toward "C".
34. Step backward with right foot into a LEFT BACK STANCE and execute a LEFT SINGLE KNIFE-HAND BLOCK toward "C".
35. Step forward with right foot into a RIGHT LONG STANCE and execute a RIGHT MIDDLE PUNCH toward "C".
36. Step backward with right foot and turn 180° CW, moving right foot into a RIGHT BACK STANCE toward "D" and execute a DOUBLE KNIFE-HAND LOW BLOCK.
37. Step forward with left foot into a LEFT BACK STANCE and execute a DOUBLE KNIFE-HAND HIGH BLOCK toward "D".
38. Step backward with left foot into a RIGHT BACK STANCE and execute a RIGHT SINGLE KNIFE-HAND BLOCK toward "D".
39. Step forward with left foot into a LEFT LONG STANCE and execute a LEFT MIDDLE PUNCH toward "D". **KIYAP!!**

Return to Ready Stance.

GRANT'S FAMILY MARTIAL ARTS CENTER

PALGWE YUK JANG



GRANT'S FAMILY MARTIAL ARTS CENTER

PALGWE YUK JANG

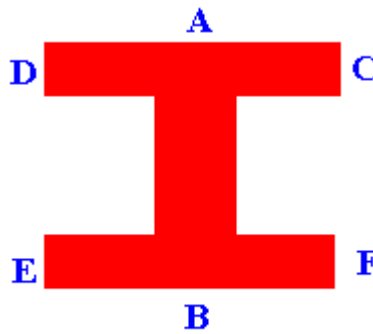
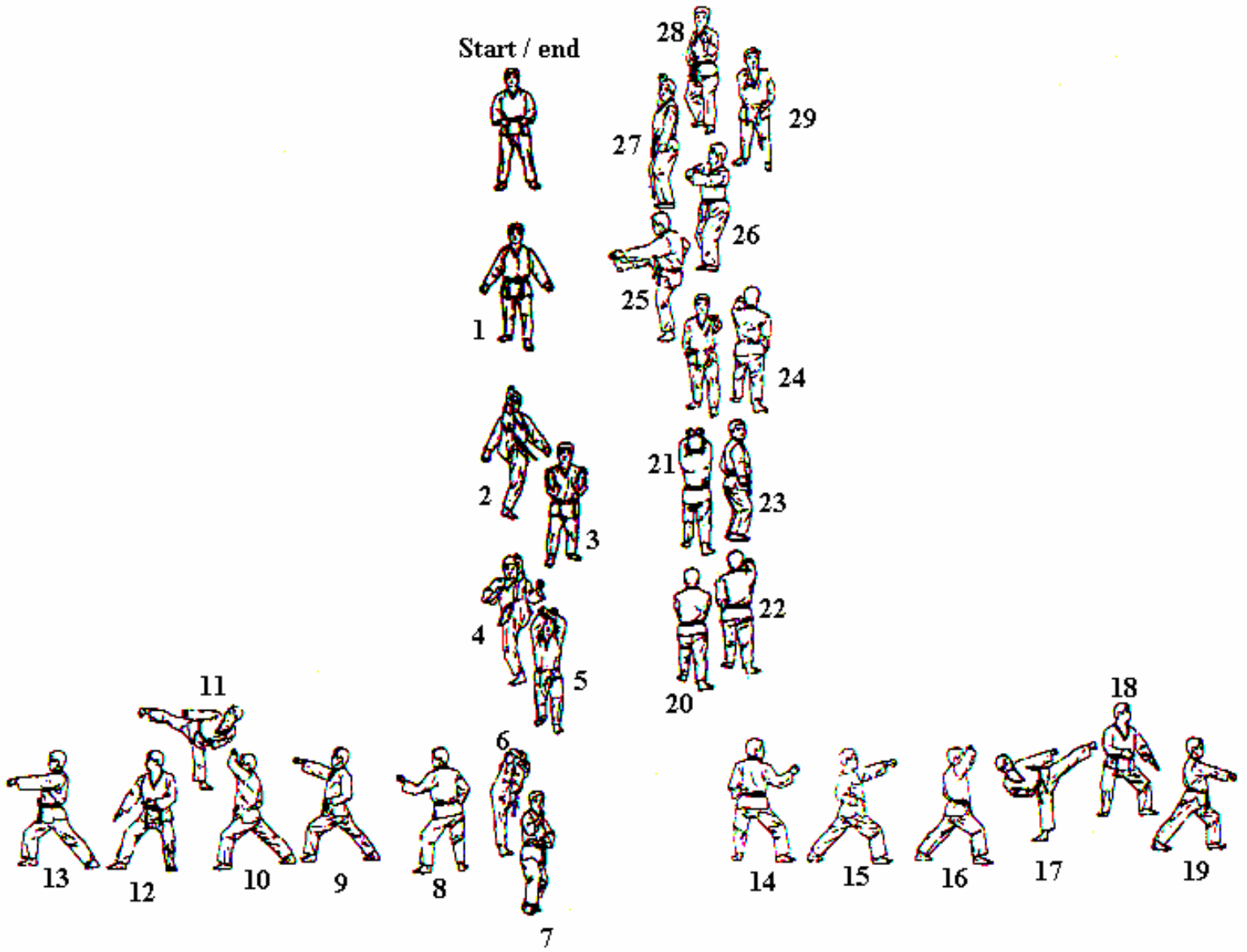
Ready Stance: Standing at "A", facing "B".

