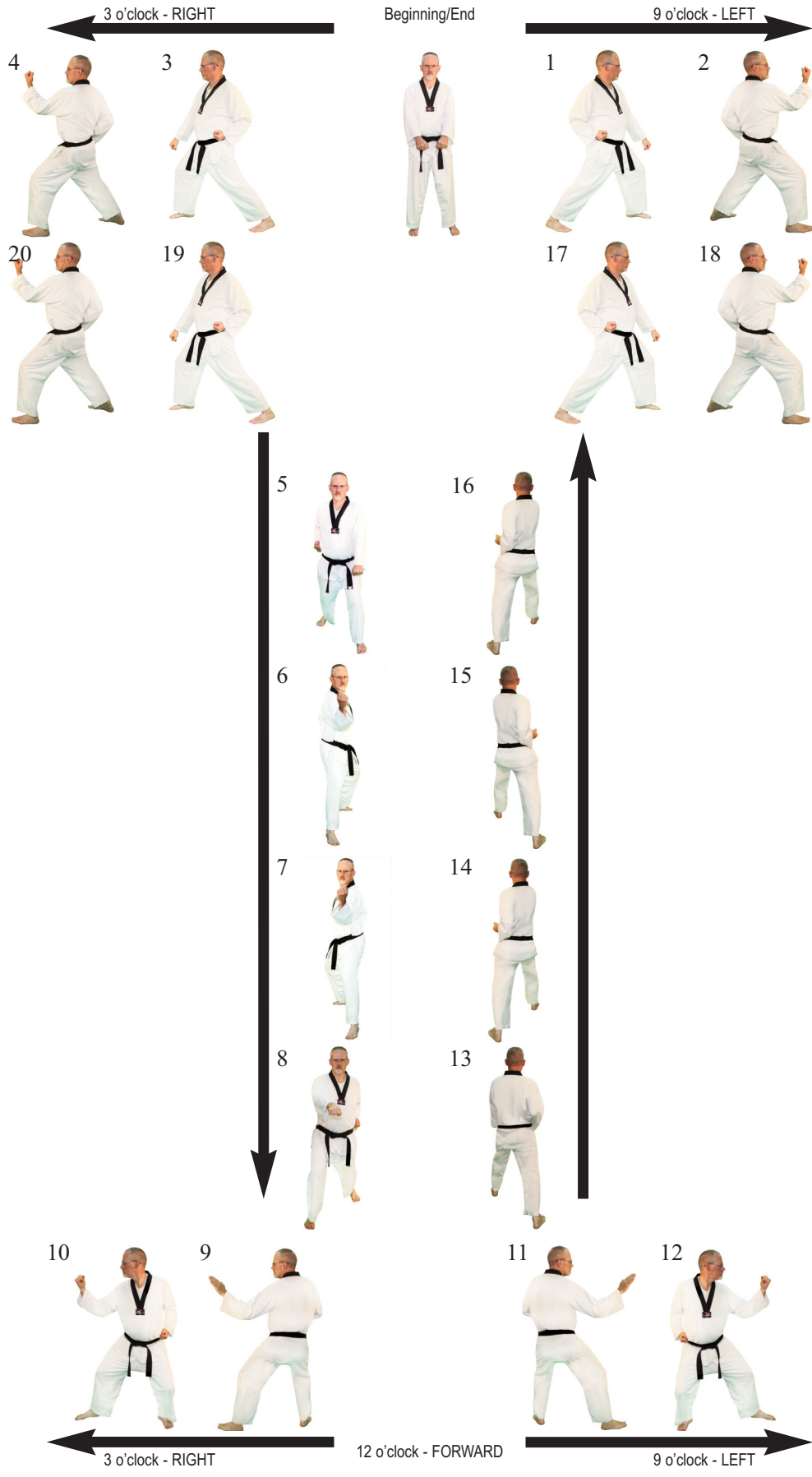


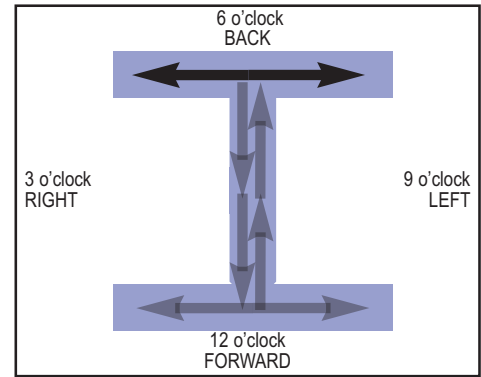
PALGUE IL JANG



PALGUE IL JANG

STEPS IN EXECUTION:

From the **READY STANCE**,
JUNBI,



1. Turn left toward 9 o'clock by pivoting on your right foot, execute a **LEFT FRONT STANCE** while simultaneously executing a **LEFT LOW BLOCK**.

WEN AP KUBI, WEN ARAE MAKKI

2. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT INSIDE BLOCK**.

OREUN AP KUBI, OREUN MOMTONG AN MAKKI



3. Turn right toward 3 o'clock by pivoting on your left foot, into a **RIGHT FRONT STANCE** while simultaneously executing a **RIGHT LOW BLOCK**.

OREUN AP KUBI, OREUN ARAE MAKKI

4. Step forward into a **LEFT FRONT STANCE** and execute a **LEFT INSIDE BLOCK**.

WEN AP KUBI, WEN MOMTONG AN MAKKI

5. Turn left toward 12 o'clock by pivoting on your right foot, execute a **LEFT FRONT STANCE** while simultaneously executing a **LEFT LOW BLOCK**.

WEN AP KUBI, WEN ARAE MAKKI

6. Step forward into a **RIGHT BACK STANCE** and execute a **RIGHT SIDE BLOCK** with the inner forearm.

OREUN DWIT KUBI, OREUN YEUP MAKKI

7. Step forward into a **LEFT BACK STANCE** and execute a **LEFT SIDE BLOCK** with the inner forearm.

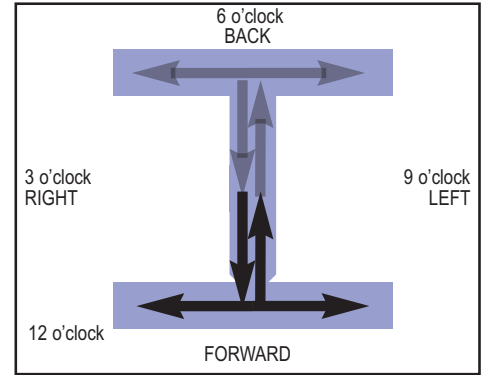
WEN DWIT KUBI, WEN YEUP MAKKI



SIDE BLOCK or **YEUP MAKKI** is another word for the **OUTSIDE BLOCK** with the inner forearm **when in a BACK STANCE**.

PALGUE IL JANG

8. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT MID-SECTION PUNCH**, *KIHAP!*
OREUN AP KUBI, OREUN MOMTONG JIREUGI, KIHAP!



9. Turn left toward 3 o'clock by pivoting on your right foot into a **LEFT BACK STANCE** and execute a **DOUBLE KNIFE HAND BLOCK**.
WEN DWIT KUBI, DU SONNAL MOMTONG BAKKAT MAKKI

10. Step forward into a **RIGHT BACK STANCE** and execute a **RIGHT INSIDE BLOCK** with the outer forearm.
OREUN DWIT KUBI, OREUN MOMTONG AN MAKKI

11. Turn right toward 9 o'clock by pivoting on your left foot into a **RIGHT BACK STANCE** and execute a **DOUBLE KNIFE HAND BLOCK**.
OREUN DWIT KUBI DU SONNAL MOMTONG BAKKAT MAKKI



12. Step forward into a **LEFT BACK STANCE** and execute a **LEFT INSIDE BLOCK** with the inner forearm.
WEN DWIT KUBI, WEN MOMTONG AN MAKKI

13. Turn left toward 6 o'clock by pivoting on your right foot, execute a **LEFT FRONT STANCE** and execute a **LEFT LOW BLOCK**.
WEN AP KUBI, WEN ARAE MAKKI



14. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT KNIFE HAND STRIKE**.
OREUN AP KUBI, OREUN HAN SONNAL MAKKI



PALGUE IL JANG

15. Step forward into a **LEFT FRONT STANCE** 15
and execute a **LEFT KNIFE HAND STRIKE**.
WEN AP KUBI, WEN HAN SONNAL MAKKI



16. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT MID-SECTION PUNCH, KIHAP!** 16
OREUN AP KUBI, OREUN MOMTONG JIREUGI, KIHAP!



17. Turn left toward 9 o'clock by pivoting on your right foot, execute a **LEFT FRONT STANCE** and execute a **LEFT LOW BLOCK**. 17
WEN AP KUBI, WEN ARAE MAKKI

18



18. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT INSIDE BLOCK**.
OREUN AP KUBI, OREUN MOMTONG AN MAKKI

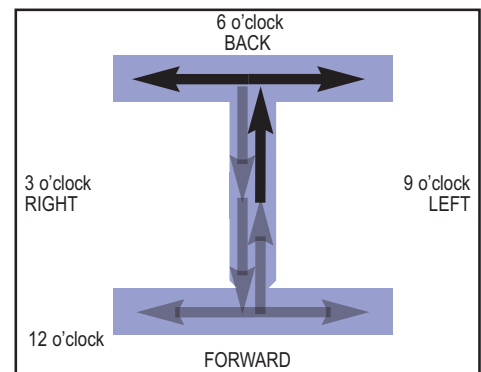
20 19



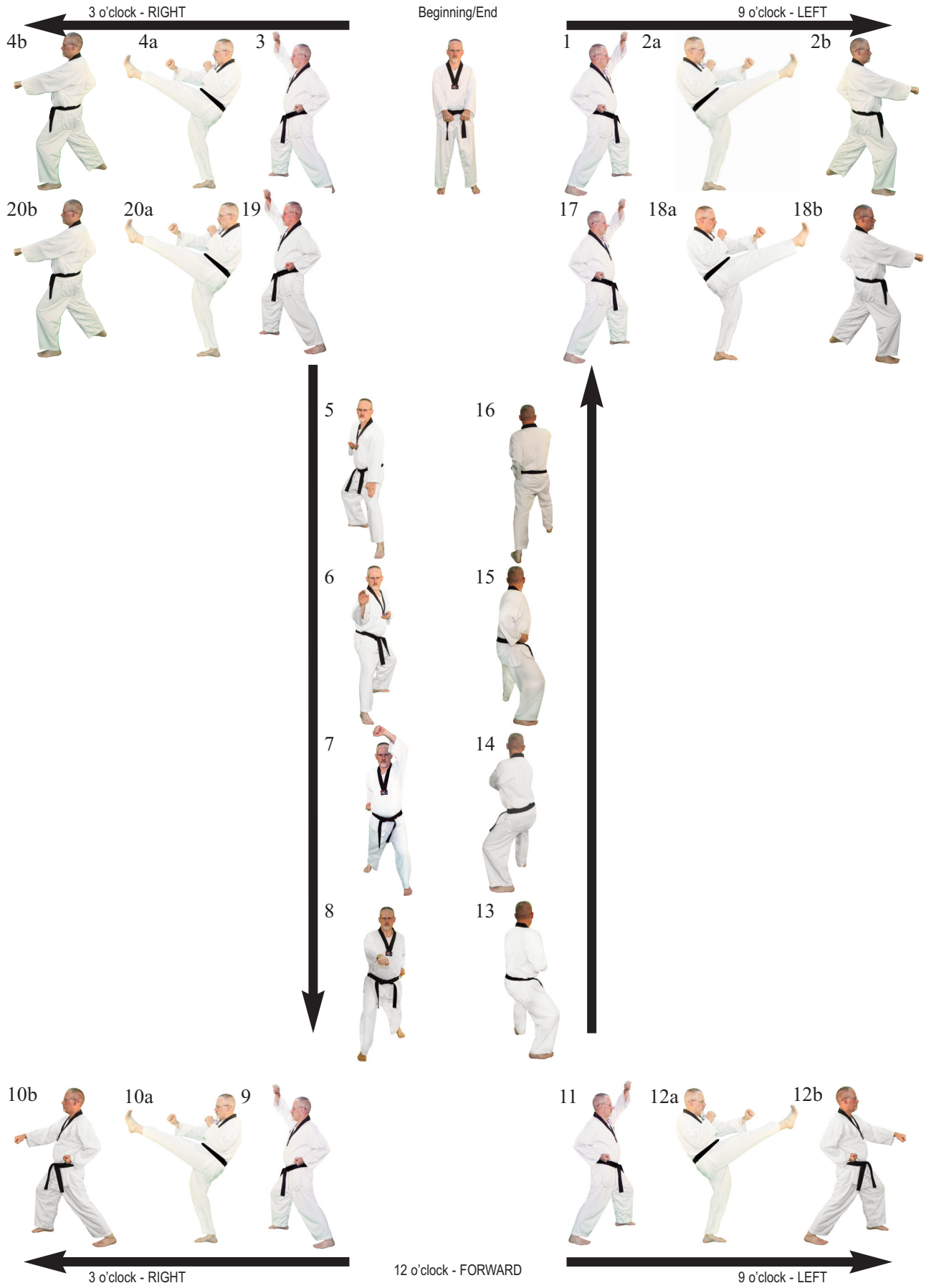
19. Turn right toward 3 o'clock by pivoting on your left foot into a **RIGHT FRONT STANCE** and execute a **RIGHT LOW BLOCK**.
OREUN AP KUBI, OREUN ARAE MAKKI

