

Palgwe Pal Jang

12

9 3

6

- Junbi
- Turn toward 9 into a left front stance, left low block
- Move your left leg back into a short left back stance, left hammer fist toward 9
- Step forward into a right front stance, right middle punch
- Step with your right foot - clockwise toward 3 into a right front stance, right low block
- Move your right leg back into a short right back stance, right hammer fist toward 3
- Step forward into a left front stance, left middle punch
- Step with your left foot counterclockwise toward 12 into a left back stance - middle knife hand guarding block
- Step forward into a right front stance, left hand downward palm block - right spear-hand strike
- Keeping your feet in place, pivot your stance to your left - right hand downward palm block - step with your left foot counterclockwise toward 12 into a left back stance, left back fist toward 12
- Step forward into a right front stance, right middle punch, **(Kihop)**
- Step with your left foot counterclockwise toward 3 into a left back stance, left knife hand strike
- Step with your left foot clockwise toward 5 into a horse stance, left middle palm block
- Step counterclockwise with your left foot toward 3 into a horse riding stance, left backward elbow strike
- Shift your left foot into a left front stance, left outside block - reverse middle punch
- Step with your left foot clockwise into a horse stance facing 6 - chamber your hands stacked on your left hip
- Step with your right foot counterclockwise toward 9 into a right back stance, right knife hand strike
- Step with your right foot counterclockwise toward 7 into a horse stance, right middle palm block
- Step clockwise with your right foot toward 9 into a horse riding stance, right backward elbow strike
- Shift your right foot into a right front stance, right outside block - reverse middle punch
- Step with your right foot counterclockwise into a horse stance facing 6 - chamber your hands stacked on your right hip
- Move your right foot to your left - left side kick / horizontal hammer fist toward 6
- Land forward into a left front stance - elbow strike
- Step with your right foot clockwise toward 12 into a horse riding stance facing 9
- Right leg side kick / horizontal hammer fist toward 12
- Land forward into a right front stance - elbow strike

- Deodra toward 6 into a left front stance - double high outside forearm blocks - re-chamber both hands at the ribs - double uppercut into ribs
- Step forward into a right front stance - double high outside forearm blocks - re-chamber both hands at the ribs - double uppercut into ribs
- Step forward into a left back stance - left knife hand strike, turn hand and push towards your left
- Step with your right foot clockwise toward 6 into a horse riding stance and right backward elbow strike (hands to belt)
- Spin counterclockwise to move your left leg to your right leg, facing 12 at attention - move the hands from the chambered position on ribs to the front, left hand on top with your hands together, palms facing inward in front of your belt
- Step toward 9 with your left leg into a horse riding stance and bring your up hands to right under the face - hands open & elbows out, fingertips touching
- Slide step to your right and high hook punch with your left hand over your right shoulder in horse riding stance
- Slide step to your left and high hook punch with your right hand over your left shoulder in horse riding stance, (**Kihop**)
- Move your left foot to Junbi