1. Turn Left 90° toward "C" into a LEFT LEG BACK STANCE and execute a DOUBLE KNIFE-HAND HIGH BLOCK.
2. Execute a RIGHT LEG FRONT KICK toward "C".
3. Step forward and down with right foot into a RIGHT LEG LONG STANCE and execute a RIGHT HAND MIDDLE PUNCH toward "C".
4. Pivot on the left foot and turn 180° CW into a RIGHT LEG BACK STANCE and execute a DOUBLE KNIFE-HAND HIGH BLOCK toward "D".
5. Execute a LEFT LEG FRONT KICK toward "D".
6. Step forward and down with left foot into a LEFT LEG LONG STANCE and execute a LEFT HAND MIDDLE PUNCH toward "D".
7. Turn 90° CCW into a LEFT LEG FRONT STANCE and execute a LEFT OPEN HAND LOW BLOCK toward "B".
8. Execute a RIGHT HAND CHOP (palm-up) and a LEFT HAND KNIFE-HAND FACE BLOCK toward "B".
9. Execute a RIGHT FOOT FRONT KICK toward "B".
10. Without putting your right foot down, jump forward into a RIGHT STOMPING BACK FIST towards "B". **KIYAP!!**
11. Pivot on right foot and turn 270° CCW into a LEFT LEG BACK STANCE and execute a DOUBLE KNIFE-HAND LOW BLOCK toward "E".
12. Step out into a LEFT LEG LONG STANCE and execute a DOUBLE SPREAD BLOCK toward "E".
13. Execute a RIGHT FOOT FRONT KICK toward "E".
- 14 & 15. Step forward and down with right foot into a RIGHT LEG LONG STANCE and execute a RIGHT HAND MIDDLE PUNCH and then a LEFT HAND REVERSE MIDDLE PUNCH toward "E".
16. Pivoting on the left foot, turning 180° CW into a RIGHT LEG BACK STANCE and execute a DOUBLE KNIFE-HAND LOW BLOCK toward "F".
17. Step out into a RIGHT LEG LONG STANCE toward "F" and execute a DOUBLE SPREAD BLOCK toward "F".
18. Execute a LEFT LEG FRONT KICK toward "F".
- 19 & 20. Step forward and down with left foot into a LEFT LEG LONG STANCE and execute a LEFT HAND MIDDLE PUNCH and then a RIGHT HAND REVERSE MIDDLE PUNCH toward "F".
21. Turn 90° CCW into a LEFT LEG BACK STANCE toward "A" and execute a DOUBLE KNIFE-HAND HIGH BLOCK.
22. Shift the left foot toward "A" into a LEFT LEG LONG STANCE and execute a RIGHT HAND CHOP and a LEFT HAND KNIFE-HAND FACE BLOCK.
23. Execute a RIGHT FOOT FRONT KICK toward "A".
24. Step down into a RIGHT LEG LONG STANCE and execute a LEFT HAND PALM-HEEL DOWN BLOCK and RIGHT HAND BACK FIST toward "A". **KIYAP!!**
25. Execute a LEFT FOOT FRONT KICK toward "A".
26. Step down into a LEFT LEG LONG STANCE and execute a LEFT HAND FACE BLOCK toward "A".
27. Execute a RIGHT FOOT SIDE KICK toward "A".
28. Step down into a RIGHT LEG BACK STANCE toward "A" and execute a DOUBLE KNIFE-HAND HIGH BLOCK toward "A".
29. Turn 180° CCW to the left into a LEFT BACK STANCE and execute a DOUBLE KNIFE-HAND HIGH BLOCK toward "B". **KIYAP!!**

Return to ready stance.

