



Palgwae Ee Jang

Start: Begin from **Ready Stance** (Choonbi), with eyes looking forward and feet shoulder-width apart.

1. Move the left foot to the left into **Left Forward Stance** and execute a **Left High-Section Block**.

2a. Execute a **Right Front Snap Kick**.

2b. Landing into a **Right Forward Stance**, execute a **Right Punch**.

3. Move the right foot 180° clockwise (to the right) into a **Right Forward Stance** and execute a **Right High-Section Block**.

4a. Execute a **Left Front Snap Kick**.

4b. Landing into a **Left Forward Stance**, execute a **Left Punch**.

5. Moving the left foot, step 90° counter-clockwise (to the left) into a **Right Back Stance** and execute a **Twin Knife-hand Low-Section Block**.

6. Moving the right foot, step forward into a **Left Back Stance** and execute a **Twin Knife-hand Mid-Section Block**.

7. Moving the left foot, step forward into a **Left Forward Stance** and execute a **Left High-Section Block**.

8. Moving the right foot, step forward into a **Right Forward Stance** and execute a **Right Punch** and **Kihap**.

9. Moving the left foot, turn 270° counter-clockwise (to the left) into a **Left Forward Stance** and execute a **Left High-Section Block**.

10a. Execute a **Right Front Snap Kick**.

10b. Landing into a **Right Forward Stance** and execute a **Right Punch**.

11. Moving the right foot, turn 180° clockwise (to the right) into a **Right Forward Stance** and execute a **Right High-Section Block**.

12a. Execute a **Left Front Snap Kick**.

12b. Landing into a **Left Forward Stance** and execute a **Left Punch**.

13. Moving the left foot, turn 90° counter-clockwise (to the left) into a **Right Back Stance** and execute a **Left Augmented Inner Fore-arm Low-Section Block**.

14. Moving the right foot, step forward into a **Left Back Stance** and execute a **Right Augmented Inner Fore-arm Mid-Section Block**.

15. Moving the left foot, step forward into a **Right Back Stance** and execute a **Left Outer Fore-arm Block**.

16. Moving the right foot, step forward into **Right Forward Stance** and execute a **Right Punch** and **Kihap**.

17. Moving the left foot, turn 270° counter-clockwise (to the left) into a **Left Forward Stance** and execute a **Left High-Section Block**.

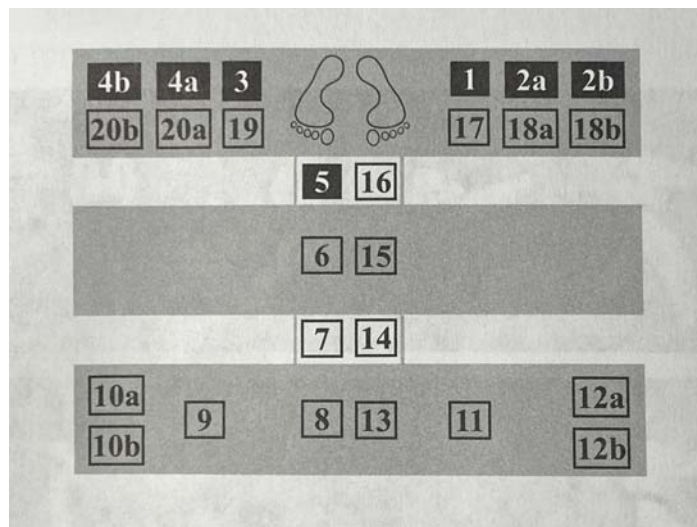
18a. Execute a **Right Front Snap Kick**.

18b. Landing into a **Right Forward Stance**, execute a **Right Punch**.

19. Moving the right foot, turn 180° clockwise (to the right) into a **Right Forward Stance** and execute a **Right High-Section Block**.

20a. Execute a **Left Front Snap Kick**.

20b. Landing into a **Left Forward Stance** and execute a **Left Punch** and **Kihap**.



End: Moving the left foot, **Return to Ready Stance** (Baro).