

THE AIMS OF TAE KWON DO

MODESTY

Having a moderate view of one's ability.

Not showy or extravagant.

The absence of all tendencies to over estimate one self.

PERSEVERANCE

To maintain purpose in spite of difficulty or obstacles.

SELF CONTROL

Control exercised over ones self or of ones owns' emotions, desire and action.

INDOMITABLE SPIRIT

Mental or moral attitude not able to be defeated or overcome.

THE SPIRIT OF THE EIGHT

MANNERS OF SOLEMNITY

View rightly

Order rightly

Feel rightly

Contribute rightly

Think rightly

Have ability

Speak rightly

Conduct rightly



MOON LEE TAE KWON DO

STUDENT HANDBOOK

Page 2	Rules of the Training Hall & Code of Conduct at Gradings
Page 4	Tae Kwon Do Terminology & Poomse
Page 5	Belt Ranking System & How to Tie a Belt
Page 6	Grading Requirements
Page 7	Forms (Poomse) Guide Palgwe 1-8

RULES OF THE TRAINING HALL & CODE OF CONDUCT AT GRADINGS

RULES OF THE TRAINING HALL (DOJANG)

1. Etiquette/Manner

Etiquette is the foundation of the personality, which is shown by the person's nature and actions. Etiquette comes from a good, healthy mind, displaying the qualities of modesty and respect. To achieve this, a person must forget about any mean manner. Speech and conduct should be gracious and gentle.

- Whenever entering or leaving the training hall (Dojang), members should show respect by bowing. Members should then proceed directly to the Club Instructor (Sabomnim) to announce your arrival. You may use this opportunity to inform the Club Instructor of any injuries or issues that you may have. Bowing is a very traditional form of greeting and of showing respect and courtesy to each other. Taekwondo students use this as the standard worldwide form of greeting each other (as different countries and cultures adopt different styles of greeting).
- If asking a question to a member of a higher rank, it is appropriate to say "excuse me".
- Respect and strict attention is to be given to your Club Instructor at all times. The same respect should also be shown to all other students.

2. Training

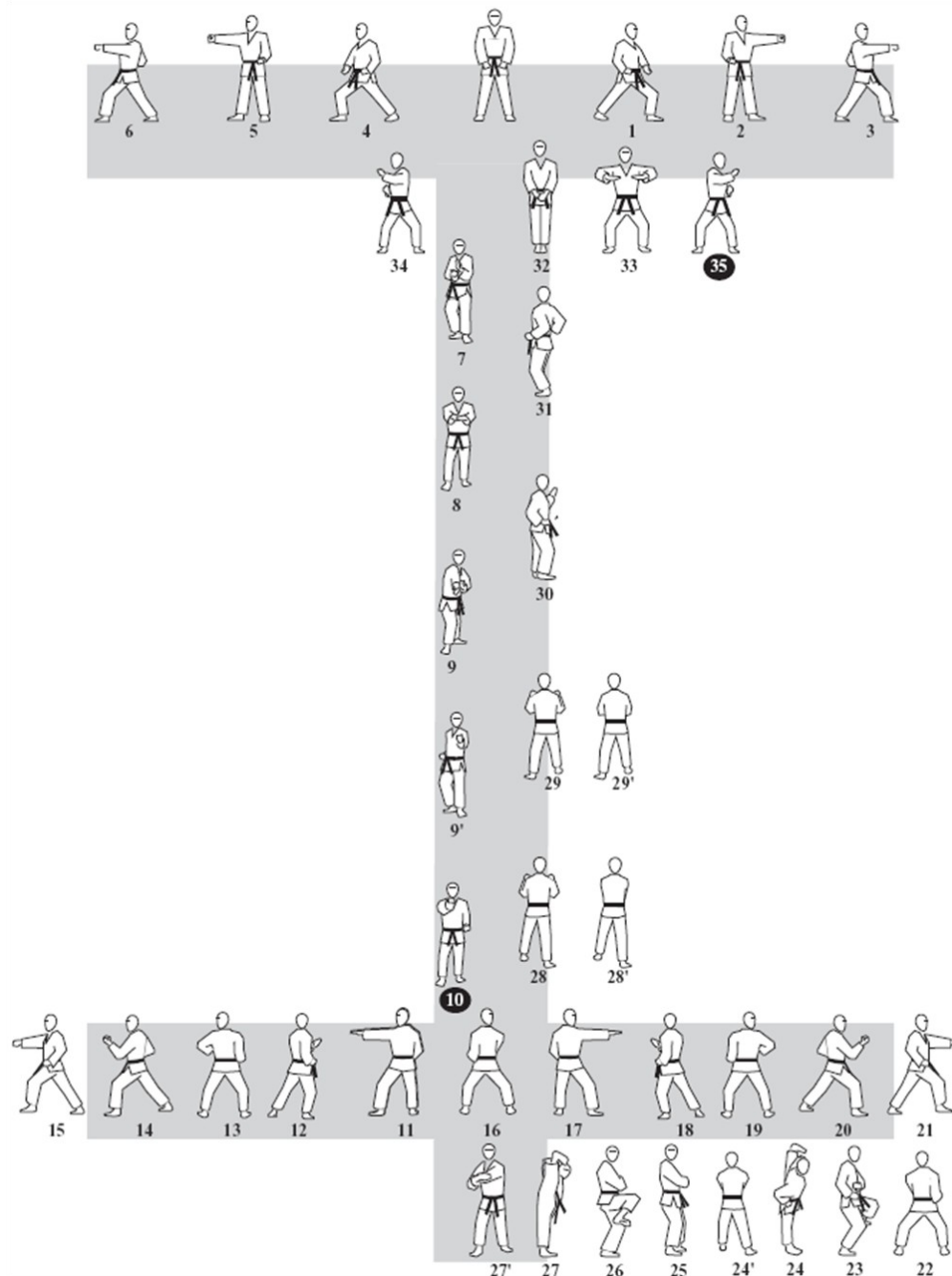
- No slouching, leaning on walls, sitting on chairs or sitting in an improper way.
- Make sure of personal hygiene – fingernails and toenails clipped.
- Uniforms are to be clean and pressed with the club badge attached correctly and belt tied correctly.
- Be on time for class. Arrive 15 minutes prior to the commencement of training. If you are late, observe etiquette by moving to the front and bowing to the Club Instructor. You will then receive instructions to either first warm up or to join in.
- Practice only the forms (Poomse) which have been taught to you by your Instructor. Do not practice patterns of higher ranking.
- No sparring is to be conducted without the Instructor's permission and supervision.
- Do not fold arms while in uniform.
- Talking while the Instructor is teaching is most unacceptable.
- Learn to count from 1 to 10 in Korean.
- No running around in the training hall without the Instructors permission.
- **TECHNIQUES MUST NOT BE USED OUTSIDE OF THE TRAINING HALL** for any reason except in self defence involving your safety or the safety of others.

3. Presentation

The Taekwondo uniform (Dobok) is designed to fit for free body actions and it is believed the colour of the uniform signifies the purity of all colours as well as a state which can absorb any kind of learning.