20. Step forward into a **LEFT FRONT STANCE** and execute a **LEFT INSIDE BLOCK**.
WEN AP KUBI, WEN MOMTONG AN MAKKI

When the command **RETURN** is given, turn left toward 12 o'clock by pivoting on your right foot and assume a **READY STANCE**.
BARO, JUNBI



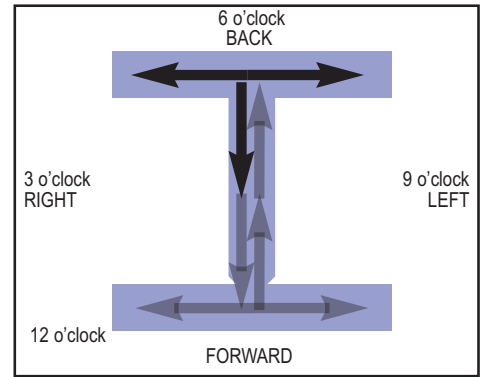
PALGUE EE JANG



PALGUE EE JANG

STEPS IN EXECUTION:

From the **READY STANCE**,
JUNBI,



1. Turn left toward 9 o'clock by pivoting on your right foot, execute a **LEFT FRONT STANCE** and execute a **LEFT HIGH BLOCK**.
WEN AP KUBI, WEN OLGUL MAKKI
2. Execute a **RIGHT FRONT KICK**, step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT MID-SECTION PUNCH**.
OREUNBAL AP CHAGI, OREUN AP KUBI, OREUN MOMTONG JIREUGI

1

2a

2b



4b

4a

3

3. Turn right toward 3 o'clock by pivoting on your left foot, execute a **RIGHT FRONT STANCE** and execute a **RIGHT HIGH BLOCK**.
OREUN AP KUBI, OREUN OLGUL MAKKI
4. Execute a **LEFT FRONT KICK**, step forward into a **LEFT FRONT STANCE** and execute a **LEFT MID-SECTION PUNCH**.
WENBAL AP CHAGI, WEN AP KUBI, WEN MOMTONG JIREUGI



5. Turn left toward 12 o'clock by pivoting on your right foot, execute a **LEFT BACK STANCE** and execute a **DOUBLE KNIFE HAND LOW BLOCK**.
WEN DWIT KUBI, WEN DU SONNAL ARAE MAKKI
6. Step forward into a **RIGHT BACK STANCE** and execute a **DOUBLE KNIFE HAND BLOCK**.
OREUN DWIT KUBI, DU SONNAL MOMTONG MAKKI
7. Step forward into a **LEFT FRONT STANCE** and execute a **LEFT HIGH BLOCK**.
WEN AP KUBI, WEN OLGUL MAKKI

5

6

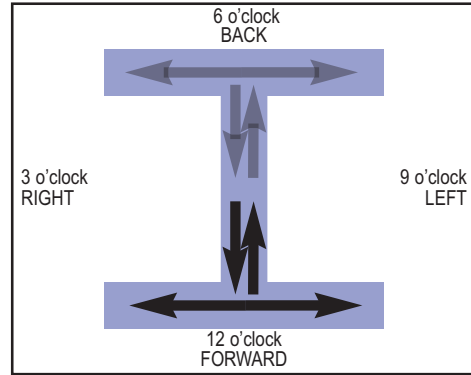
7



PALGUE EE JANG

8. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT MID-SECTION PUNCH**, *KIHAP!*
OREUN AP KUBI, OREUN MOMTONG JIREUGI, KIHAP!

8



10b



10a



9



9. Turn left toward 3 o'clock by pivoting on your right foot, execute a **LEFT FRONT STANCE** and execute a **LEFT HIGH BLOCK**.
WEN AP KUBI, WEN OLGUL MAKKI

10. Execute a **RIGHT FRONT KICK**, step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT MID-SECTION PUNCH**.
OREUNBAL AP CHAGI, OREUN AP KUBI, OREUN MOMTONG JIREUGI

11. Turn right toward 9 o'clock by pivoting on your left foot into a **RIGHT FRONT STANCE** and execute a **RIGHT HIGH BLOCK**.
OREUN AP KUBI, OREUN OLGUL MAKKI

11



12a



12b



12. Execute a **LEFT FRONT KICK**, step forward into a **LEFT FRONT STANCE** and execute a **LEFT MID-SECTION PUNCH**.
WENBAL AP CHAGI, WEN AP KUBI, WEN MOMTONG JIREUGI

13. Turn left toward 6 o'clock by pivoting on your right foot, execute a **LEFT BACK STANCE** and execute a **DOUBLE LOW BLOCK**.
JUNBI, WEN DWIT KUBI, WEN DU BEON ARAE MAKKI

13



14. Step forward into a **RIGHT BACK STANCE** and execute a **RIGHT SUPPORTED OUTSIDE BLOCK** with the inner forearm.
OREUN DWIT KUBI, OREUN AN PALMOK MOMTONG KODUREO MAKKI

14



15. Step forward into a **LEFT BACK STANCE** and execute a **LEFT INSIDE BLOCK**.
JUNBI, WEN DWIT KUBI, WEN MOMTONG AN MAKKI

15



PALGUE EE JANG

16. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT MID-SECTION PUNCH**, *KIHAP!*
OREUN AP KUBI, OREUN MOMTONG JIREUGI, KIHAP!



17. Turn left toward 9 o'clock by pivoting on your right foot, execute a **LEFT FRONT STANCE** and execute a **LEFT HIGH BLOCK**.
WEN AP KUBI, WEN OLGUL MAKKI



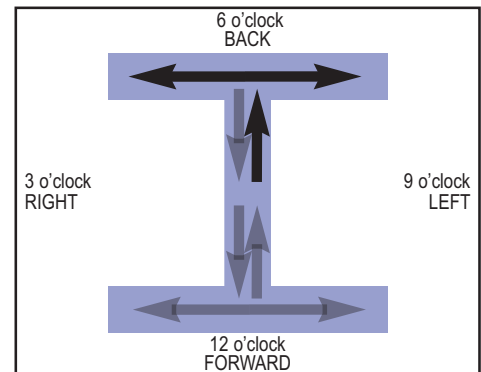
18. Execute a **RIGHT FRONT KICK**, step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT MID-SECTION PUNCH**.
OREUNBAL AP CHAGI, OREUN AP KUBI, OREUN MOMTONG JIREUGI



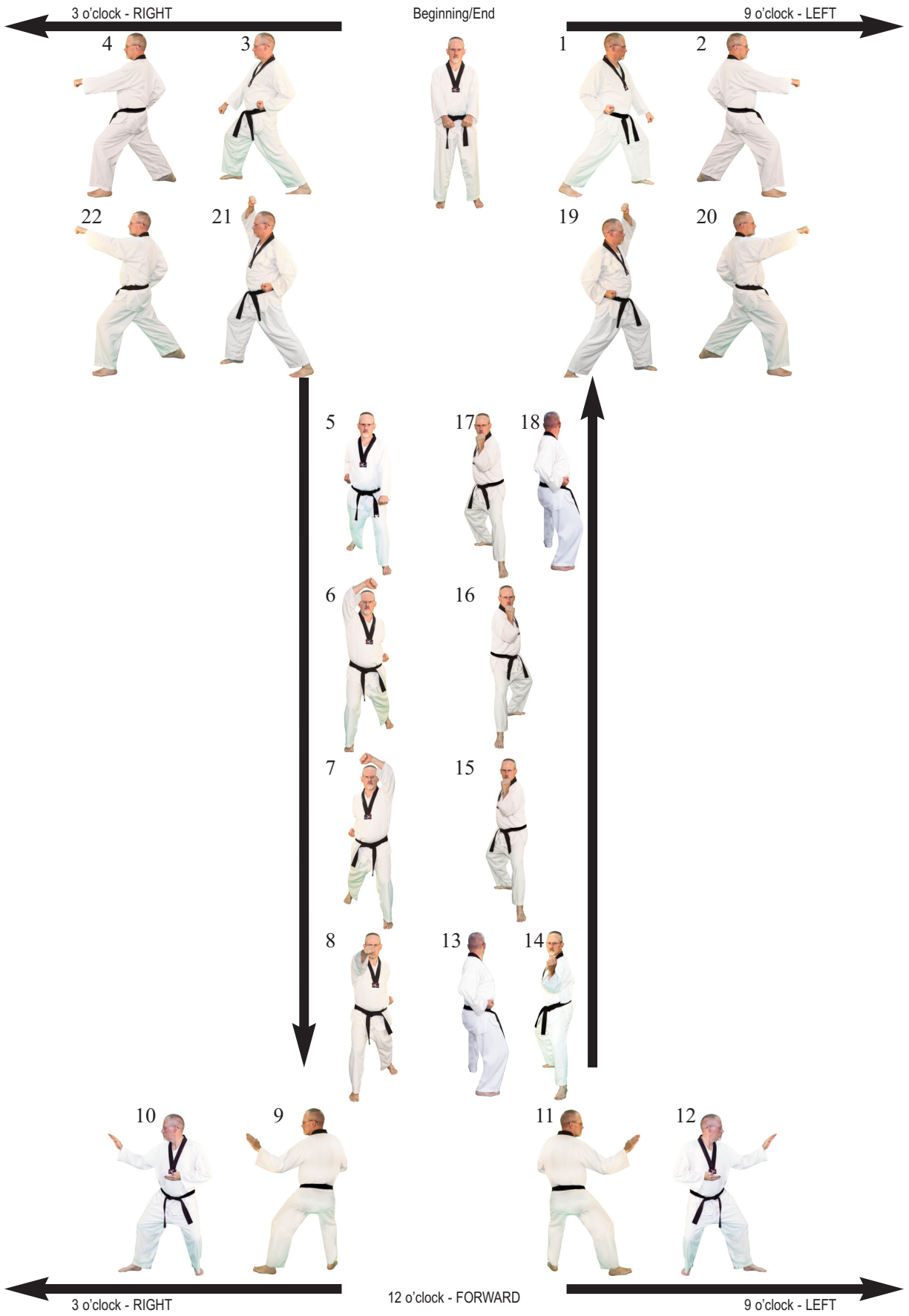
19. Turn right toward 3 o'clock by pivoting on your left foot, into a **RIGHT FRONT STANCE** and execute a **RIGHT HIGH BLOCK**.
OREUN AP KUBI, OREUN OLGUL MAKKI

20. Execute a **LEFT FRONT KICK**, step forward into a **LEFT FRONT STANCE** and execute a **LEFT MID-SECTION PUNCH**.
WENBAL AP CHAGI, WEN AP KUBI, WEN MOMTONG JIREUGI

When the command **RETURN** is given, turn left toward 12 o'clock by pivoting on your right foot and assume a **READY STANCE**.
BARO, JUNBI



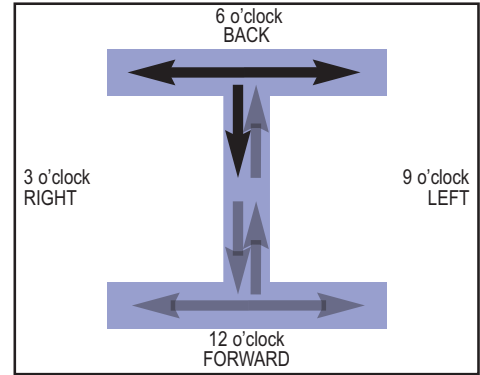
PALGUE SAM JANG



PALGUE SAM JANG

STEPS IN EXECUTION:

From the **READY STANCE**,
JUNBI,



1. Turn left toward 9 o'clock by pivoting on your right foot, execute a **LEFT FRONT STANCE** while simultaneously executing a **LEFT LOW BLOCK**.

