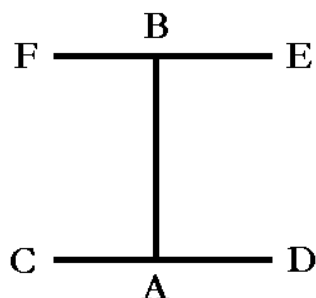


Pal Gwe 3 / Pal Gwe Sam Jang



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

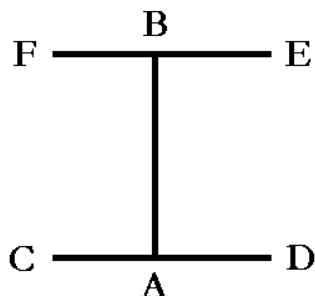
1. Turn 90 degrees left, move left foot into a left front stance and execute a left arm low block toward "C".
2. Step forward with right foot into a right front stance and execute a right hand middle punch toward "C".
3. Turn 180 degrees right, move right foot into a right front stance and execute a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

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

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13. Turn 90 degrees left, move left foot into a left back stance with a left arm outside block toward "A" – then turn look back to the right toward "B" and reposition feet to assume a right back stance while executing a right arm outside block toward "B".
14. Step backward with right foot into a left back stance and execute a left arm inside block toward "B".
15. Step backward with left foot into a right back stance and execute a right arm inside block toward "B".
16. Step backward with right foot into a left back stance and execute a left arm inside block toward "B" – then turn look back to the right toward "A" and reposition feet to assume a right back stance while executing a right arm outside block toward "A".

17. Turn 270 degrees, move left foot into left front stance and execute a left arm high block toward "C".
18. Step forward 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. Step forward with left foot into a left front stance and execute a left hand high punch toward "D".

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