Palgwe Pal Jang (8)

I



Palgwe Pal Jang (8)

- Ready stance (Jumbi)
- 1. Left front stance. Left low block.
- 2. Retract left foot and assume walking stance. Left downward hammer-fist strike.
- 3. Walk forward right front stance. Right middle punch.
- 4. Turn clockwise right front stance. Right low block.
- 5. Retract right foot and assume walking stance. Left downward hammer-fist strike.
- 6. Walk forward left front stance. Left middle punch.
- 7. Turn clockwise right back stance. Double knifehand middle block.
- 8. Walk forward right front stance. Right supported spear-hand strike.
- 9. Move right foot into horse-riding stance. Retract right hand as if escaping a grab and place behind lower back. Turn counter clockwise 360 degrees pivoting on right foot. Assume right back stance and perform a left back-fist strike.
- 10. Walk forward right front stance. Right middle punch. **Kihap** (Shout).
- 11. Turn clockwise horse-riding stance. Left palm down knifehand strike to side of body.
- 12. Pull left foot back into right foot and retract left hand to right shoulder.
- 13. Horse-riding stance. Left elbow strike.
- 14. Shift left foot to left and assume left front stance. Left outside block.
- 15. Maintain same stance. Right reverse middle punch.
- 16. Move left foot up into horse-riding stance. Make a small hinge with fists on left hip.
- 17. Bring left foot towards right, and then move right foot out into horse-riding stance. Right palm down knifehand strike to side of body.
- 18. Pull right foot back into left foot and retract right hand to left shoulder.
- 19. Horse-riding stance. Right elbow strike.
- 20. Shift right foot to right and assume right front stance. Right outside block.
- 21. Maintain same stance. Left reverse middle punch.
- 22. Move right foot up into horse-riding stance. Make a small hinge with fists on right hip.
- 23. Move right foot up to left foot and rotate body 90 degrees clockwise. Lift left foot up to right.
- 24. Left side kick. Left front stance. Out-stretch right arm and perform right elbow strike to hand.
- 25. Shift left foot to right and assume horse-riding stance. Make small hinge with fists on left hip.
- 26. Lift right foot up to left knee.
- 27. Right side kick. Right front stance. Out-stretch left arm and perform left elbow strike to hand.
- 28. Pivot counter clockwise left front stance. Double outside block. Pull fists back to hips and perform double uppercut strike.
- 29. Walk forward right front stance. Double outside block. Pull fists back to hips and perform double uppercut strike.
- 30. Walk forward right back stance. Left knifehand inside block.
- 31. Pivoting on left foot, turn clockwise 180 degrees assuming horse-riding stance. Supported elbow strike to side of body.
- 32. Turning counter clockwise, shift left leg back until both feet are touching. Place left hand on top of right under the chin and move hands down the body slowly until they reach the groin area. This movement should take approximately 5 seconds.
- 33. Step left foot out into horse-riding stance and raise elbows up to under chin with arms parallel to one another in a striking out motion.
- 34. In the same stance, shuffle towards the right. Rotate upper body and perform left upper punch over the right shoulder, whilst looking over shoulder.
- 35. In the same stance, shuffle towards the left. Rotate upper body and perform right upper punch over the left shoulder, whilst looking over shoulder. **Kihap** (Shout).
- Ready stance (Guman). Step in with left foot keeping right foot stationary.

- No t-shirt or other clothing should be worn under the jacket of the dobok. However, female members can wear t-shirts, under the jacket of the dobok provided that they are of a white colour.
- Traditionally training is in bare feet. Feet must be clean before stepping onto the training area. Shoes may be left at the edge of the floor.
- Jewellery must not be worn while in uniform. This includes watches, earrings, necklaces, bracelets, anklets or rings.
- Do not hang belt around neck or over shoulders when entering or leaving dojang.
- Belts must be tied so the ends are hanging at an even length. The stripe on the belt is white.
- Sleeves and pants must NOT be rolled up.

4. Dojang

A dojang is a formal place of learning where students of all ages and physical ability can learn Taekwondo. Your conduct and behaviour must, at all times, reflect the respect that it deserves. This conduct and behaviour extends not only to the dojang, but to anywhere you may be wearing the Moon Lee uniform in public places.

- Students entering the dojang must remove shoes, hats and sunglasses and be in uniform (including belt tied). Shoes, gear, clothes and other personal items must be properly stored in the designated area.
- No smoking in or near the Dojang. No alcohol or drugs are to be consumed before training.
- Each class will have a formal ceremonial opening and closing, consisting of bowing to the instructor. Students are still required to follow the normal bowing etiquette prior to training commencement. The most senior student will say: "Charyot (attention), Gyeongre (bow)."

CODE OF CONDUCT AT GRADINGS

1. Presentation

- Full white uniform; clean and pressed with badge securely attached. Only white shirts worn underneath the uniform is permitted (no colours or prints).
- Belt tied correctly with the knot in front and hanging at equal length.
- Do not hang belt around neck or over shoulder.
- Jewellery is not to be worn while in uniform.

2. Attentiveness

- Upon hearing your name, answer "HERE" and move swiftly into position.
- Stand alert with eyes fixed straight ahead awaiting instruction.

3. Manner

- Maintain dignity and show respect for higher ranking belts.
- Bow correctly with feet together and lower your eyes.
- All decisions and judging are to be accepted gracefully and without protest.
- Always display your skill in a modest fashion with a good martial art spirit.

TAE KWON DO TERMINOLOGY

DEFINITION OF TAE KWON DO

"Tae" means "foot" or "to strike with the feet". "Kwon" means "hand", or "to strike with the hand". "Do" means discipline, art, or way. Hence *Tae Kwon Do* (foot-hand-way) means literally "the art of the feet and the hands" or "the art of kicking and punching".

Tae Kwon Do has developed into an art that incorporates fast, linear movements that were initially seen in various Japanese styles, and the flowing circular movements of Chinese styles. But what truly defines Tae Kwon Do from other forms is its dynamic and powerful kicking.

Evolving alongside the country of its origin, Korea, Tae Kwon Do is one of the most systematic and scientific Korean traditional martial arts, instilling in practitioners more than physical fighting and self defence skills. It is a discipline that shows ways of developing our spirit and character, through training body and mind. Today, the ancient art has grown into a popular sporting event, with many competitions being held worldwide. Tae Kwon Do was inaugurated as a full Summer Olympic event at Sydney 2000.

태권도

KOREAN COUNTING

There are two different numbering systems that are used by Koreans. The first numbering system is used when counting generally, the second is used when describing belt rankings or patterns (i.e. 2nd Dan = Yee Dan):