GRANT'S FAMILY MARTIAL ARTS CENTER

PALGWE CHIL JANG



GRANT'S FAMILY MARTIAL ARTS CENTER

PALGWE CHIL JANG

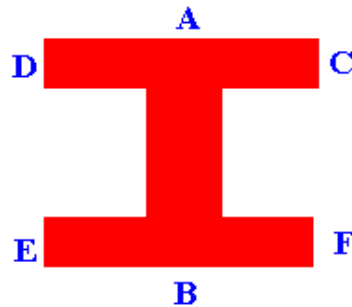
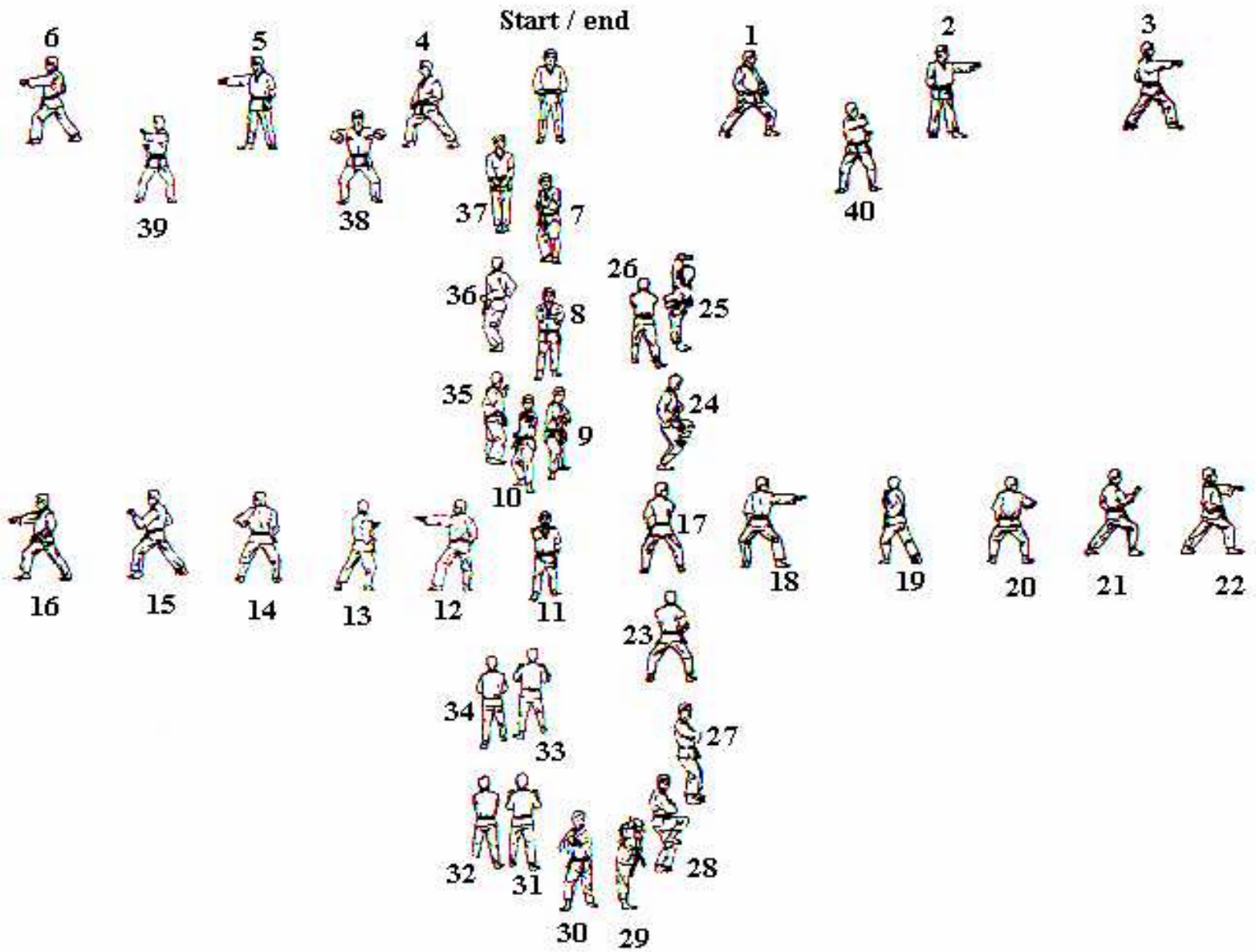
Ready Stance: Standing at "A", facing "B".