WEN AP KUBI, WEN ARAE MAKKI

2. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT MID-SECTION PUNCH**.

OREUN AP KUBI, OREUN MOMTONG JIREUGI



3. Turn right toward 3 o'clock by pivoting on your left foot, into a **RIGHT FRONT STANCE** and execute a **RIGHT LOW BLOCK**.
- OREUN AP KUBI, OREUN ARAE MAKKI*

4. Step forward into a **LEFT FRONT STANCE** and execute a **LEFT MID-SECTION PUNCH**.

WEN AP KUBI, WEN MOMTONG JIREUGI

5. Turn left toward 12 o'clock by pivoting on your right foot, execute a **LEFT FRONT STANCE** and execute a **LEFT LOW BLOCK**.

WEN AP KUBI, WEN ARAE MAKKI

6. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT HIGH BLOCK**.

OREUN AP KUBI, OREUN OLGUL MAKKI

7. Step forward into a **LEFT FRONT STANCE** and execute a **LEFT HIGH BLOCK**.

WEN AP KUBI, WEN OLGUL MAKKI

8. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT PUNCH** to the face, **KIHAP!**

OREUN AP KUBI, OREUN OLGUL JIREUGI, KIHAP!



PALGUE SAM JANG



9. Turn left toward 3 o'clock by pivoting on your right foot, execute a **LEFT BACK STANCE** and execute a **DOUBLE KNIFE HAND BLOCK**.

WEN DWIT KUBI, DU SONNAL MOMTONG BAKKAT MAKKI

10. Step forward into a **RIGHT BACK STANCE** and execute a **DOUBLE KNIFE HAND BLOCK**.

OREUN DWIT KUBI, DU SONNAL MOMTONG BAKKAT MAKKI

11. Turn right toward 9 o'clock by pivoting on your left foot into a **RIGHT BACK STANCE** and execute a **DOUBLE KNIFE HAND BLOCK**.

OREUN DWIT KUBI, DU SONNAL MOMTONG BAKKAT MAKKI

12. Step forward into a **LEFT BACK STANCE** and execute a **LEFT DOUBLE KNIFE HAND BLOCK**.

WEN DWIT KUBI, DU SONNAL MOMTONG BAKKAT MAKKI



13. Turn left toward 6 o'clock by pivoting on your right foot, execute a **LEFT BACK STANCE** and execute a **LEFT SIDE BLOCK** with the inner forearm.

WEN DWIT KUBI, WEN YEUP MAKKI



14. Turn right toward 12 o'clock by pivoting on your left foot, while keeping both feet in the same position, into **RIGHT BACK STANCE** and execute a **RIGHT SIDE BLOCK** with the inner forearm.

OREUN DWIT KUBI, OREUN ANPALMOK MOMTONG BAKKAT MAKKI

15. Step backward into a **LEFT BACK STANCE** and execute a **LEFT INSIDE BLOCK**.

WEN DWIT KUBI, WEN MOMTONG AN MAKKI



16. Step backward into a **RIGHT BACK STANCE** and execute a **RIGHT INSIDE BLOCK**.

OREUN DWIT KUBI, OREUN MOMTONG AN MAKKI



PALGUE SAM JANG

17. Step backward into a **LEFT BACK STANCE** and execute a **LEFT INSIDE BLOCK**.
WEN DWIT KUBI, WEN MOM-TONG AN MAKKI



18. Turn right toward 6 o'clock by pivoting on your left foot, while keeping both feet in the same position, into **RIGHT BACK STANCE** and execute a **RIGHT SIDE BLOCK** with inner forearm.
OREUN DWIT KUBI, OREUN YEUP MAKKI

19. Turn left toward 9 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE** and execute a **LEFT HIGH BLOCK**.
WEN AP KUBI, WEN OLGUL MAKKI



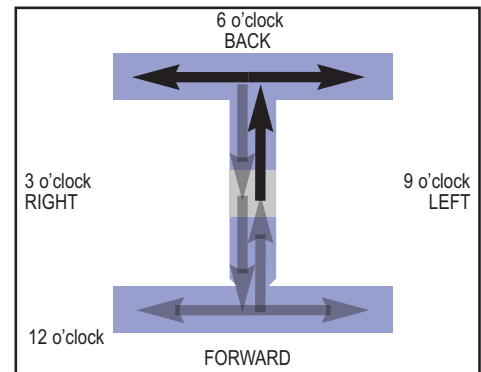
20. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT HIGH PUNCH**.
OREUN AP KUBI, OREUN OLGUL JIREUGI



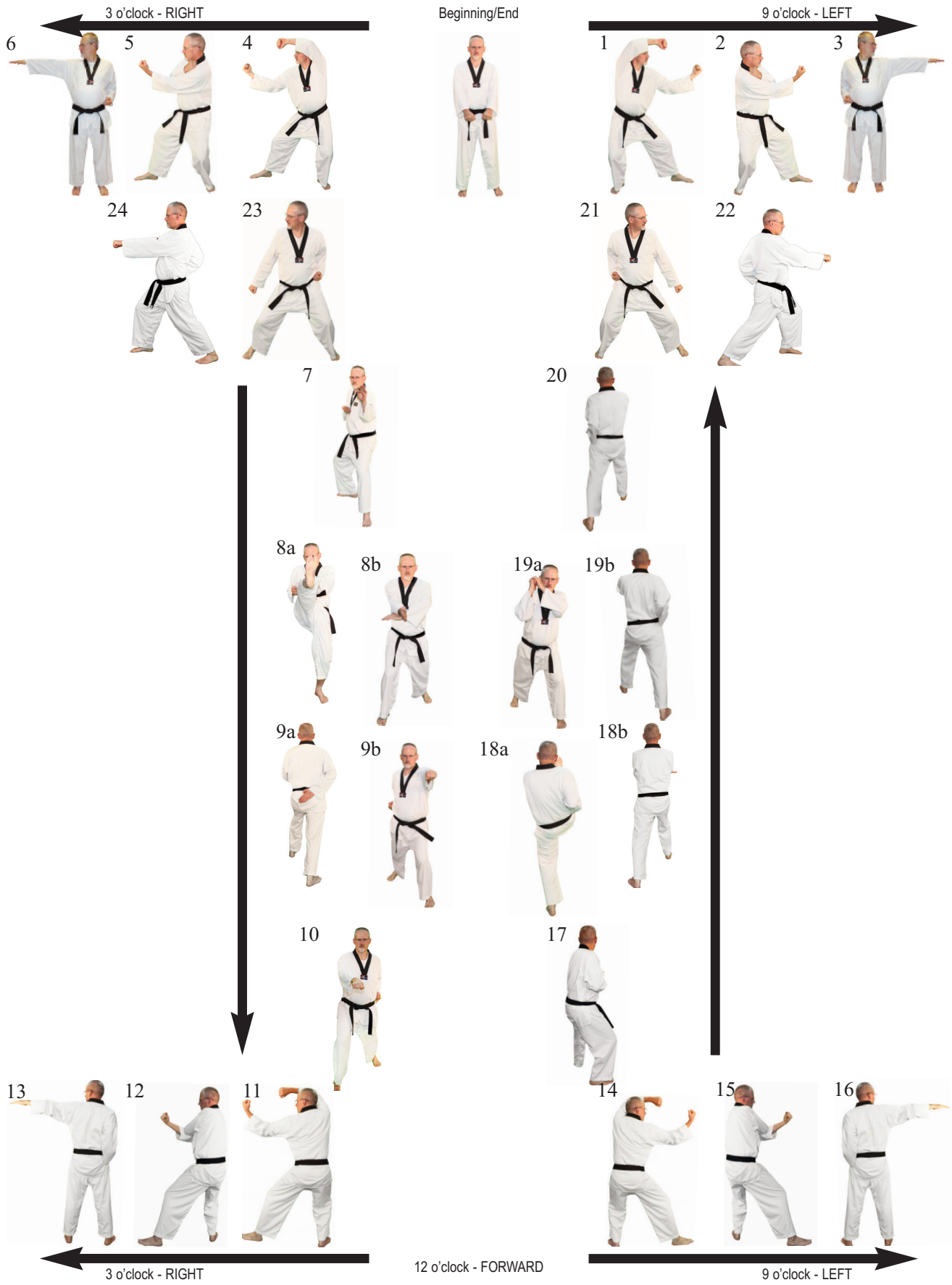
21. Turn right toward 3 o'clock by pivoting on your left foot, into a **RIGHT FRONT STANCE** and execute a **RIGHT HIGH BLOCK**.
OREUN AP KUBI, OREUN OLGUL MAKKI

22. Step forward into a **LEFT FRONT STANCE** and execute a **LEFT HIGH PUNCH, KIHAP!**
WEN AP KUBI, WEN OLGUL JIREUGI, KIHAP!

When the command **RETURN** is given, turn left toward 12 o'clock by pivoting on your right foot and assume a **READY STANCE**.
BARO, JUNBI



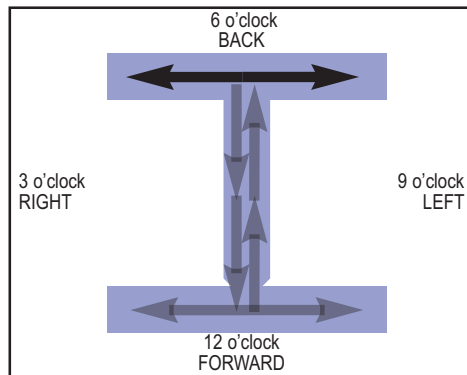
PALGUE SA JANG



PALGUE SA JANG

STEPS IN EXECUTION:

From the **READY STANCE**,
JUNBI,



1. Turn left toward 9 o'clock into a **LEFT BACK STANCE** and execute a **DIAMOND MID-SECTION BLOCK**.
WEN DWIT KUBI, KEUMGANG MOMTONG MAKKI
2. Execute a **RIGHT UPPERCUT PUNCH** toward 9 o'clock.
OREUN DANKYO TEOK JIREUGI
3. Bring your left foot back next to your right foot into a **PARALLEL STANCE** with your body facing 12 o'clock and your eyes focused on 9 o'clock and execute a **LEFT OUTSIDE KNIFE HAND STRIKE**.
NARANHI SEOGI, WEN HAN SONNAL BAKKAT CHIGI



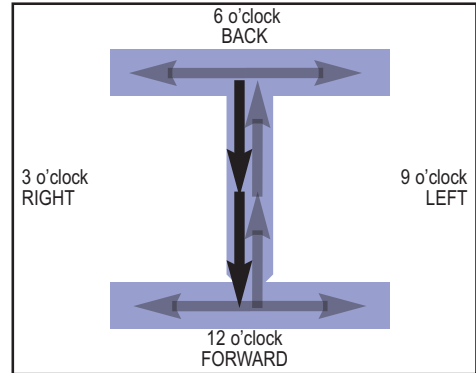
4. Turn right toward 3 o'clock into a **RIGHT BACK STANCE** and execute a **DIAMOND MID-SECTION BLOCK**.
OREUN DWIT KUBI, KEUMGANG MOMTONG MAKKI
5. Execute a **LEFT UPPERCUT PUNCH** toward 3 o'clock.
WEN DANKYO TEOK JIREUGI
6. Bring your right foot back next to your left foot into a **READY STANCE** with your body facing 12 o'clock and your eyes focused on 3 o'clock and execute a **RIGHT OUTSIDE KNIFE HAND STRIKE**.
NARANHI SEOGI, OREUN HAN SONNAL BAKKAT CHIGI



PALGUE SA JANG

7. Turn left and step forward toward 12 o'clock into a **LEFT BACK STANCE** and execute a **DOUBLE KNIFE HAND BLOCK**.

WEN DWIT KUBI, DU SONNAL MOM-TONG BAKKAT MAKKI



8. Execute a **RIGHT FRONT KICK**, step forward into a **RIGHT FRONT STANCE**,
OREUNBAL AP CHAGI, OREUN AP KUBI,

8a



8b



and execute a left pressing block and a **RIGHT SUPPORTED VERTICAL SPEAR HAND THRUST** supported by top of the left wrist.
WEN NULLO MAKKI, OREUN PYON SON KKEUT SEWO TZIREUGI

9. Turn left toward 6 o'clock by pivoting on the balls of both feet, simultaneously pulling right hand to right hip (wrist to hip escape).
MITHURO PPAEGI

9a



9b



Continue to turn left toward 12 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE** and execute a **LEFT HAMMERFIST STRIKE**.
WEN AP KUBI, WEN MEI JUMEOK YOP CHIGI

10. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT MID-SECTION PUNCH**, *KIHAP!*
OREUN AP KUBI, OREUN MOMTONG JIREUGI, KIHAP!