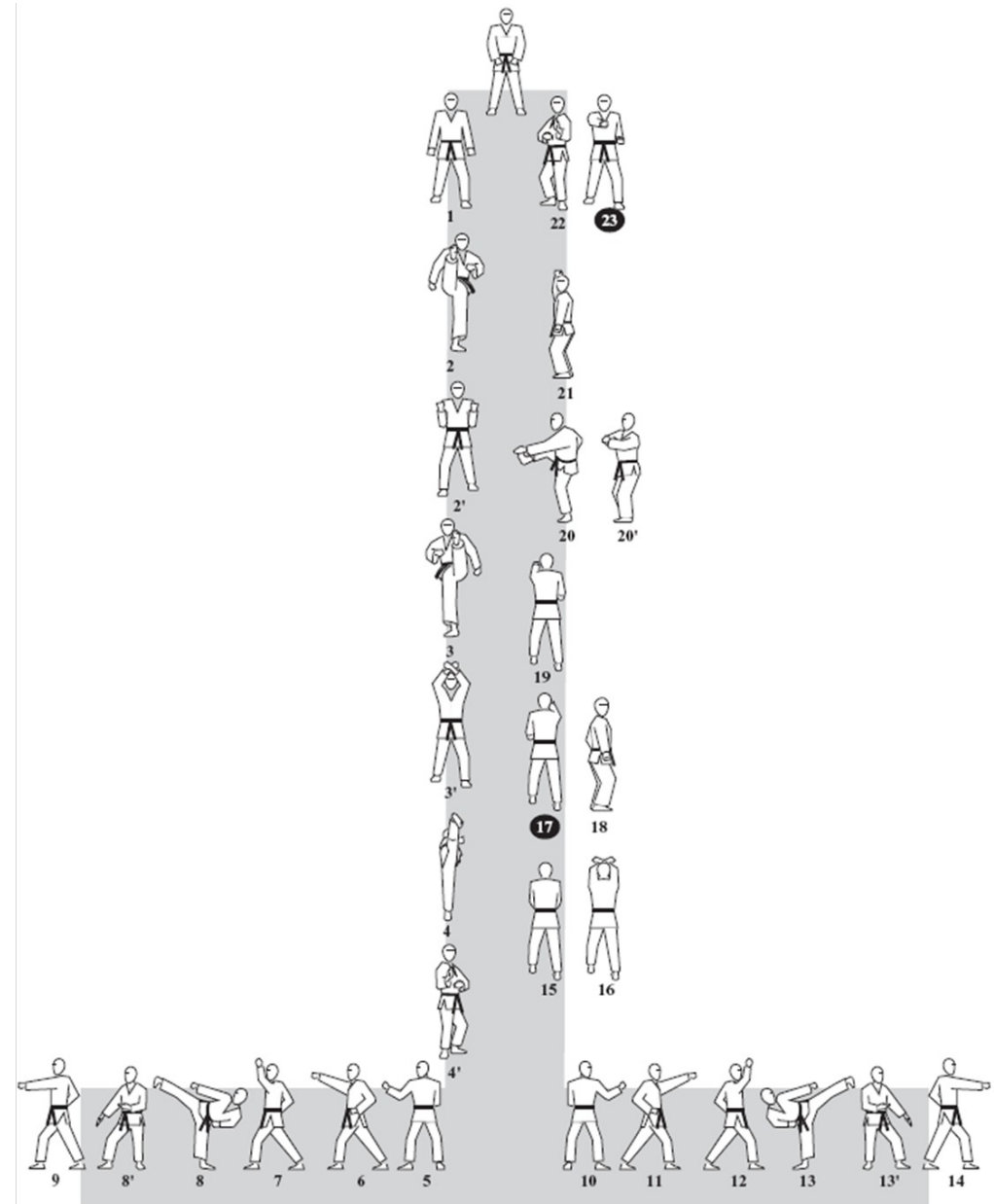
1 : Hana	1 st : Il
2 : Dul	2 nd : Yee
3 : Set	3 rd : Sam
4 : Net	4 th : Sa
5 : Dasot	5 th : O
6 : Yasot	6 th : Yuk
7 : Ilgop	7 th : Chill
8 : Yadol	8 th : Pal
9 : Ahop	9 th : Gu
10 : Yul	10 th : Ship

OTHER TERMINOLOGY

Charyot	:	Attention
Gyongre	:	Bow
Junbi	:	Ready
Shijak	:	Begin
Guman	:	Finish
Shyol	:	Rest
Dora	:	Turn

Palgwe Chill Jang (7)

T



Palgwe Chill Jang (7)

- Ready stance (Jumbi)
1. Walk forward left front stance keeping right foot stationary. Double low block.
 2. Right front kick. Right front stance. Double outside block.
 3. Left front kick. Left front stance. High X block.
 4. Right side kick. Left back stance. Double knifehand middle block.
 5. Turn counter clockwise right back stance. Left outside block.
 6. Shift left foot to left and assume left front stance. Right head punch.
 7. Maintain same stance. Left upper-cover block.
 8. Right side kick. Left back stance. Double knifehand low block.
 9. Shift right foot to right and assume right front stance. Left reverse middle punch.
 10. Turn clockwise left back stance. Right outside block.
 11. Shift right foot to right and assume right front stance. Right head punch.
 12. Maintain same stance. Left upper-cover block.
 13. Right side kick. Left back stance. Double knifehand low block.
 14. Shift left foot to left and assume left front stance. Right reverse middle punch.
 15. Turn clockwise left front stance. Low X block.
 16. Maintain same stance. Bring hands to chest and perform high X block.
 17. Maintain same stance. Bright right fist to hip and perform right head punch. Whilst performing punch pull left fist back to hip. **Kihap** (Shout).
 18. Pivot on left foot turning counter clockwise 360 degrees. Perform knee sweep with right leg and pull right knee up to chest before stamp-

19.

20.

21.

22.

23.

•

ing on ground in horse-riding stance. Perform right low block when landing in horse-riding stance. Maintain same stance. Left palm down knifehand strike to side of body.

Right inside crescent kick striking left hand (Turn left hand to face foot just before impact). Land in horse-riding stance and perform right elbow strike to left hand.

Shift to rear, horse-riding stance. Make 'X' at chest and perform a high outside block to rear of body with right hand, and low block with left hand over upper leg.

Shift to rear, right back stance. Double knifehand middle block.

Shift left foot to left and assume left front stance. Right reverse middle punch. **Kihap** (Shout).

Ready stance (Guman). Step back with left leg.

BELT RANKING SYSTEM & HOW TO TIE A BELT

BELT RANKING SYSTEM – You will progress through these belt levels after passing gradings, in which you will have to demonstrate proficiency in the requirements of your current belt level (grading requirements over page).

White is the beginning.....it represents purity. Students at this level commence their journey of knowledge.

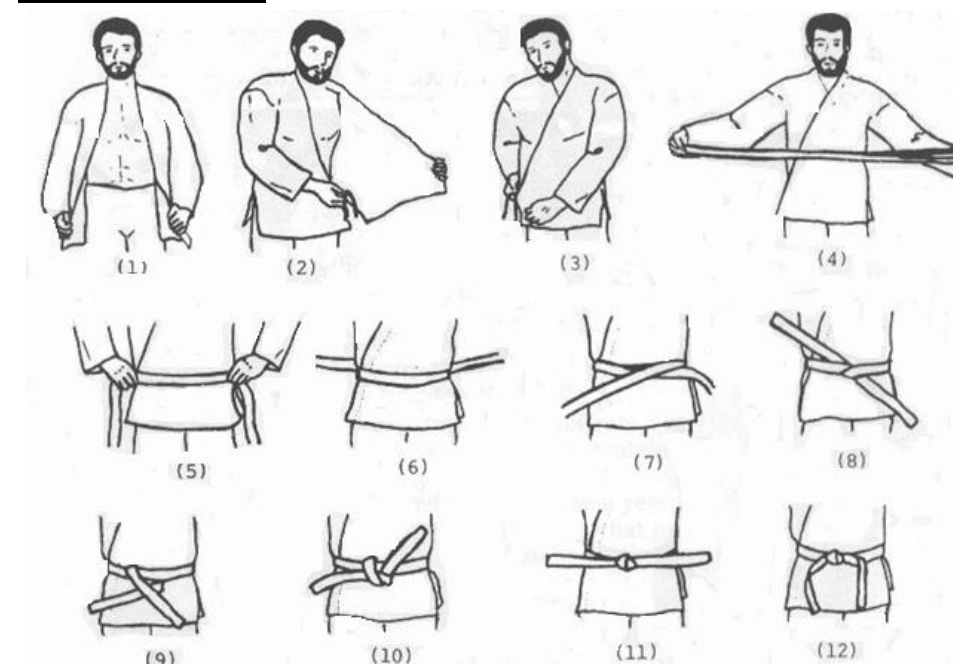
Yellow is the warmth of the sun that allows the seed to grow. Students at this level are building a strong foundation much like the plant's roots reaching into the soil.

