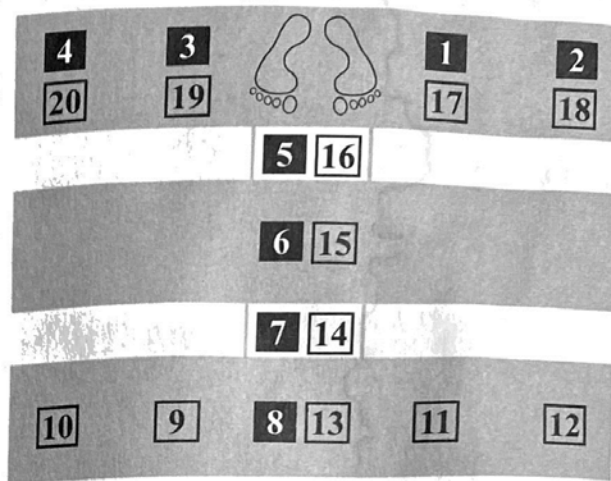




Palgwae Il Jang

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

1. Move the left foot to the left into **Left Forward Stance** and execute a **Left Low-Section Block**.
2. Step forward with the right foot into **Right Forward Stance** and execute a **Right Outer-Forearm Block**.
3. Moving the right foot, turn 180° clockwise (to the right) into **Right Forward Stance** and execute a **Right Low-Section Block**.
4. Step forward with the left foot into **Left Forward Stance** and execute a **Left Outer-Forearm Block**.
5. Moving the left foot, step 90° counterclockwise (to the left) into **Left Forward Stance** and execute a **Left Low-Section Block**.
6. Moving the right foot, step forward into **Left Back Stance** and execute a **Right Outer-Forearm Block**.
7. Moving the left foot, step forward into a **Right Back Stance** and execute **Left Outer-Forearm Block**.
8. Step forward with the right foot into **Right Forward Stance**, execute a **Right Punch**, and **Kihap**.
9. Moving the left foot, turn 270° counterclockwise (to the left) into **Right Back Stance** while executing a **Twin Mid-Section Knifehand Block**.
10. Stepping forward with the right foot into **Left Back Stance**, execute a **Right Outer-Forearm Block**.
11. Moving the right foot, turn 180° clockwise (to the right) into **Left Back Stance** while executing a **Twin Mid-Section Knifehand Block**.
12. Stepping forward with the left foot into **Right Back Stance**, execute a **Left Outer-Forearm Block**.
13. Moving the left foot, turn 90° counterclockwise (to the left) into **Left Forward Stance** and execute a **Left Low-Section Block**.
14. Step forward into **Right Forward Stance** and execute a **Right Knifehand Attack**.
15. Step forward into **Left Forward Stance** and execute a **Left Knifehand Attack**.
16. Step forward into **Right Forward Stance**, execute a **Right Punch**, and **Kihap**.
17. Moving the left foot, turn 270° counterclockwise (to the left) into **Left Forward Stance** and execute a **Left Low-Section Block**.
18. Step forward with the right into **Right Forward Stance** and execute a **Right Outer-Forearm Block**.
19. Moving the right foot, turn 180° clockwise (to the right) into **Right Forward Stance** and execute a **Right Low-Section Block**.
20. Step forward with the left foot into **Left Forward Stance**, execute **Left Outer-Forearm Block**, and **Kihap**.



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