10

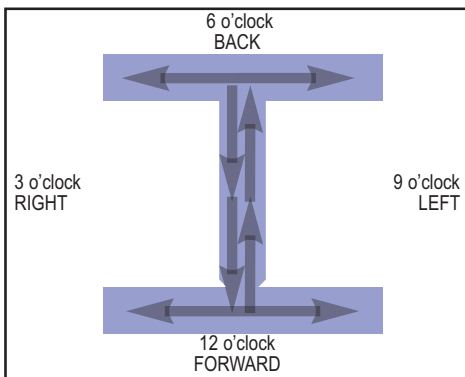


PALGUE SA JANG

11. Turn left toward 3 o'clock by pivoting on your right foot into a **LEFT BACK STANCE** and execute a **DIAMOND MID-SECTION BLOCK**.
WEN DWIT KUBI, KEUMGANG MOMTONG MAKKI
12. Execute a **RIGHT UPPERCUT PUNCH** toward 3 o'clock.
OREUN DANGKYO TEOK JIREUGI
13. Bring your left foot back next to your right foot into a **PARALLEL STANCE** with your body facing 6 o'clock and your eyes focused on 3 o'clock and execute a **LEFT OUTSIDE KNIFE HAND STRIKE**.
NARANHI SEOGI, WEN HAN SONNAL BAKKAT CHIGI



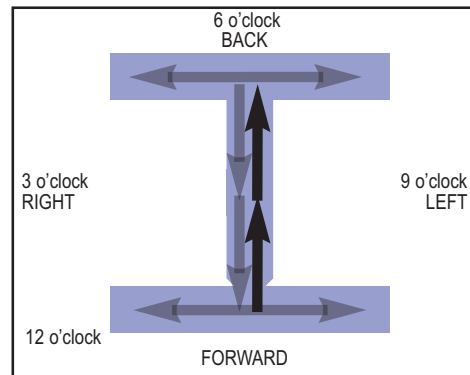
14. Turn right toward 9 o'clock into a **RIGHT BACK STANCE** and execute a **DIAMOND MID-SECTION BLOCK**.
OREUN DWIT KUBI, KEUMGANG MOMTONG MAKKI
15. Execute a **LEFT UPPERCUT PUNCH** toward 9 o'clock.
WEN DANKYO TEOK JIREUGI
16. Bring your right foot back next to your left foot into a **PARALLEL STANCE** with your body facing 6 o'clock and your eyes focused on 9 o'clock and execute a **RIGHT OUTSIDE KNIFE HAND STRIKE**.
NARANHI SEOGI, OREUN HAN SONNAL BAKKAT CHIGI



PALGUE SA JANG

17. Step forward toward 6 o'clock into a **LEFT BACK STANCE** and execute a **DOUBLE KNIFEHAND BLOCK**.

WEN DWIT KUBI, DU SONNAL MOMTONG MAKKI



18. Execute a **RIGHT FRONT KICK**, step forward into a **RIGHT FRONT STANCE**, and execute a **RIGHT SUPPORTED VERTICAL SPEAR HAND THRUST**.

OREUNBAL AP CHAGI, OREUN AP KUBI, WEN NULLO MAKKI AND OREUN PYONSON KKEUT SEWO TZIREUGI

18a



18b



19. Turn left toward 12 o'clock and pull right hand to right shoulder (wrist to shoulder escape).

Continue to turn left toward 6 o'clock by pivoting on the ball of your right foot into a **LEFT FRONT STANCE** and execute a **LEFT HAMMERFIST STRIKE**.

WEN AP KUBI, WEN MEI JUMEOK BAKKAT CHIGI

19a



19b



20. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT MID-SECTION PUNCH, KIHAP!**

OREUN AP KUBI, OREUN MOMTONG JIREUGI, KIHAP!

20



PALGUE SA JANG

21. Turn left toward 12 o'clock by pivoting on your right foot into a **HORSE-RIDING STANCE** eyes facing 9 o'clock and execute a **LEFT LOW SIDE BLOCK**.

JUJUM SEOGI, WEN ARAE YOP MAKKI



22. Turn left toward 9 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE** while simultaneously a **RIGHT MID-SECTION PUNCH**.

WEN AP KUBI, OREUN MOMTONG JIREUGI



23. Turn right toward 12 o'clock by pivoting on your left foot and bring your left foot to your right. Immediately step your right foot into a **HORSE-RIDING STANCE** eyes facing toward 3 o'clock and execute a **RIGHT LOW SIDE BLOCK**.

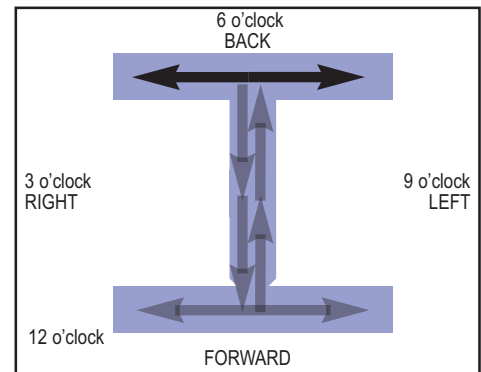
JUJUM SEOGI, OREUN ARAE YOP MAKKI

24. Turn right toward 3 o'clock by pivoting on your left foot, into a **RIGHT FRONT STANCE** and execute a **LEFT MID-SECTION PUNCH**.

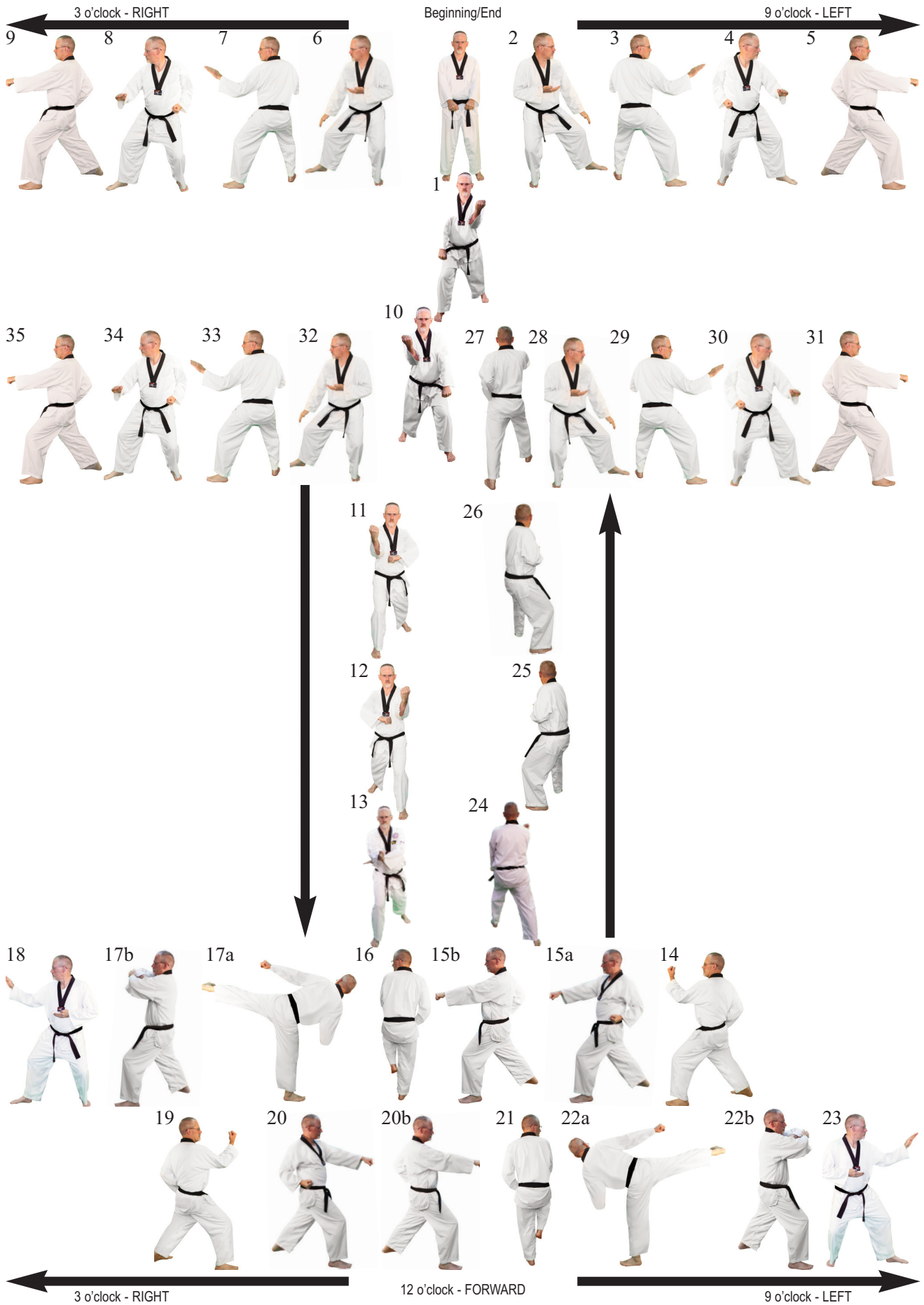
OREUN AP KUBI, WEN MOMTONG JIREUGI

When the command **RETURN** is given, turn left toward 12 o'clock and pull your right foot back to assume a **READY STANCE**.

BARO, JUNBI



PALGUE OH JANG



PALGUE OH JANG

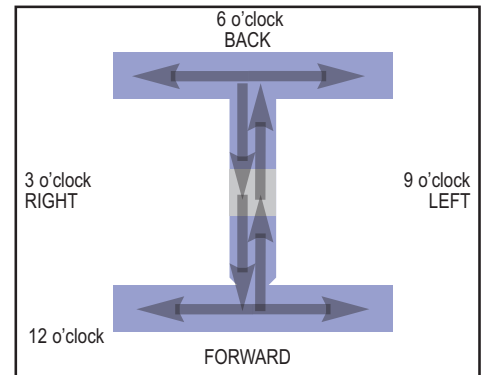
STEPS IN EXECUTION:

From the **READY STANCE**,
JUNBI,



1. Move left foot backward into a **RIGHT FRONT STANCE**, and execute a **RIGHT LOW BLOCK** and a **LEFT OUTSIDE BLOCK** with the inner forearm (**SCISSOR BLOCK**).