Blue is the colour of the sky. The natural direction of the growing plant is always upwards. Students at this level are reaching new heights of learning.

Red is the sign of danger. Students have learned much but know very little.

Black is the colour of mastery. Students at this level now start a new beginning. The apprenticeship of coloured belts is over and the road to understanding begins.

HOW TO TIE A BELT



If it's your first try, make sure that your jacket ties have been properly secured first (1, 2 & 3). After you have folded the belt in half to determine the centre (4), place the counterpoint at the front of your waist (5). Then carry each end around the back of your body (6), then continue the ends to the front (7) making sure that one end is tucked underneath, and tie the knot as shown. From there draw the overlapping end of the belt up between the jacket and the belt (8) and complete the knot as shown (9, 10). It is considered a matter of pride for the ends of the belt to be of equal length after the square knot is neatly tied (11, 12).

GRADING REQUIREMENTS

WHITE BELT:

Horse-riding stance & shout.
Double punch x 3 - shout on second punch.
Basic form.
Jumping front kick x 2 - shout x 2.

8TH GUP:

Horse-riding stance & shout.
Triple punch x 3 - shout on 3rd punch.
Form - Palgwe 1.
Jumping front kick
double punch on landing x 2
- shout on second punch.

7TH GUP:

Horse-riding stance shout.
Triple punch x 3 - shout on 3rd punch.
Step side kick x 3 each leg
- shout on execution of 3rd kick.
Form - Palgwe 2.

6th GUP: Form – Palgwe 3.
Sparring.

5TH GUP: Form – Palgwe 4.
Sparring.

4th GUP: Form – Palgwe 5.
Sparring.

3rd GUP:
Form - Palgwe 6.
Sparring x 2.
Step Side Kick to timber board.

2nd GUP:
Form - Palgwe 7.
Sparring x 2.
Jump Side Kick to timber board.

1st GUP :
Form - Palgwe 8.
Previous form selected from Palgwe 1-7.
Sparring x 2 - 1st partner 1st Gup.
2nd partner Cho Dan Bo.
Spinning kick to timber board

CHO DAN BO:

Koryo form (Korea).
Previous form selected from Palgwe 1-8.
Sparring x 2 - 1st partner Cho Dan Bo
2nd partner Cho Dan.
Self defence (no more than 6 techniques).
Down spinning kick to timber board.

CHO DAN:

Keumgang form (Diamond) & Koryo form.
Sparring x 2 - 1st partner Cho Dan.
2nd partner Yee Dan.
Self defence (no more than 6 techniques).
Jump Spinning Kick to timber board.

YEE DAN:

Taebaek form & Keumgang form.
Sparring x 2 - 1st partner Yee Dan.
2nd partner Sam Dan.
Self defence (no more than 6 techniques).
Timber breaking - 2 boards (both feet).

SAM DAN:

Pyongwon form (Plain) & Taebaek form.
Sparring x 2.
Self Defence.
Timber break - 3 boards (1 can be hand)

SA DAN:

Sipjin form (Decimal) & Pyongwon form.
Self Defence.
Sparring x 2.
Timber break - 4 boards (1 can be hand)

O DAN:

Jitae form (Earth) & Sipjin form.
Self defence.
Sparring x 2.
Timber break - 5 boards (2 can be hand)

YUK DAN:

Cheonkwon form (Sky).

CHILL DAN:

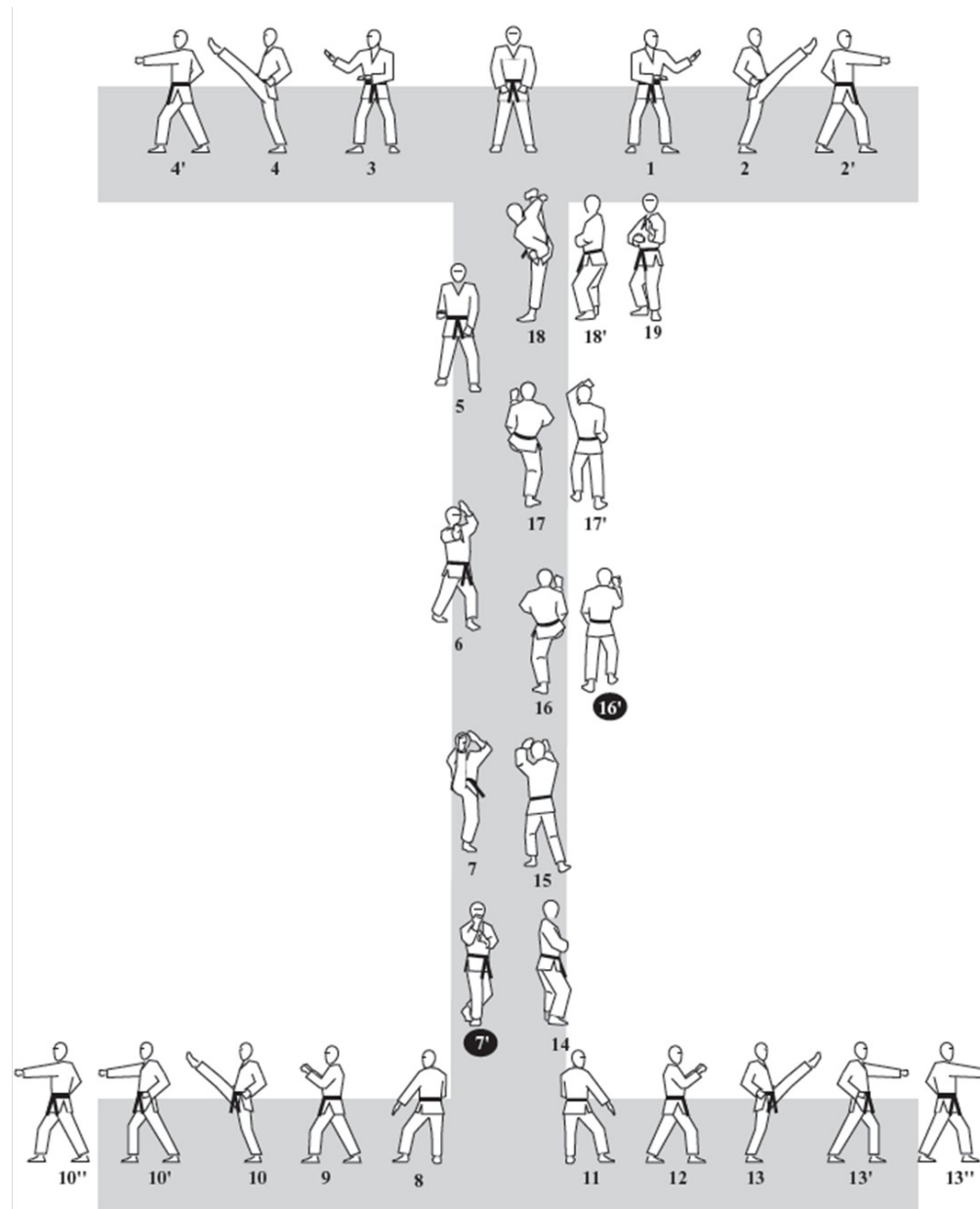
Hansoo form (Water).

