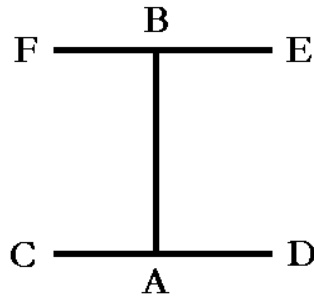


Pal Gwe 2 / Pal Gwe Ee Jang



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

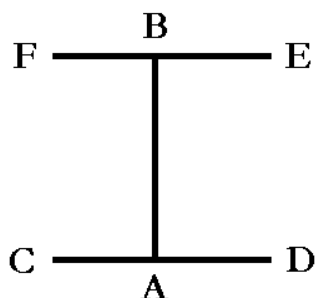
1. Turn 90 degrees left, move left foot into a left front stance and execute a left arm high block toward "C".
2. Execute a right leg front-snap kick, then step forward and down with right foot into a right front stance and execute a right hand high punch toward "C".
3. Turn 180 degrees right, move right foot into a right front stance and execute a right arm high block toward "D".
4. Execute a left leg front-snap kick, then step forward and down with left foot into a left front stance and execute a left hand high punch toward "D".

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

KI-YAP

9. Turn 270 degrees, move left foot into left front stance and execute a left arm high block toward "E".
10. Right leg front-snap kick, then step forward and down with right foot into a right front stance and execute a right hand high punch toward "E".
11. Step backward with right foot and turn clockwise 180 degrees right, moving right foot into a right front stance and execute a right arm high block toward "F".
12. Left leg front-snap kick, then step forward and down with left foot into a left front stance and execute a left hand high punch toward "F".

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13. Turn 90 degrees left, move left foot into a left back stance and execute a double closed hands left low block, toward "A".
14. Step forward with right foot into a right back stance and execute a right double closed hands outside block toward "A".
15. Step forward with left foot into a left back stance and execute a left arm inside block toward "A".
16. Step forward with right foot into a right front stance and execute a right hand high punch toward "A".

KI-YAP

17. Turn 270 degrees, move left foot into left front stance and execute a left arm high block toward "C".
18. Right leg front-snap kick, then step forward and down with right foot into a right front stance and execute a right hand high punch toward "C".
19. Turn 180 degrees right, move right foot into a right front stance and execute a right arm high block toward "D".
20. Left leg front-snap kick, then step forward and down with left foot into a left front stance and execute a left hand middle section punch toward "D".

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