OREUN AP KUBI, KAWI MAKKI



2. Turn left toward 9 o'clock by pivoting on your right foot into a **LEFT BACK STANCE** and execute a **DOUBLE KNIFE HAND LOW BLOCK**.
WEN DWIT KUBI, DU SONNAL ARAE MAKKI
3. Step forward into a **RIGHT BACK STANCE**, execute a **DOUBLE KNIFE HAND BLOCK**.
OREUN DWIT KUBI, DU SONNAL MOMTONG MAKKI
4. Step backward into a **LEFT BACK STANCE** and execute a **LEFT MID-SECTION BLOCK** with the palm heel.
WEN DWIT KUBI, WEN BATANG SON MOMTONG NULLO MAKKI

5. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT MID-SECTION PUNCH**.
OREUN AP KUBI, OREUN MOMTONG JIREUGI



PALGUE OH JANG

6. Turn right toward 3 o'clock by pivoting on your left foot, into a **RIGHT BACK STANCE** and execute a **DOUBLE KNIFE HAND LOW BLOCK**.

OREUN DWIT JIREUGI, DU SONNAL ARAE MAKKI

7. Step forward into a **LEFT BACK STANCE** and execute a **DOUBLE KNIFE HAND MID-SECTION BLOCK**.

WEN DWIT KUBI, DU SONNAL ARAE MAKKI

8. Step backward into a **RIGHT BACK STANCE** and execute a **RIGHT MID-SECTION BLOCK** with the palm heel.

OREUN DWIT KUBI, OREUN BATANG SON MOMTONG NULLO MAKKI

9. Step forward into a **LEFT FRONT STANCE** and execute a **LEFT MID-SECTION PUNCH**.

WEN AP KUBI, WEN MOMTONG JIREUGI



10. Turn left toward 12 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE** and execute a **SCISSOR BLOCK**.

WEN AP KUBI, KAWI MAKKI



11. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT SUPPORTED OUTSIDE BLOCK** with the inner forearm.

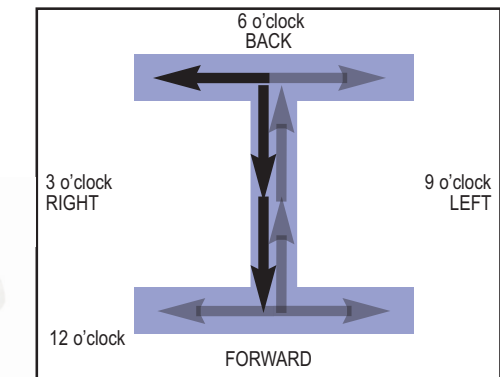
OREUN AP KUBI, OREUN KODEURO AN PALMEOK BAKKAT MAKKI

12. Step forward into a **LEFT FRONT STANCE** and execute a **LEFT SUPPORTED OUTSIDE BLOCK** with the inner forearm.

WEN AP KUBI, WEN KODUREO AN PALMEOK BAKKAT MAKKI

13. Step forward into a **RIGHT FRONT STANCE** and execute a **SUPPORTED VERTICAL SPEAR HAND THRUST** with the right hand. **KIHAP!**

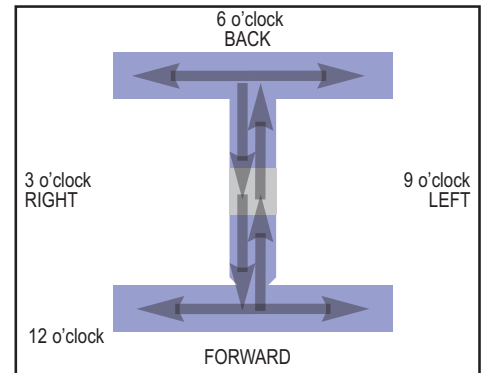
OREUN AP KUBI, OREUN KODEURO TZIREUGI



PALGUE OH JANG

14. Turn left toward 3 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE** and execute a **LEFT OUTSIDE BLOCK** with the inner forearm.
WEN AP KUBI, WEN AN PALMEOK BAKKAT MAKKI

15. Maintain **LEFT FRONT STANCE** and execute a **RIGHT/LEFT DOUBLE PUNCH** to the mid-section.
WEN AP KUBI, DU BEON JIREUGI



16. Turn right toward 6 o'clock by pivoting on right foot, draw left foot up beside right knee into a **LEFT CRANE STANCE** with both fists to right hip (left over right).
OREUN HAKDARI SEOGI, JAEGUN DOLTZEOGI

17. Execute a **LEFT SIDE KICK** toward 3 o'clock and execute a **LEFT HIGH PUNCH**, step toward 3 o'clock into a **LEFT FRONT STANCE** and execute a **RIGHT TARGET ELBOW STRIKE**.
WEN YOP CHAGI, WEN JIREUGI, OREUN PALKUP PYOJEOK CHIGI

18. Step forward into a **RIGHT BACK STANCE** and execute a **DOUBLE KNIFE HAND BLOCK**.
OREUN DWIT KUBI, DU SONNAL MOMTONG MAKKI



19. Turn right toward 9 o'clock by pivoting on your left foot, into a **RIGHT FRONT STANCE** and execute a **RIGHT OUTSIDE BLOCK** with the inner forearm.
OREUN AP KUBI, OREUN MOMTONG AN PALMEOK BAKKAT MAKKI

20. Maintain **RIGHT FRONT STANCE** and execute a **LEFT/RIGHT DOUBLE PUNCH** to the mid-section.
AP KUBI, DU BEON JIREUGI

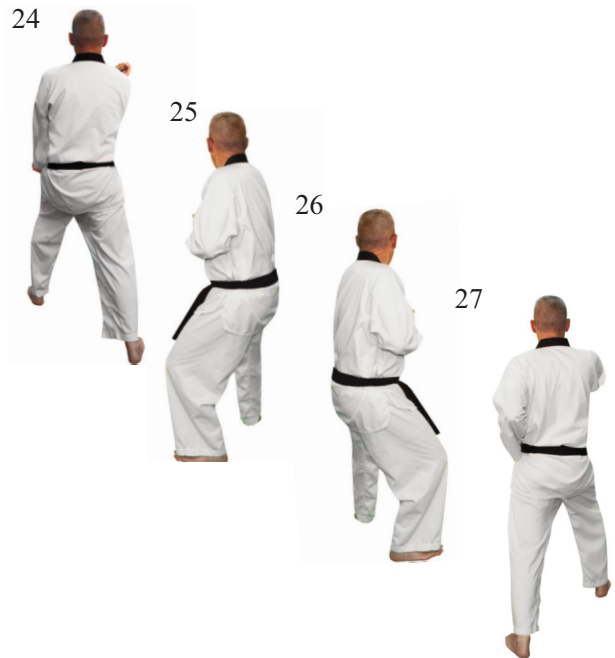


PALGUE OH JANG

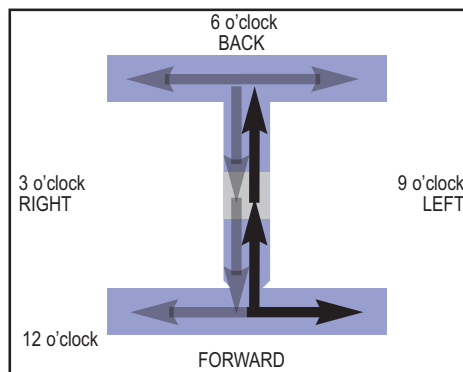
21. Turn left toward 6 o'clock by pivoting on left foot, draw right foot up into a **LEFT CRANE STANCE** with both fists to left hip (right over left), with body facing 6 o'clock and eyes focused on 9 o'clock.
WEN HAKDARI SEOGI, JAGEUN DOLZEOGI
22. Execute a **RIGHT SIDE KICK** toward 9 o'clock coupled with a **RIGHT SIDE PUNCH**, step toward 9 o'clock into a **RIGHT FRONT STANCE** and execute a **LEFT TARGET ELBOW STRIKE**.
OREUN YOP CHAGI, OREUN JIREUGI
23. Step forward into a **LEFT BACK STANCE** and execute a **DOUBLE KNIFE HAND BLOCK**.
WEN DWIT KUBI, DU SONNAL MOMTONG MAKKI



24. Turn left toward 6 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE** and execute a **SCISSOR BLOCK**.
WEN AP KUBI, KAWI MAKKI



25. Step forward into a **RIGHT BACK STANCE** and execute a **DOUBLE LOW BLOCK**.
OREUN DWIT KUBI, DU SONNAL ARAE MAKKI
26. Step forward into a **LEFT BACK STANCE** and execute a **DOUBLE LOW BLOCK**.
WEN DWIT KUBI, DU SONNAL ARAE MAKKI
27. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT MID-SECTION PUNCH**. *KIHAP!*
OREUN AP KUBI, OREUN MOMTONG JIREUGI, KIHAP!



PALGUE OH JANG

28. Turn right toward 3 o'clock by pivoting on your left foot, into a **LEFT BACK STANCE** and execute a **DOUBLE KNIFE HAND LOW BLOCK**.
WEN DWIT JIREUGI, DU SONNAL ARAE MAKKI

29. Step forward into a **RIGHT BACK STANCE** and execute a **DOUBLE KNIFE HAND BLOCK**.
OREUN DWIT KUBI, DU SONNAL MOMTONG MAKKI

30. Step backward into a **LEFT BACK STANCE** and execute a **LEFT MID-SECTION BLOCK** with the palm heel.
WEN DWIT KUBI, WEN BATANG SON MOMTONG NULLO MAKKI

31. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT MID-SECTION PUNCH**.
OREUN AP KUBI, OREUN MOMTONG JIREUGI



32. Turn left toward 9 o'clock by pivoting on your right foot into a **RIGHT BACK STANCE** and execute a **DOUBLE KNIFE HAND LOW BLOCK**.
OREUN DWIT KUBI, DU SONNAL ARAE MAKKI

33. Step forward into a **LEFT BACK STANCE**, execute a **DOUBLE KNIFE HAND BLOCK**.
WEN DWIT KUBI, DU SONNAL MOMTONG MAKKI

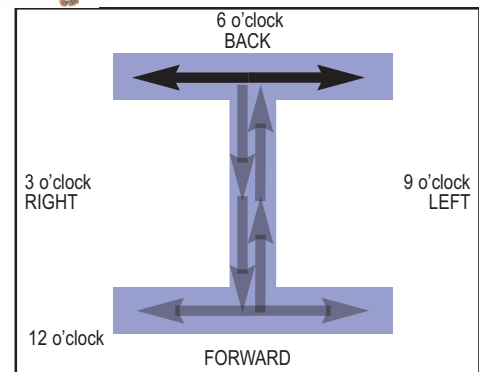
34. Step backward into a **RIGHT BACK STANCE** and execute a **RIGHT MID-SECTION BLOCK** with the palm heel.
OREUN DWIT KUBI, OREUN BATANG SON MOMTONG NULLO MAKKI