PAL DAN:

Ilyo form (Oneness).

Palgwe Yuk Jang (6)

I



Palgwe Yuk Jang (6)

- Ready stance (Jumbi) 15. Shift left foot to left and assume left front stance. Bring closed hands up to right shoulder and twist upper body to right. Whilst twisting body back to centre, perform left open hand upper-cover block and right palm heel strike simultaneously.
- 1. Right back stance. Double knife-hand middle block.
- 2. Right front kick. Right front stance. Right middle punch.
- 3. Turn clockwise left back stance. Double knifehand middle block. 16. Right front kick and pull right fist back to hip. Right front stance. Right upper-cut strike. **Kihap** (Shout).
- 4. Left front kick. Left front stance. Leftmiddle punch.
- 5. Turn clockwise left front stance. Left low block. 17. Left front kick. Left front stance. Left upper-cover block.
- 6. Maintain same stance. Bring closed hands up to right shoulder and twist upper body to right. Whilst twisting body back to centre, perform left open hand upper-cover block and right knife hand neck strike simultaneously. 18. Right side kick. Left back stance. Double knifehand middle block.
- 7. Right front kick with hands in same position. As kicking leg pulls back, push off left leg and jump forward landing in a crossed stance with right foot facing forward. When landing perform supported upper-cut strike. **Kihap** (Shout). 19. Turn counter clockwise. Right back stance. Double knifehand middle block.
- 8. Turn counter clockwise right back stance. Double knifehand low block.
- 9. Shift left foot to left and assume left front stance. Make 'X' with hands at chest and perform spread block.
- 10. Right front kick and pull right fist back to hip. Right front stance. Double middle punch, right fist first followed by left fist.
- 11. Turn clockwise left back stance. Double knifehand low block.
- 12. Shift right foot to right and assume right front stance. Make 'X' with hands at chest and perform spread block.
- 13. Left front kick and pull left fist back to hip. Left front stance. Double middle punch, left fist first followed by right fist.
- 14. Turn counter clockwise right back

stance. Double knifehand middle block.

- Ready stance (Guman). Step up with right foot.

FORMS (POOMSE) GUIDE: PALGWE 1-8

PALGWE POOMSE (FORMS)

The palgwe forms were the forms of the Korean Taekwondo Association from 1967 to 1971, when the Kukkiwon was established. These forms incorporated the low stances, some low kicks and elegant hand movements, formerly found in Japanese Karate. You will learn these patterns as you progress through the belt ranks. The term 'Palgwe' is translated into English as 'Eight Powers of the Universe', and these eight Palgwe poomse are based on these conceptual powers. The term 'poomse' is the Korean term for form. Following are the eight Palgwe poomse and their meanings:

Palgwe 1-8	1	Il Jang – heaven	8 th Gup (belt rank)
	2	Yee Jang – lake	7 th Gup
	3	Sam Jang – fire	6 th Gup
	4	Sa Jang – thunder	5 th Gup
	5	O Jang – wind	4 th Gup
	6	Yuk Jang – water	3 rd Gup
	7	Chill Jang – mountain	2 nd Gup
	8	Pal Jang – earth	1 st Gup

Palgwe Il Jang (1) - Concept of Heaven

Palgwe 1 is taught to students once they attain the level of 8th gup, or first yellow belt. In traditional Tae Kwon Do meaning, Palgwe 1 symbolises the beginnings of life.

Palgwe Yee Jang (2) - Concept of Lake

Palgwe 2 is learnt by 7th gup students, or second yellow belts. This form teaches the Tae Kwon Do practitioner that power does not depend on how much energy is exerted, but by use of the correct technique.

Palgwe Sam Jang (3) - Concept of Fire

Palgwe 3 is learnt by 6th gup students, or first blue belts. This form introduces moving backwards, a necessary skill to become a good sparrer.

Palgwe Sa Jang (4) - Concept of Thunder

Palgwe 4 is learnt by 5th gup students, or second blue belts. The nature of the form is very flowing. Practicing this form helps a student develop their sparring by giving them the tools to be able to maintain momentum via combinations of blocks, kicks and punches.

Palgwe O Jang (5) - Concept of Wind

Palgwe 5 is learnt by 4th gup students, or third blue belts. Palgwe 5 is a complex form with movements in all directions. It has numerous blocking combinations as well as introducing side kick and elbow strike, two devastating attacks, to form.

Palgwe Yuk Jang (6) - Concept of Water

This form is learnt by 3rd gup, or first red belt students. Palgwe 6 teaches students that they can maintain their current state and achieve many things. This is emphasised by performing sequential blocks whilst remaining in the same position.

Palgwe Chill Jang (7) - Concept of Mountain

Palgwe 7 is learnt by 2nd gup students, or second red belts. This form traditionally symbolises the concept of mountains.