1. Step left foot forward towards "B" into LEFT LONG STANCE and execute a DOUBLE LOW BLOCK.
2. Execute a RIGHT LEG FRONT KICK toward "B".
3. Step forward and down with right foot into a RIGHT LONG STANCE and execute a DOUBLE CHEST BLOCK (right arm in-to-out chest block and left arm out-to-in chest block) toward "B".
4. Execute a LEFT LEG FRONT KICK toward "B".
5. Step forward and down with left foot into a LEFT LONG STANCE and execute a CROSS HAND HIGH BLOCK (hands crossed right over left as if to stop downward knife thrust) toward "B".
6. Execute a RIGHT LEG SIDE KICK toward "B".
7. Step forward & down with right foot into a RIGHT BACK STANCE & execute a DOUBLE KNIFE-HAND HIGH BLOCK towards "B".
8. Pivot on right foot & turn 270° CCW into a LEFT BACK STANCE & execute a LEFT IN-TO-OUT CHEST BLOCK toward "E".
9. Step left foot out into a LEFT LONG STANCE and execute a RIGHT REVERSE MIDDLE PUNCH toward "E".
10. Stay in LEFT LONG STANCE and execute a LEFT FACE BLOCK toward "E".
11. Execute a RIGHT LEG SIDE KICK toward "E".
12. Step foot forward & down into RIGHT BACK STANCE & execute a DOUBLE KNIFE-HAND LOW BLOCK toward "E".
13. Step right foot out into a RIGHT LONG STANCE and execute a LEFT REVERSE MIDDLE PUNCH toward "E".
14. Pivoting on the left foot, turning 180° CW into a RIGHT BACK STANCE and execute a LEFT IN-TO-OUT CHEST BLOCK toward "F".
15. Step right foot out into a RIGHT LONG STANCE and execute a LEFT REVERSE MIDDLE PUNCH toward "F".
16. Stay in RIGHT LONG STANCE and execute a RIGHT FACE BLOCK toward "F".
17. Execute a LEFT LEG SIDE KICK toward "F".
18. Step forward & down with left foot into LEFT BACK STANCE & execute a DOUBLE KNIFE-HAND LOW BLOCK toward "F".
19. Step left foot out into a LEFT LONG STANCE and execute a RIGHT REVERSE MIDDLE PUNCH toward "F".
- 20 & 21. Turn 90° CCW into a LEFT LONG STANCE toward "A" and execute CROSSED DOUBLE FIST LOW THEN MIDDLE THEN HIGH BLOCK (these are three knife blocks). You should end with right hand over left.
22. Open hands and slowly turn as if you have grabbed hand and are twisting knife hand of attacker. Bring right hand back and then RIGHT HAND HIGH PUNCH toward "A". **KIYAP!!**
23. Spin 180° CCW on left foot and execute a RIGHT AX KICK toward "B". Step forward and down into a HORSEBACK STANCE facing toward "F" and execute a RIGHT SINGLE KNIFE-HAND LOW BLOCK toward "B".
24. Turn 180° CCW toward "A" and place left foot forward into LEFT LONG STANCE and execute a LEFT KNIFE-HAND STRIKE to neck.
25. Open left hand and execute a RIGHT FOOT OUT-TO-IN CRESCENT KICK into left hand.
26. Place right foot down forward toward "A" into a HORSEBACK STANCE facing toward "E" and execute a RIGHT ELBOW STRIKE into open left hand.
27. Shuffle both feet back toward "A" and place feet to get into a LEFT BACK STANCE facing toward "B" and execute a MOUNTAIN BLOCK (left hand low block and right hand high block behind head).
28. Shuffle both feet back toward "A" and keep feet in a LEFT BACK STANCE facing toward "B" and execute a DOUBLE KNIFE-HAND HIGH BLOCK toward "B".
29. Step out into LEFT LONG STANCE toward "B" and execute a RIGHT REVERSE MIDDLE PUNCH toward "B". **KIYAP!!**

Return to ready stance.

GRANT'S FAMILY MARTIAL ARTS CENTER

PALGWE PA JANG



GRANT'S FAMILY MARTIAL ARTS CENTER

PALGWE PA JANG

Ready Stance: Standing at "A", facing "B".