35. Step forward into a **LEFT FRONT STANCE** and execute a **LEFT MID-SECTION PUNCH**.
WEN AP KUBI, WEN MOMTONG JIREUGI

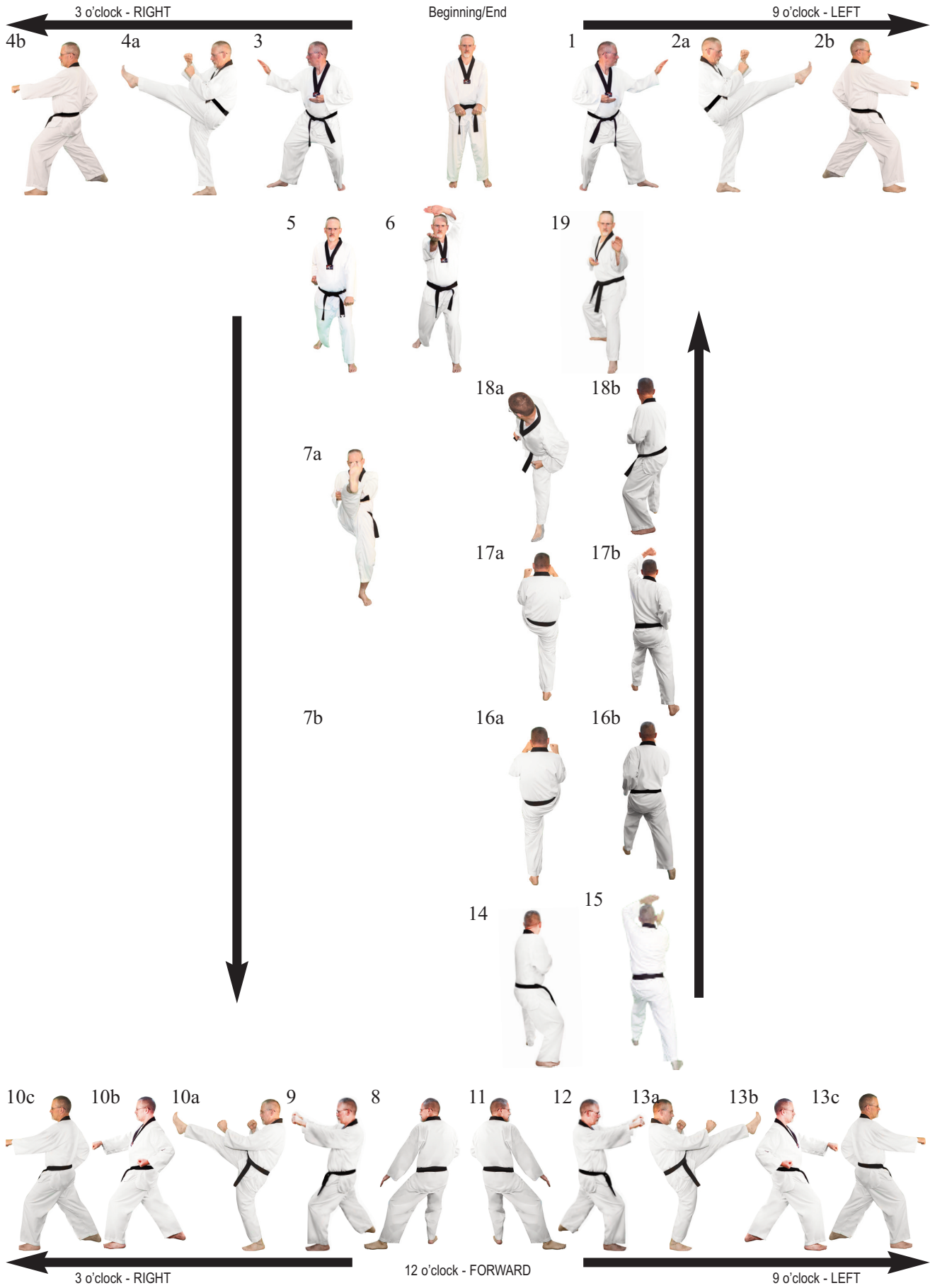


When the command **RETURN** is given, turn left toward 12 o'clock by pivoting on your right foot and assume a **READY STANCE**.

BARO, JUNBI



PALGUE YOOK JANG



PALGUE YOOK JANG

STEPS IN EXECUTION:

From the **READY STANCE**,
JUNBI,



1. From the **READY STANCE**, turn left toward 9 o'clock by pivoting on your right foot, execute a **LEFT BACK STANCE** and execute a **DOUBLE KNIFE HAND BLOCK**.
WEN DWIT KUBI, DU SONNAL ARAE MAKKI

2. Execute a **RIGHT FRONT KICK**, step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT MID-SECTION PUNCH**.

OREUNBAL AP CHAGI, OREUN AP KUBI, OREUN MOMTONG JIREUGI

3. Turn right toward 3 o'clock by pivoting on your left foot, into a **RIGHT BACK STANCE** and execute a **DOUBLE KNIFE HAND MID-SECTION BLOCK**.
OREUN DWIT KUBI, DU SONNAL MOMTONG MAKKI

4. Execute a **LEFT FRONT KICK**, step forward into a **LEFT FRONT STANCE** and execute a **LEFT MID-SECTION PUNCH**.
WENBAL AP CHAGI, WEN AP KUBI, WEN MOMTONG JIREUGI



5. Turn left toward 12 o'clock by pivoting on your right foot, execute a **LEFT FRONT STANCE** and execute a **LEFT LOW BLOCK**.
WEN AP KUBI, WEN ARAE MAKKI



6. Without stepping, execute a **LEFT KNIFE HAND HIGH BLOCK** coupled with a **RIGHT KNIFE HAND STRIKE** to the neck.
JEBI POOM MEOK CHIGI

PALGUE YOOK JANG

7. Execute a **RIGHT FRONT KICK**, lunge into a **FORWARD CROSS STANCE**, *AP KKO A SEOGI*,



and execute a **SUPPORTED RIGHT BACK FIST STRIKE** to the face, *KIHAP!*
KODEURO OREUN DEUNG JUMEOK CHIGI, KIHAP!

8. Turn left toward 3 o'clock by pivoting on your right foot, execute a **LEFT BACK STANCE** and execute a **LOW DOUBLE KNIFE HAND MID-SECTION BLOCK**.
WEN DWIT KUBI, DU SONNAL MOMTONG MAKKI

9. Pivoting on your right foot, slide left foot into a **LEFT FRONT STANCE** and execute an **OUTSIDE SPREADING BLOCK**.
WEN AP KUBI, HECHO MAKKI

10. Execute a **RIGHT FRONT KICK**, step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT/LEFT DOUBLE MID-SECTION PUNCH**.
OREUN AP KUBI, DU BEON JIREUGI



11. Turn right toward 9 o'clock by pivoting on your left foot into a **RIGHT BACK STANCE** and execute a **LOW DOUBLE KNIFE HAND MID-SECTION BLOCK**.
OREUN DWIT KUBI, DU SONNAL MOMTONG MAKKI

12. Pivoting on your left foot, slide right foot into a **RIGHT FRONT STANCE** and execute an **OUTSIDE SPREADING BLOCK**.
OREUN AP KUBI, HECHO MAKKI

13. Execute a **LEFT FRONT KICK**, step forward into a **LEFT FRONT STANCE** and execute a **LEFT/RIGHT DOUBLE MID-SECTION PUNCH**.
WENBAL AP CHAGI, WEN AP KUBI, DU BEON JIREUGI



PALGUE YOOK JANG

14. Turn left toward 6 o'clock by pivoting on your right foot, execute a **LEFT BACK STANCE** and execute a **DOUBLE KNIFE HAND MID-SECTION BLOCK**.

WEN DWIT KUBI, DU SONNAL MOMTONG MAKKI



15. Slide left foot forward into a **LEFT FRONT STANCE** and execute a **LEFT HIGH KNIFE HAND BLOCK** coupled with a **RIGHT HIGH PALM HEEL STRIKE**.

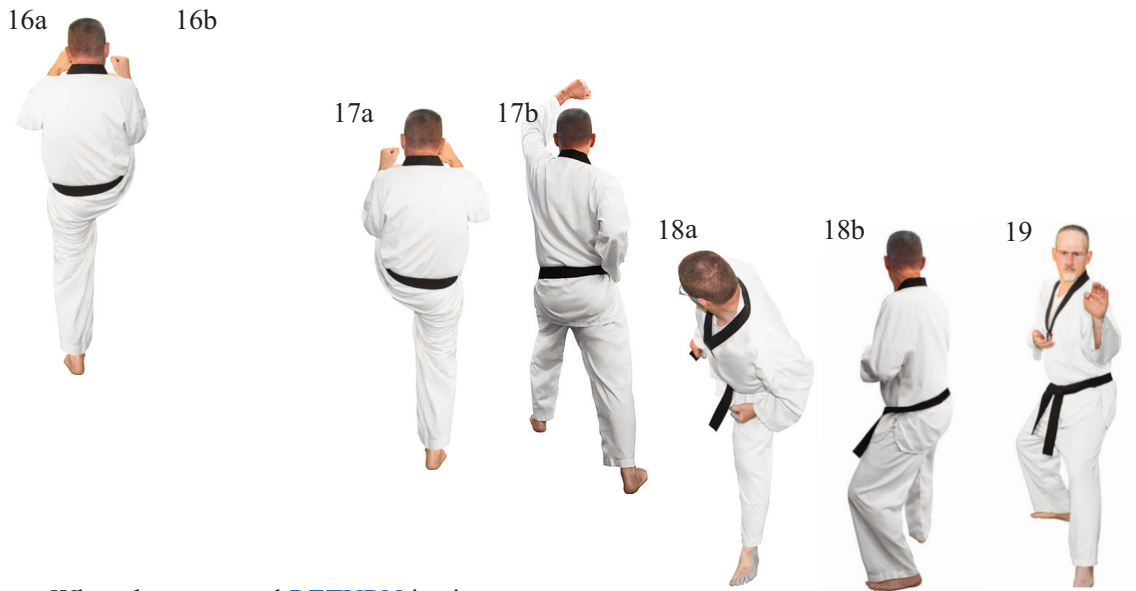
WEN AP KUBI, JEBI POOM TEOK CHIGI

16. Execute a **RIGHT FRONT KICK**, stepping into a **RIGHT FRONT STANCE**, while simultaneously executing a **RIGHT BACK FIST STRIKE** to the face, **KIHAP!**
OREUNBAL AP CHAGI, OREUN AP KUBI, OREUN OLGUL DEUNG JUMEOK CHIGI, KIHAP!

17. Execute a **LEFT FRONT KICK**, stepping into a **LEFT FRONT STANCE** while simultaneously executing a **LEFT HIGH BLOCK**.
WENBAL AP CHAGI, WEN AP KUBI, WEN OLGUL MAKKI

18. Execute a **RIGHT SIDE KICK**, stepping into a **RIGHT BACK STANCE** and execute a **DOUBLE KNIFE HAND MID-SECTION BLOCK**.
OREUN YOP CHAGI, OREUN DWIT KUBI, DU SONNAL MOMTONG MAKKI

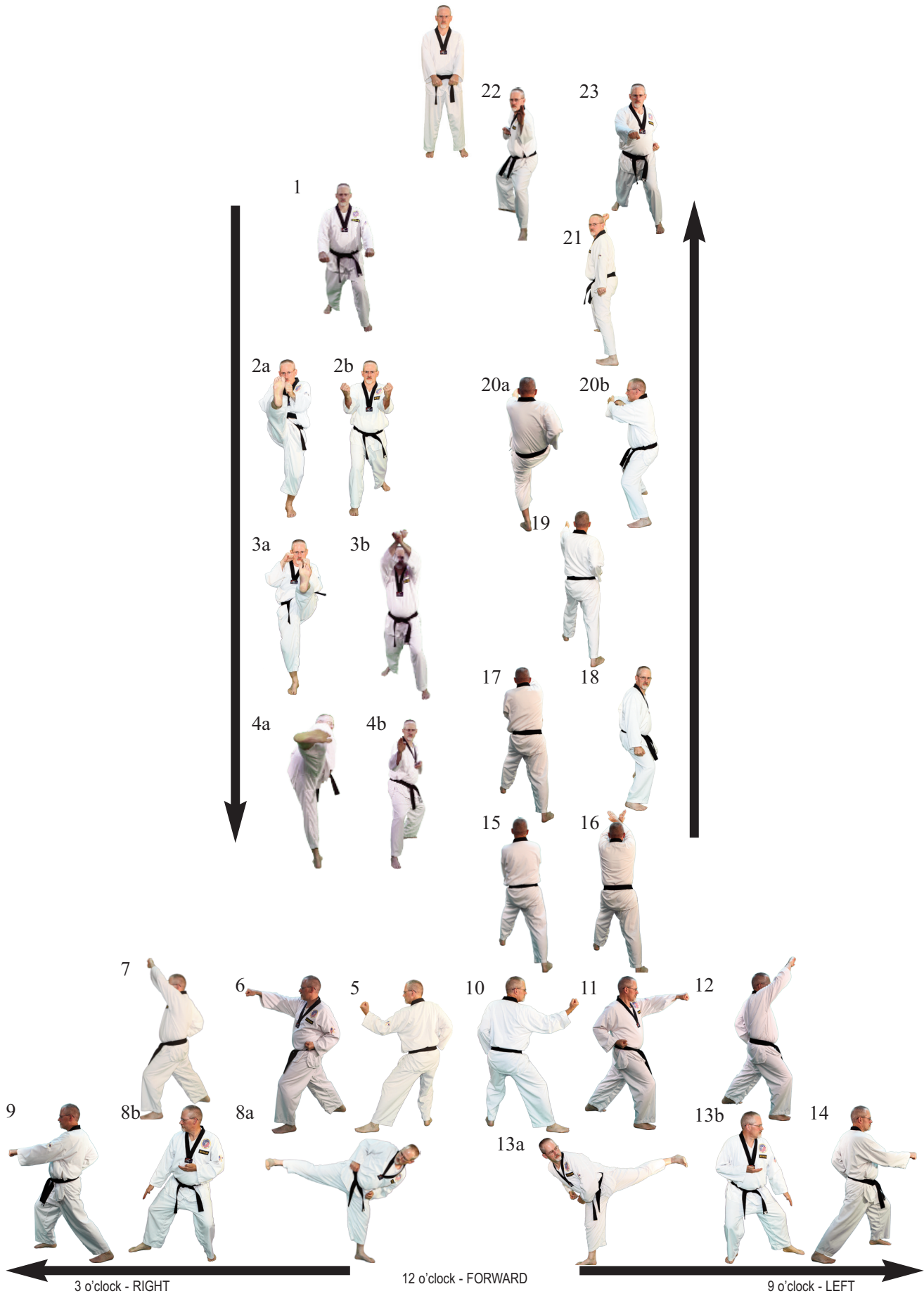
19. Pivoting on your right foot, turn left toward 12 o'clock and execute a **LEFT BACK STANCE** while simultaneously executing a **DOUBLE KNIFE HAND MID-SECTION BLOCK**.
WEN DWIT KUBI, DU SONNAL MOMTONG MAKKI