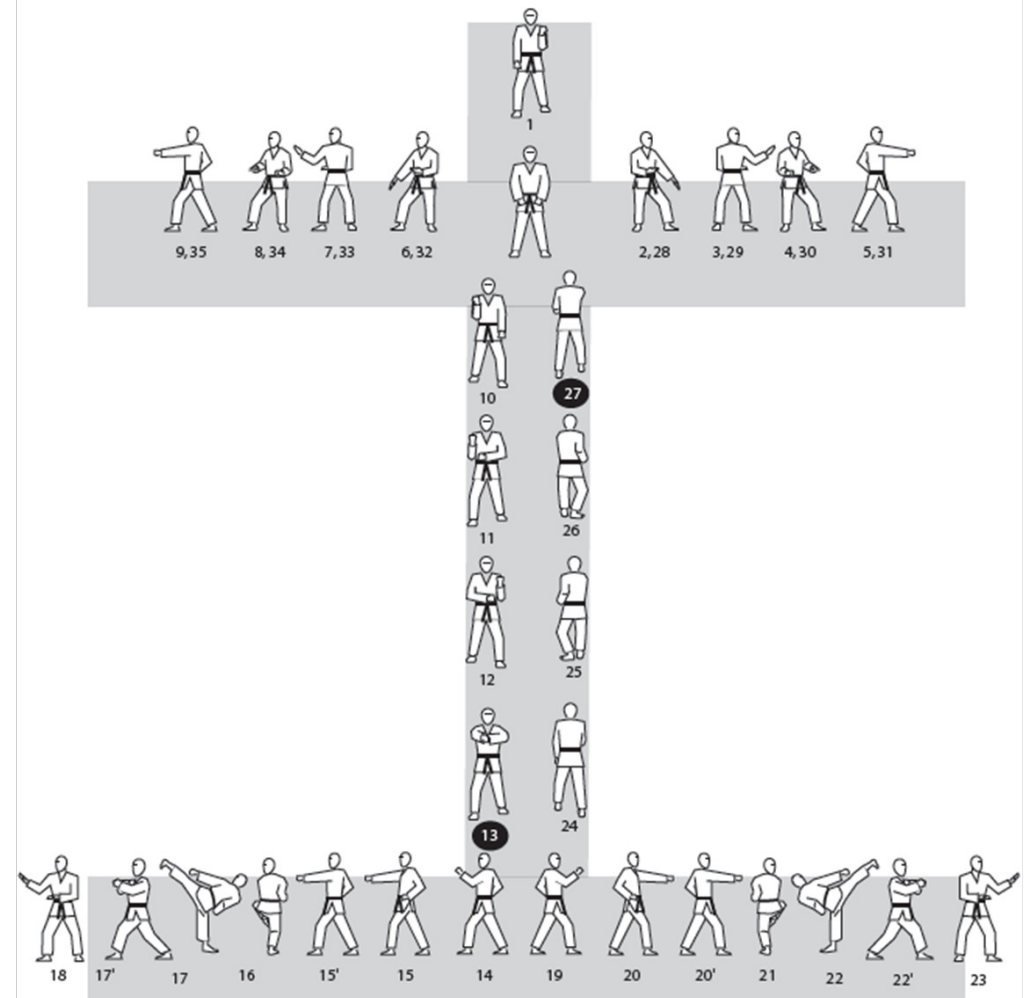
Palgwe Pal Jang (8) - Concept of Earth

Palgwe 8 is taught to 1st gup students, or third red belts. This form is the culmination of all that has been learnt throughout the student's practice of palgwe forms.

Palgwe Il Jang (1)

- Ready stance (Jumbi).
1. Left front stance. Left low block.
 2. Walk forward right front stance. Right inside block.
 3. Turn clockwise right front stance. Right low block.
 4. Walk forward left front stance. Left inside block.
 5. Turn counter clockwise left front stance. Left low block.
 6. Walk forward left back stance. Right outside block.
 7. Walk forward right back stance. Left outside block.
 8. Walk forward right front stance. Right middle punch. **Kihap** (Shout).
 9. Turn counter clockwise right back stance. Double knifehand middle block.
 10. Walk forward left back stance. Right inside block.
 11. Turn clockwise left back stance. Double knifehand middle block.
 12. Walk forward right back stance. Left inside block.
 13. Turn counter clockwise left front stance. Left low block.
 14. Walk forward right front stance. Right pseudo strike to neck.
 15. Walk forward left front stance. Left pseudo strike to neck.
 16. Walk forward right front stance. Right middle punch. **Kihap** (Shout).
 17. Turn counter clockwise left front stance. Left low block.
 18. Walk forward right front stance. Right inside block.
 19. Turn clockwise right front stance. Right low block.
 20. Walk forward left front stance. Left inside block.
- Ready stance (Guman). Left leg steps up and pivot on right foot.

Palgwe O Jang (5)

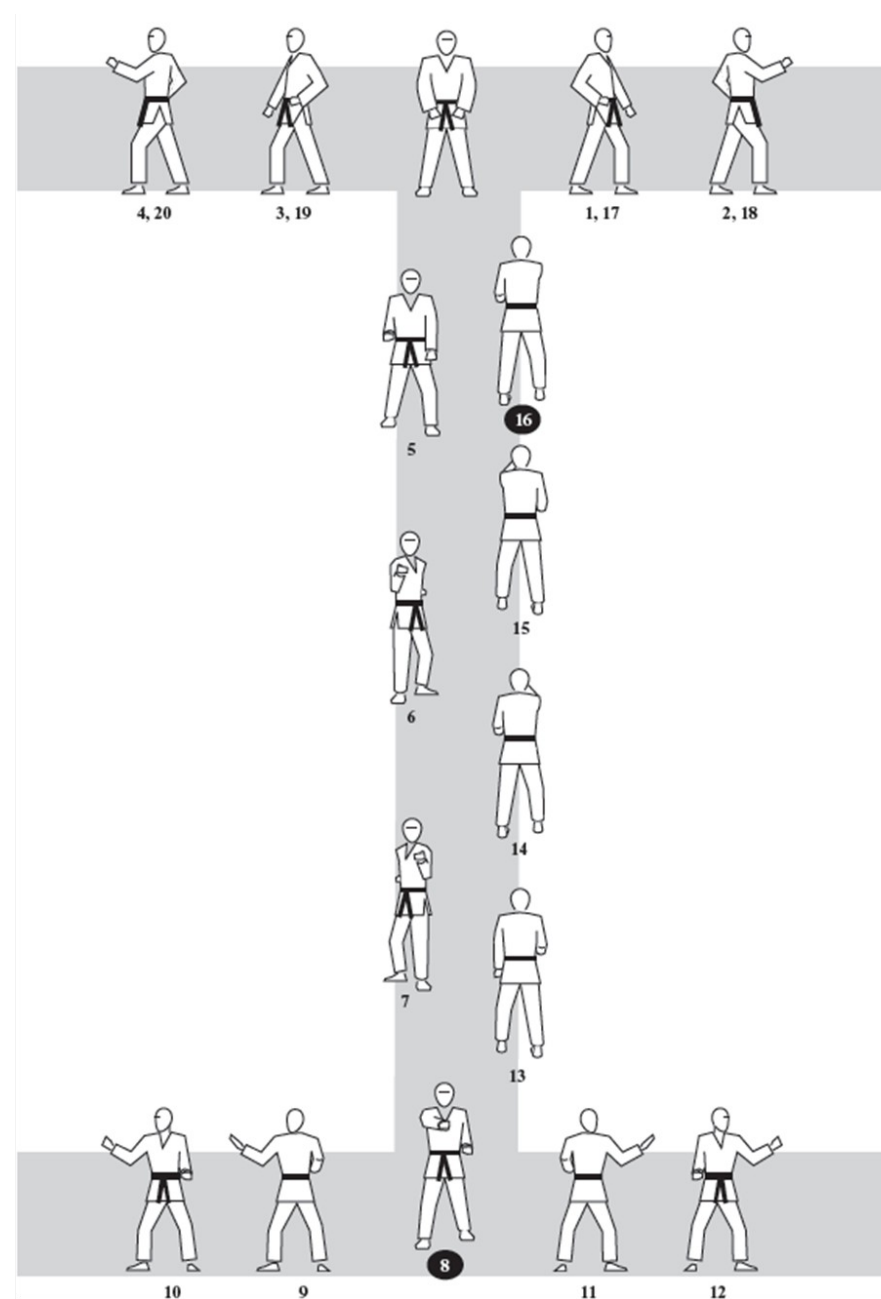


Palgwe O Jang (5)