1. Turn 90° CCW, moving left foot into a LEFT LONG STANCE and execute a LEFT ARM LOW BLOCK, toward "C".
2. Slide the left foot back into a left T-stance and execute a DOWNWARD HAMMER FIST strike with right fist toward "C".
3. Step right foot forward into RIGHT LONG STANCE and execute a RIGHT MIDDLE PUNCH toward "C".
4. Step backward with right foot and turn 180° CW, moving right foot into a RIGHT LONG STANCE and execute a RIGHT ARM LOW BLOCK, toward "D".
5. Slide the right foot back into a right T-stance and execute a DOWNWARD HAMMER FIST with the right fist toward "D".
6. Step left foot forward into LEFT LONG STANCE and execute a LEFT MIDDLE PUNCH toward "D".
7. Turn 90° CCW toward "B" into a LEFT BACK STANCE and execute a DOUBLE KNIFE-HAND CHEST BLOCK.
8. Step right foot forward into a RIGHT LONG STANCE toward "B" and execute a LEFT PALM-HEEL PRESSING BLOCK and a RIGHT SPEAR-HAND STRIKE.
9. Twist body CCW and place right hand at small of back as if escaping a grab.
10. Pivot on the right foot and turn 360° CCW ending in a RIGHT LONG STANCE toward "B" and execute a LEFT HORIZONTAL HAMMER FIST.
11. Step right foot forward into a RIGHT LONG STANCE and execute a RIGHT HIGH PUNCH toward "B". **KIYAP!!**
12. Pivot and turn on right foot 270° CCW and into a RIGHT HORSEBACK STANCE facing "A" and execute a LEFT KNIFE-HAND STRIKE (palm-down) toward "E".
13. Turn the body to the right, shift the left foot inward toward "F". Pull the elbow across the body, the left knife-hand aligned with the right shoulder to escape from a grab.
14. Assume a HORSEBACK STANCE with body facing "A" and execute a LEFT SIDE ELBOW STRIKE toward "E".
15. Shift the left foot toward "E" into a LEFT BACK STANCE and execute a LEFT IN-TO-OUT CHEST BLOCK.
16. Step left foot out into a LEFT LONG STANCE and execute a RIGHT REVERSE MIDDLE PUNCH toward "E". Slowly move right hand toward "A" in a strength move.
17. Lift right foot and put down in HORSEBACK STANCE with body facing line-"A"D", looking toward "E" and place the fists at the left hip (left fist in ready position and right fist as if striking toward back).
18. Hop to right toward "F" into a RIGHT HORSEBACK STANCE and execute a RIGHT KNIFE-HAND STRIKE (palm-down) toward "F".
19. Turn the body to the left, shift the right foot inward toward "E". Pull the elbow across the body, the right knife-hand aligned with the left shoulder to escape from a grab.
20. Assume a HORSEBACK STANCE with body facing "A" and execute a RIGHT SIDE ELBOW STRIKE toward "F".
21. Shift the right foot toward "F" into a RIGHT BACK STANCE and execute a RIGHT IN-TO-OUT CHEST BLOCK.
22. Step right foot out into a RIGHT LONG STANCE and execute a LEFT REVERSE MIDDLE PUNCH toward "F". Slowly move left hand toward "A" in a strength move.
23. Lift left foot and put down in HORSEBACK STANCE with body facing line-"A"C", looking toward "F" and place the fists at the right hip (right fist in ready position and left fist as if striking toward back).
24. Step the right foot toward "A" and forward of left foot keeping the hands as they were.
25. Execute a LEFT SIDE KICK toward "A".
26. Drop the left foot into a LEFT LONG STANCE toward "A" and execute a RIGHT ELBOW SMASH (into left palm). Slowly turn CCW in strength move ending up facing "B".
27. Move left foot toward "B" and past right foot.
- 28 & 29. Execute a RIGHT SIDE KICK toward "B".
30. Drop right foot into a RIGHT LONG STANCE toward "B" and execute a LEFT ELBOW SMASH (into right palm).
- 31 & 32. Pivot 180° CCW toward "A" into a LEFT LONG STANCE and execute a DOUBLE LOW/HIGH KNUCKLE STRIKE toward "A".
- 33 & 34. Step right foot toward "A" into a RIGHT LONG STANCE and execute a DOUBLE LOW/HIGH KNUCKLE STRIKE toward "A".
35. Step left foot toward "A" into a LEFT BACK STANCE and execute a LEFT OUT-TO-IN OPEN HAND CHEST BLOCK.
36. Pivot on the left foot turning 180° CW assuming a HORSEBACK STANCE with body facing "D" and execute a RIGHT HAND CHOP.
37. Pivot 90° CCW on the right foot into an attention stance toward "B" with open hands crossed in front, left hand over right. With hands starting near head, slowly lower hands toward groin.
38. Fall toward "C" and put left foot out into a HORSEBACK STANCE raising the elbows with palms down as if escaping from a rear grab.
39. Shift the body in the same stance toward "D" and execute a simultaneous RIGHT REAR ELBOW STRIKE and a LEFT REAR FACE PUNCH over the right shoulder, while looking over the right shoulder.
40. In the same stance, move slightly toward "C" and execute a LEFT REAR ELBOW STRIKE and a RIGHT REAR FACE PUNCH over the left shoulder while looking over the left shoulder.

Return to ready.