When the command **RETURN** is given, turn left toward 12 o'clock by pivoting on your right foot and assume a **READY STANCE**.
BARO, JUNBI



PALGUE CHIL JANG



PALGUE CHIL JANG

STEPS IN EXECUTION:

From the **READY STANCE**,
JUNBI,



1. From the **READY STANCE**, step forward into a **LEFT FRONT STANCE** and execute a **DOUBLE LOW BLOCK**.
JUNBI, WEN AP KUBI, DU BEON ARAE HECHO MAKKI
2. Execute a **RIGHT FRONT KICK**, step forward into a **RIGHT FRONT STANCE** and execute a **DOUBLE OUTSIDE BLOCK** with the inner forearms.
OREUNBAL AP CHAGI, OREUN AP KUBI, AN PALMEOK MOMTONG HECHO MAKKI
3. Execute a **LEFT FRONT KICK**, step forward into a **LEFT FRONT STANCE** and execute a **DOUBLE FIST HIGH CROSS BLOCK**.
WENBAL AP CHAGI, WEN AP KUBI, OTGOREO OLGUL MAKKI
4. Execute a **RIGHT SIDE KICK**, step forward into a **RIGHT BACK STANCE**, and execute a **DOUBLE KNIFE HAND BLOCK**.
OREUNBAL YEUP CHAGI, OREUN DWIT KUBI,



PALGUE CHIL JANG

5. Turn left toward 3 o'clock by pivoting on your right foot into a **LEFT BACK STANCE** and execute a **LEFT SIDE BLOCK** (with the inner forearm).

WEN DWIT KUBI, WEN AN PALMEOK YEUP MAKKI

6. Slide your left foot forward into a **LEFT FRONT STANCE** and execute a **RIGHT HIGH PUNCH**.

WEN AP KUBI, OREUN OLGUL JIREUGI

7. Maintain **LEFT FRONT STANCE** and execute a **LEFT HIGH BLOCK**.

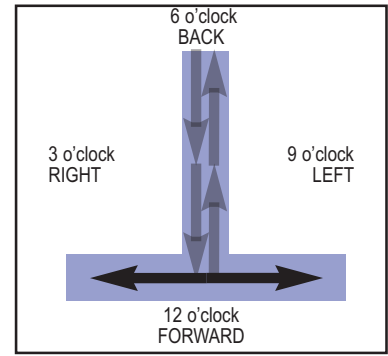
WEN AP KUBI, WEN OLGUL MAKKI

8. Execute a **RIGHT SIDE KICK**, stepping into a **RIGHT BACK STANCE**, and execute **DOUBLE KNIFE HAND LOW BLOCK**.

OREUNBAL YEUP CHAGI, OREUN DWIT KUBI, DU SONNAL ARAE MAKKI

9. Pivot on your left foot and slide your right foot forward into a **RIGHT FRONT STANCE** and execute a **LEFT MID-SECTION PUNCH**.

OREUN AP KUBI, WEN MOMTONG JIREUGI



10. Turn right toward 9 o'clock, by pivoting on your left foot into a **RIGHT BACK STANCE** and execute a **RIGHT OUTSIDE BLOCK** (with the inner forearm).

OREUN DWIT KUBI, OREUN AN PALMEOK MOMTONG BAKKAT MAKKI

11. Pivot on your left foot into a **RIGHT FRONT STANCE** and execute a **LEFT HIGH PUNCH**.

OREUN AP KUBI, WEN OLGUL JIREUGI

12. Maintain **RIGHT FRONT STANCE** and execute a **RIGHT HIGH BLOCK**.

OREUN AP KUBI, OREUN OLGUL MAKKI

13. Execute a **LEFT SIDE KICK**, stepping into a **LEFT BACK STANCE**, and execute **DOUBLE KNIFE HAND LOW BLOCK**.

WENBAL YEUP CHAGI, WEN DWIT KUBI, DU SONNAL ARAE MAKKI

14. Pivot on your right foot and slide your left foot into a **LEFT FRONT STANCE** and execute a **RIGHT MID-SECTION PUNCH**.

WEN AP KUBI, OREUN MOMTONG JIREUGI



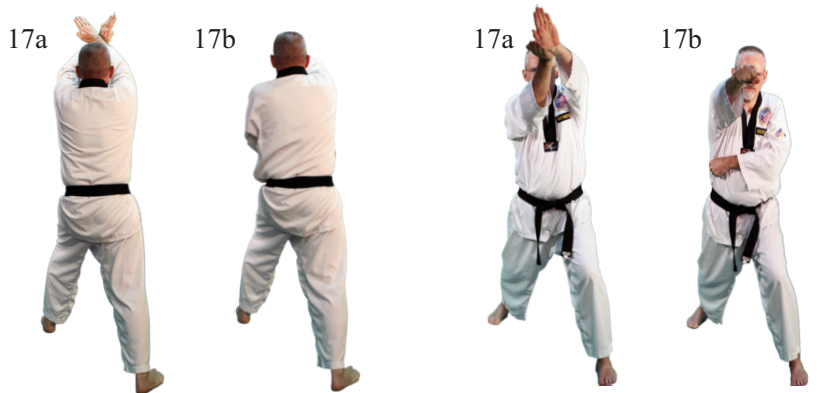
PALGUE CHIL JANG

15. Turn left toward 6 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE** and execute a **LOW CROSS BLOCK** with the right fist on top of left.
WEN AP KUBI, OTGOREO ARAE MAKKI

16. Pull your hands back to your right hip and execute a **HIGH CROSS BLOCK** with the right fist on top of left.
OTGOREO OLGUL MAKKI

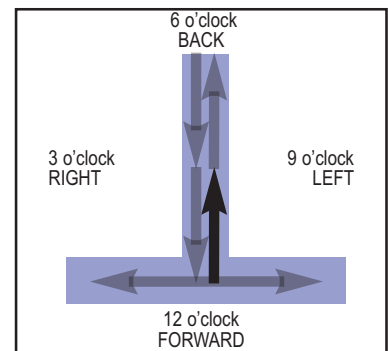


17. Maintain **LEFT FRONT STANCE**, open fists and twist hands clockwise so that left hand is on top and immediately pull back right fist to chamber and execute and **RIGHT HIGH PUNCH, KIHAP!**
WEN AP KUBI, OREUN OLGUL JIREUGI, KIHAP!



18. Pivoting on your left foot, turn 180 degrees left and stomp right foot down into a **HORSE-RIDING STANCE** with the body facing 9 o'clock and the eyes focused on 12 o'clock and execute a **RIGHT LOW BLOCK**.
JUJUM SEOGI, OREUN ARAE MAKKI

19. Pivoting on your right foot, shift your left foot toward 6 o'clock and assume a **LEFT FRONT STANCE** and execute an **OUTSIDE LEFT KNIFE HAND STRIKE** with the palm down.
WEN AP KUBI, WEN HAN SONNAL BAKKAT CHIGI



PALGUE CHIL JANG

21. Face 12 o'clock and slide both feet back 1/2 step toward 6 o'clock, assuming a **HORSE RIDING STANCE** and execute a **RIGHT HIGH OUTSIDE BLOCK** with a **LEFT LOW BLOCK** over the left leg (**SKEWED MOUNTAIN BLOCK**).

JUJUM SEOGI, WESANTEUL MAKKI



22. Continue to face 12 o'clock and slide both feet back 1/2 step toward 6 o'clock, assuming a **LEFT BACK STANCE** and execute a **DOUBLE KNIFE HAND MID-SECTION BLOCK**.

WEN DWIT KUBI, DU SONNAL MOMTONG MAKKI

20. Execute a **RIGHT CRESCENT KICK** to the palm of your left hand and immediately turn left towards 3 o'clock, pivoting on your left foot
OREUNBAL PYOJEOK CHAGI,

20a



20b



- and assuming a **HORSE-RIDING STANCE** and execute a **RIGHT TARGET ELBOW STRIKE**.

JUJUM SEOGI, OREUN PALKEUP PYOJEOK CHIGI

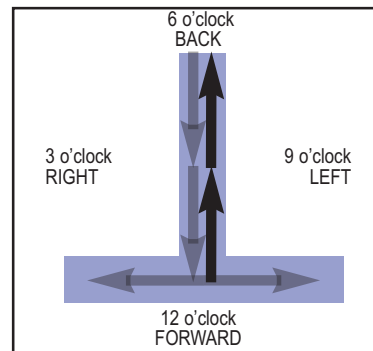
23. Pivoting on your right foot, slide left foot forward into a **LEFT FRONT STANCE** and execute a **RIGHT MID-SECTION PUNCH, KIHAP!**
WEN AP KUBI, OREUN MOMTONG JIREUGI, KIHAP!