- Ready stance (Jumbi)
1. Shift left foot to rear, right front stance. Make 'X' with hands at chest with left hand on outside. Simultaneously perform right low block and left outside block.
 2. Move left foot up to right foot and then out to left assuming right back stance. Double knifehand low block.
 3. Walk forward left back stance. Double knifehand middle block.
 4. Step back right back stance. Left palm heel block.
 5. Walk forward right front stance. Right middle punch.
 6. Turn clockwise left back stance. Double knifehand low block.
 7. Walk forward right back stance. Double knifehand middle block.
 8. Step back left back stance. Right palm heel block.
 9. Walk forward left front stance. Left middle punch.
 10. Turn counter clockwise left front stance. Make 'X' with hands at chest with right hand on outside. Simultaneously perform left low block and right outside block.
 11. Walk forward right front stance. Supported outside block.
 12. Walk forward left front stance. Supported outside block.
 13. Walk forward right front stance. Right supported spear hand strike. **Kihap** (Shout).
 14. Turn counter clockwise and pivot on right foot. Left front stance. Left outside block.
 15. Maintain same stance. Double middle punch. Right fist first followed by left fist.
 16. Keep right foot fixed. Lift up left foot to right knee and make small hinge on right hip with hands.
 17. Left side kick. Left front stance. Out-
 18. stretch left hand and perform right elbow strike.
 19. Walk forward left back stance. Double knifehand middle block.
 20. Pivot on right foot, turn clockwise. Right front stance. Right outside block.
 21. Maintain same stance. Double middle punch. Left fist first followed by right fist.
 22. Keep left foot fixed. Lift up right foot to right knee and make small hinge on left hip with hands.
 23. Right side kick. Right front stance. Outstretch right hand and perform left elbow strike.
 24. Walk forward right back stance. Double knifehand middle block.
 25. Turn clockwise left front stance. Make 'X' with hands at chest with right hand on outside. Simultaneously perform right low block and left outside block.
 26. Walk forward left back stance. Double fist low block.
 27. Walk forward right back stance. Double fist low block.
 28. Walk forward right front stance. Right middle punch. **Kihap** (Shout).
 29. Turn counter clockwise pivot on right foot. Right back stance. Double knifehand low block.
 30. Walk forward left back stance. Double knifehand middle block.
 31. Step back right back stance. Left palm heel block.
 32. Walk forward right front stance. Right middle punch.
 33. Turn clockwise left back stance. Double knifehand low block.
 34. Walk forward right back stance. Double knifehand middle block.
 35. Step back left back stance. Right palm heel block.
 - Ready stance (Guman). Left leg steps up and pivot on right foot.

Palgwe Il Jang (1)

I

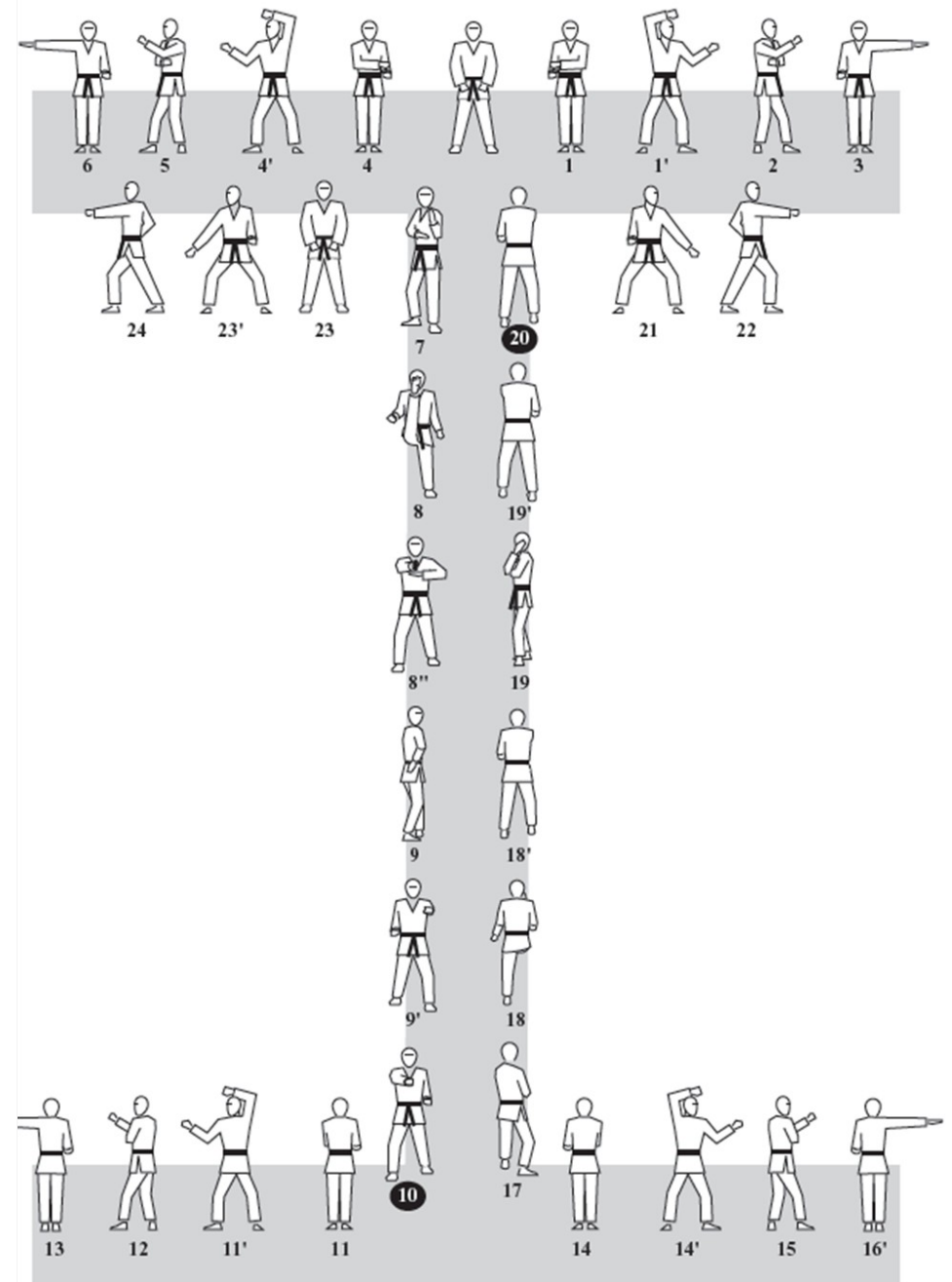


Palgwe Yee Jang (2)

- Ready stance (Jumbi)
- Left front stance. Left upper-cover block.
 - Right front kick. Right front stance. Right middle punch.
 - Turn clockwise right front stance. Right upper-cover block.
 - Left front kick. Left front stance. Left middle punch.
 - Turn counter-clockwise right back stance. Double knifehand low block.
 - Walk forward left back stance. Double knifehand middle block.
 - Walk forward left front stance. Left upper-cover block.
 - Walk forward right front stance. Right middle punch. **Kihap** (Shout).
 - Turn counter clockwise left front stance. Left upper-cover block.
 - Right front kick. Right front stance. Right middle punch.
 - Turn clockwise right front stance. Right upper-cover block.
 - Left front kick. Left front stance. Left middle punch.
 - Turn counter clockwise right back stance. Double fist low block.
 - Walk forward left back stance. Right outside block.
 - Walk forward right back stance. Left inside block.
 - Walk forward right front stance. Right middle punch. **Kihap** (Shout).
 - Turn counter clockwise left front stance. Left upper-cover block.
 - Right front kick. Right front stance. Right middle punch.
 - Turn clockwise right front stance. Right upper-cover block.
 - Left front kick. Left front stance. Left middle punch.
- Ready stance (Guman). Left leg steps up and pivot on right foot.

