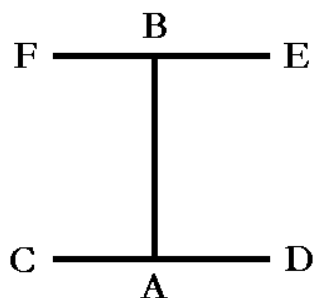


Pal Gwe 1 / Pal Gwe Il Jang



Ready Stance: Standing at "A", Facing "B" in Ready position

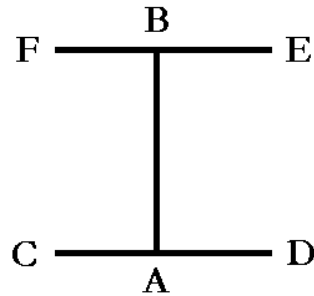
1. Turn 90 degrees left, move left foot into a left front stance and execute a left arm low block, toward "C".
2. Step forward with right foot into a right front stance and execute a right arm inside block, toward "C".
3. Turn 180 degrees right, move right foot into a right front stance and execute a right arm low block, toward "D".
4. Step forward with left foot into a left front stance and execute a left arm inside block, toward "D".

5. Turn 90 degrees left, move left foot into a left front stance and execute a left arm low block, toward "B".
6. Step forward with right foot into a right back stance and execute a right arm inside block, toward "B".
7. Step forward with left foot into a left back stance and execute a left arm inside block toward "B".
8. Step forward with right foot into a right front stance and execute a right hand middle punch, toward "B".

KI-YAP

9. Turn 270 degrees, move left foot into left back stance and execute a double open hands middle block, toward "E".
10. Step forward with right foot into a right back stance and execute a right arm inside block, toward "E".
11. Turn 180 degrees right, move right foot into a right back stance and execute a double open hands middle block, toward "F".
12. Step forward with left foot into a left back stance and execute a left arm inside block, toward "F".

Pal Gwe 1 / Pal Gwe Il Jang



13. Turn 90 degrees left, move left foot into a left front stance and execute a left arm low block, toward "A".
14. Step forward with right foot into a right front stance and execute a right hand open – palm up - inside block (can also be a strike to the neck), toward "A".
15. Step forward with left foot into a left front stance and execute a left hand open – palm up - inside block (can also be a strike to the neck), toward "A".
16. Step forward with right foot into a right front stance and execute a right hand middle punch, toward "A".

KI-YAP

17. Turn 270 degrees, move left foot into left front stance and execute a left arm low block, toward "C".
18. Step forward with right foot into a right front stance and execute a right arm inside block, toward "C".
19. Turn 180 degrees right, move right foot into a right front stance and execute a right arm low block, toward "D".
20. Step forward with left foot into a left front stance and execute a left arm inside block, toward "D".

Return to Ready Position – at "A" facing "B".