23

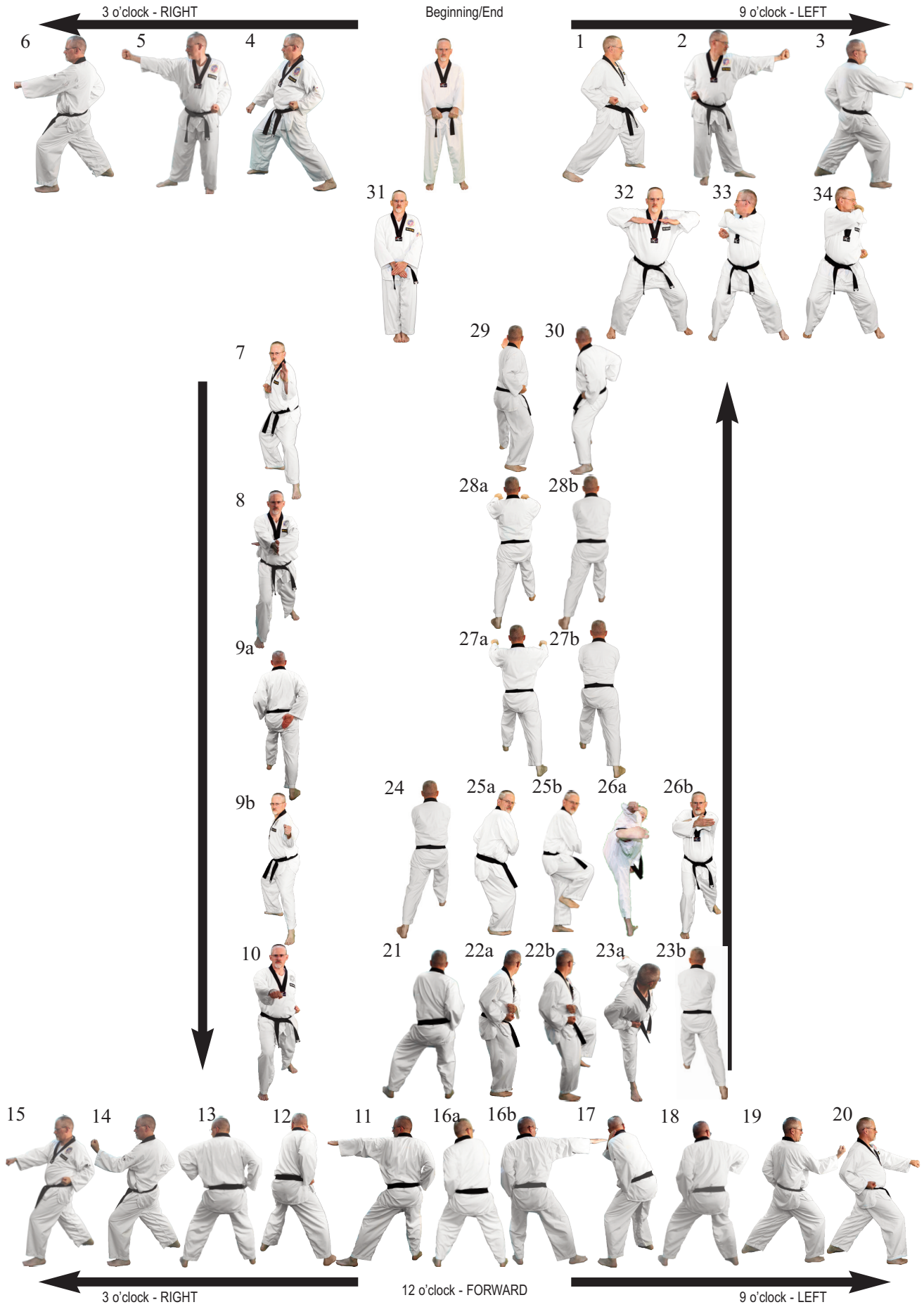


When the command **RETURN** is given, turn left toward 12 o'clock, pivoting on your right foot and assume a **READY STANCE**.

BARO, JUNBI



PALGUE PAL JANG



PALGUE PAL JANG

STEPS IN EXECUTION:

From the **READY STANCE**,
JUNBI,



1. Turn left toward 9 o'clock by pivoting on your right foot, execute a **LEFT FRONT STANCE** and simultaneously execute a **LEFT LOW BLOCK**.
JUNBI, WEN AP KUBI, WEN ARAE MAKKI
2. Pull up into a **LEFT STANCE** and execute a **LEFT HAMMERFIST**.
WEN SEOGI, WEN MEI JUMEOK NAERYO CHIGI
3. Step into a **RIGHT FRONT STANCE** and execute a **RIGHT MID-SECTION PUNCH**.
OREUN AP KUBI, OREUN MOMTONG JIREUGI
4. Turn right toward 3 o'clock by pivoting on your left foot, into a **RIGHT FRONT STANCE** and simultaneously execute a **RIGHT LOW BLOCK**.
JUNBI, WEN AP KUBI, WEN ARAE MAKKI
5. Pull up into a **RIGHT STANCE** and execute a **RIGHT HAMMERFIST**.
OREUN SEOGI, OREUN MEI JUMEOK NAERYO CHIGI
6. Step forward into a **LEFT FRONT STANCE** and execute a **LEFT MID-SECTION PUNCH**.
WEN AP KUBI, WEN MOMTONG JIREUGI



7. Turn left toward 12 o'clock by pivoting on your right foot, execute a **LEFT BACK STANCE** and simultaneously execute a **DOUBLE KNIFE HAND MID-SECTION BLOCK**.
WEN DWIT KUBI, DU SONNAL MOMTONG BAKKAT MAKKI
8. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT SUPPORTED SPEAR HAND STRIKE**.
OREUN AP KUBI, OREUN KODUREO TZIREUGI



PALGUE PAL JANG

9. Turn left toward 6 o'clock, and twist and pull right hand down to right hip.
MITHURO PPAEGI



Continue to turn left toward 12 o'clock by pivoting on your right foot into a **LEFT BACK STANCE** and execute a **LEFT BACKFIST STRIKE**.
WEN DWIT KUBI, WEN MEI JUMEOK CHIGI

10. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT MIDDLE PUNCH**, *KIHAP!*
OREUN AP KUBI, OREUN OLGUL JIREUGI, KIHAP!



11. Turn left towards 3 o'clock by pivoting on your right foot, execute a **LEFT BACK STANCE** and simultaneously execute a **LEFT OUTSIDE KNIFE HAND STRIKE** (with the palm down).
WEN DWIT KUBI, WEN HAN SON-NAL BAKKAT CHIGI



12. Step left foot forward and bring left hand up to right shoulder (wrist to neck escape).
MO JUJUM SEOGI, WEN SON MOK PPEGI

13. Step left foot back into a **HORSE-RIDING STANCE** and execute a **LEFT SIDE ELBOW STRIKE**.
JUJUM SEOGI, WEN YEUP PALKUP CHIGI

14. Turn left toward 3 o'clock, pivoting on your right foot, execute a **LEFT FRONT STANCE**, while simultaneously executing a **LEFT OUTSIDE BLOCK** (with the inner forearm).
WEN AP KUBI, WEN AN PALMEOK MOMTONG MAKKI

15. Maintain **LEFT FRONT STANCE** and execute a **RIGHT MID-SECTION PUNCH**.
WEN AP KUBI, OREUN MOMTONG JIREUGI



PALGUE PAL JANG

16. Turn right toward 6 o'clock and assume a **HORSE-RIDING STANCE** with both fists at left hip (right over left).
JUJUM SEOGI, WEN JAGEUN DOLTZEOGI



Bring your left foot to your right, then step toward 9 o'clock a **RIGHT BACK STANCE** and simultaneously execute a **RIGHT OUTSIDE KNIFE HAND STRIKE**.
OREUN DWIT KUBI, OREUN HAN SONNAL BAKKAT CHIGI

17. Step right foot forward and bring right hand up to left shoulder (wrist to neck escape).
MO JUJUM SEOGI, OREUN SON MEOK CHIGI
18. Step right foot back into a **HORSE-RIDING STANCE** and execute a **RIGHT SIDE ELBOW STRIKE**.
JUJUM SEOGI, OREUN YEUP PALKUP CHIGI
19. Turn right towards 9 o'clock, pivoting on your left foot, execute a **RIGHT FRONT STANCE**, while simultaneously executing a **RIGHT OUTSIDE BLOCK** (with the inner forearm).
OREUN AP KUBI, OREUN AN PALMEOK MOMTONG BAKKAT MAKKI
20. Maintain **RIGHT FRONT STANCE** and execute a **LEFT MID-SECTION PUNCH**.
OREUN AP KUBI, WEN MOMTONG JIREUGI



PALGUE PAL JANG

21. Turn left toward 6 o'clock and assume a **HORSE STANCE**, while simultaneously placing fists at right hip (left over right).

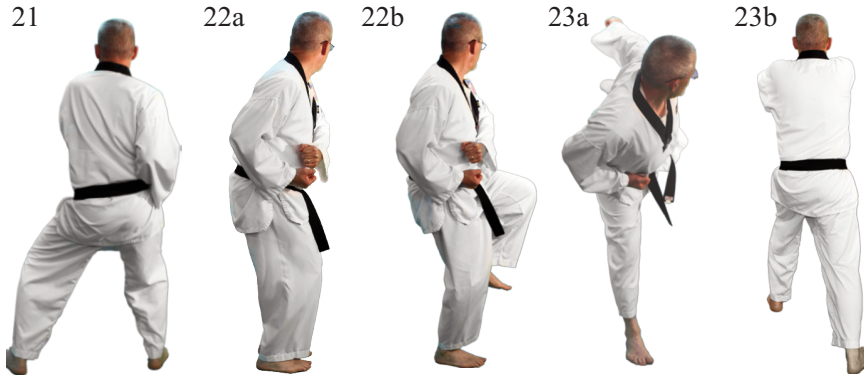
JUJUM SEOGI, OREUN JAEGUN DOLTSEOGI

22. Continue to face 6 o'clock and pivot on your left foot, pull right foot back beside left foot, then draw left foot up beside right into a **RIGHT CRANE STANCE** with both fists to right hip (left over right).

OREUN HAKDARI SEOGI, JAEJUN DOLTZEOGI

23. Execute a **LEFT SIDE KICK** and a **LEFT SIDE PUNCH**, put left foot down into a **LEFT FRONT STANCE** and simultaneously execute a **RIGHT TARGET ELBOW STRIKE**.

WEN YOP CHAGI, WEN AP KUBI, OREUN PYOJEOK PALKEUP CHIGI



24. Turn right toward 9 o'clock by pivoting on your left foot with eyes focusing on 12 o'clock and assume a **HORSE STANCE**, while simultaneously placing fists at left hip (right over left).

JUJUM SEOGI, WEN JAGEUN DOLTZEOGI

25. Face 12 o'clock and bring left foot up beside right foot, then draw right foot up beside left into a **LEFT CRANE STANCE** with both fists to left hip (right over left).

WEN HAKDARI SEOGI, WEN JAEGUN DOLTZEOGI

26. Execute a **RIGHT SIDE KICK** and a **RIGHT SIDE PUNCH**, put right foot down into a **RIGHT FRONT STANCE** and simultaneously execute a **LEFT TARGET ELBOW STRIKE**.

OREUNBAL YEUP CHAGI, OREUN AP KUBI, OREUN PYOJEOK PALKEUP CHIGI



PALGUE PAL JANG

27. Turn left toward 6 o'clock, pivoting on your right foot and assume a **LEFT FRONT STANCE**, while simultaneously executing a **SPREADING BLOCK** immediately followed by a **DOUBLE REVERSE PUNCH** to the sides.

*WEN AP KUBI, MOMTONG HECHO
MAKKI, DU BEON JECHO JIREUGI*

27a



27b



28. Step forward into a **RIGHT FRONT STANCE** and execute a **SPREADING BLOCK** immediately followed by a **DOUBLE REVERSE PUNCH** to the sides.

*OREUN AP KUBI, MOMTONG HECHO
MAKKI, DU JUMEOK JECHO JIREU-
GI*

28a



28b



29. Step forward into a **LEFT BACK STANCE** and execute a **LEFT KNIFE HAND STRIKE**.
WEN DWIT KUBI, WEN HAN SONNAL MOMTONG AN MAKKI

30. Reach left hand out, twist and pull back to left side (as if grabbing and twisting wrist of opponent). Pivoting on your left foot, turn right towards 3 o'clock into a **HORSE RIDING STANCE** (look back over right shoulder), and simultaneously execute a **RIGHT BACKWARD ELBOW STRIKE**.
JUJUM SEOGI, OREUN PALKEUP DWIT CHIGI

29



3b



PALGUE PAL JANG

31. Pivoting on your right foot, turn left toward 12 o'clock and bring left foot back beside right into a **CLOSED READY STANCE**, **OVERLAPPING HANDS** (palms facing body, left hand on top of right).
KYOPSON MOA SEOGI
32. Step left assuming a **HORSE-RIDING STANCE** and simultaneously execute an **ELBOW SPREADING BLOCK OR SPREADING EAGLE** (body grab escape).
JUJUM SEOGI, MEONGYE PPAEGI
33. Slide both feet 1/2 step to right into a **HORSE-RIDING STANCE** (look over right shoulder), and simultaneously execute a **LEFT PUNCH** over the right shoulder coupled with a **RIGHT BACK ELBOW**.
JUJUM SEOGI, WEN DWIT JIREUGI,
34. Slide both feet 1/2 step to left into a **HORSE-RIDING STANCE** (look over left shoulder), and simultaneously execute a **RIGHT PUNCH** over the left shoulder, *KIHAP*
JUJUM SEOGI, OREUN DWIT JIREUGI, KIHAP



When the command **RETURN** is given, turn left toward 12 o'clock, pivoting on your right foot and assume a **READY STANCE**.

BARO, JUNBI