Palgwe Sa Jang (4)

I



Palgwe Sa Jang (4)

- Ready stance (Jumbi) 17.
- 1. Chamber hands at right hip. Right back stance. Left outside block and right upper-cover block (simultaneous). 18.
- 2. Pull right fist back to hip and perform right uppercut punch. 19.
- 3. Move left foot towards right (Jumbi stance). Left palm down knifehand strike to side of body. 20.
- 4. Chamber hands at left hip. Left back stance. Right outside block and left upper-cover block (simultaneous). 21.
- 5. Pull left fist back to hip and perform left uppercut punch. 22.
- 6. Move right foot towards left (Jumbi stance). Right palm down knifehand strike to side of body. 23.
- 7. Turn counter clockwise right back stance. Double knifehand middle block. 24.
- 8. Right front kick. Right front stance. Right supported spear hand strike.
- 9. Turn counter clockwise 180 degrees (pivot on the ball of right foot) left front stance. Place right hand behind right leg (escape grab). Turn a further 180 degrees left front stance. Hammer fist strike.
- 10. Walk forward right front stance. Right middle punch. **Kihap** (Shout).
- 11. Turn counter clockwise and chamber hands at right hip. Right back stance. Left outside block and right upper-cover block (simultaneous).
- 12. Pull right fist back to hip and perform right uppercut punch.
- 13. Move left foot towards right (Jumbi stance). Left palm down knifehand strike to side of body.
- 14. Chamber hands at left hip. Left back stance. Right outside block and left upper-cover block (simultaneous).
- 15. Pull left fist back to hip and perform left uppercut punch.
- 16. Move right foot towards left (Jumbi

stance). Right palm down knifehand strike to side of body.

Turn counter clockwise right back stance. Double knifehand middle block.

Right front kick. Right front stance. Right supported spear hand strike.

Turn counter clockwise 90 degrees. Step into horse-riding stance with right foot whilst pivoting on left foot. Retract right hand to left side of face as if escaping from a grab. Turn the remaining 270 degrees pivoting on your right foot ending in a left front stance. Left hammer fist strike at the end of the turn.

Walk forward right front stance. Right middle punch. **Kihap** (Shout).

Turn counter clockwise and pivot on right foot. Horse-riding stance. Left low block over upper leg.

Shift left foot to the left and assume left front stance. Right reverse middle punch.

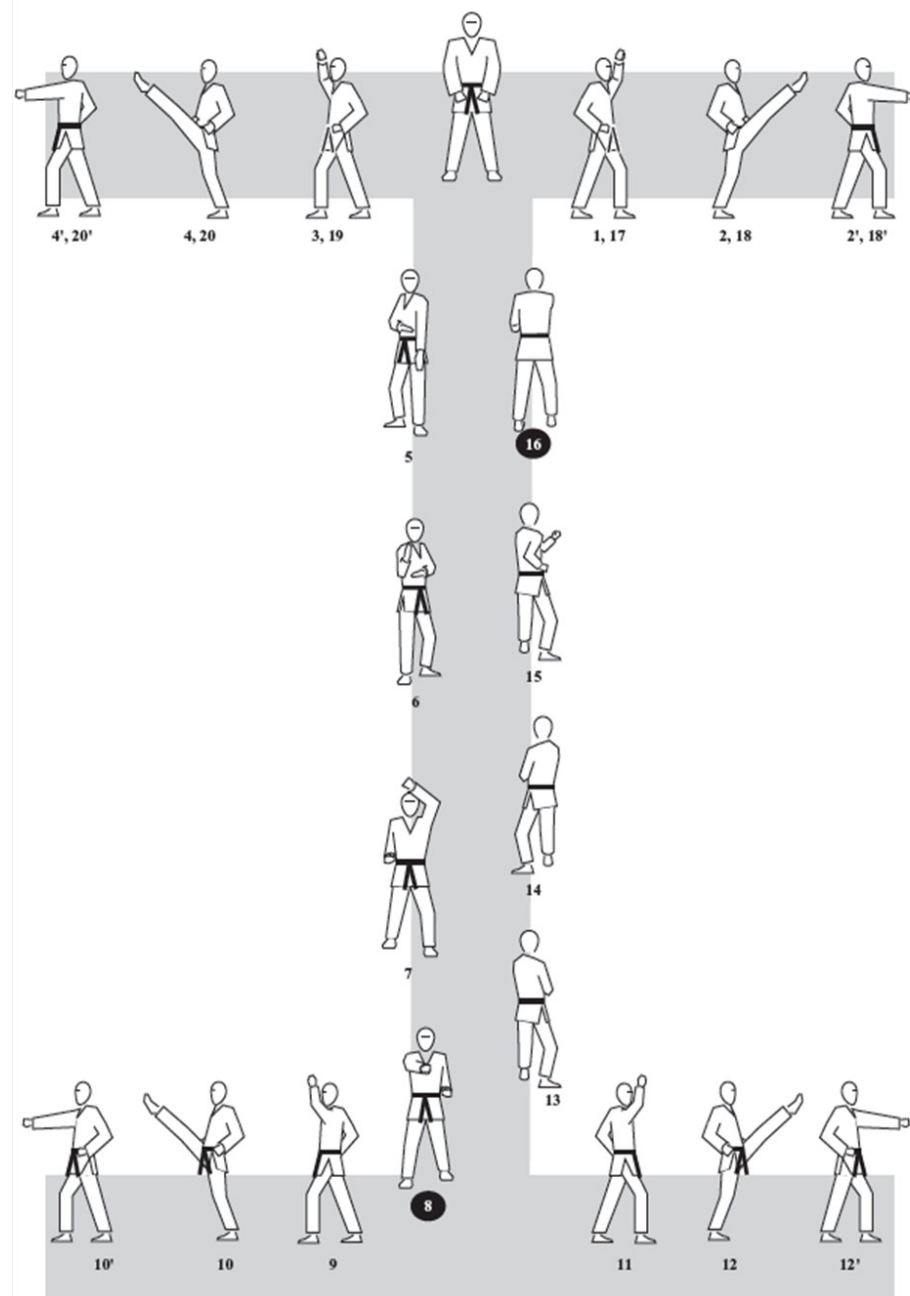
Shift left foot to ready stance (Jumbi) position and perform small hinge on left hip. Then move right foot to horse-riding stance. Right low block over upper leg.

Shift right foot to the right and assume right front stance. Left reverse middle punch.

- Ready stance (Guman). Step up with right foot.

Palgwe Yee Jang (2)

I



Palgwe Sam Jang (3)

- Ready stance (Jumbi).
1. Left front stance. Left low block.
 2. Walk forward right front stance. Right middle punch.
 3. Turn clockwise right front stance. Right low block.
 4. Walk forward left front stance. Left middle punch.
 5. Turn counter clockwise left front stance. Left low block.
 6. Walk forward right front stance. Right upper-cover block.
 7. Walk forward left front stance. Left upper-cover block.
 8. Walk forward right front stance. Right head punch. **Kihap** (Shout).
 9. Turn counter clockwise right back stance. Double knifehand middle block.
 10. Walk forward left back stance. Double knifehand middle block.
 11. Turn clockwise left back stance. Double knifehand middle block.
 12. Walk forward right back stance. Double knifehand middle block.
 13. Turn counter clockwise right back stance. Left outside block.
 14. Turn clockwise left back stance. Right outside block.
 15. Walk backward right back stance. Left inside block.
 16. Walk backward left back stance. Right inside block.
 17. Walk backward right back stance. Left inside block.
 18. Turn clockwise left back stance. Right outside block.
 19. Turn counter clockwise left front stance. Left upper-cover block.
 20. Walk forward right front stance. Right head punch.
 21. Turn clockwise right front stance. Right upper-cover block.
 22. Walk forward left front stance. Left head punch. **Kihap** (Shout).

- Ready stance (Guman). Left leg steps up and pivot on right foot.

Palgwe Sam Jang (3)

I

