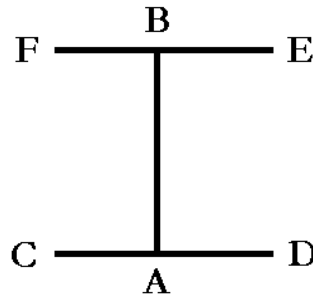


Pal Gwe 4 / Pal Gwe Sah Jang



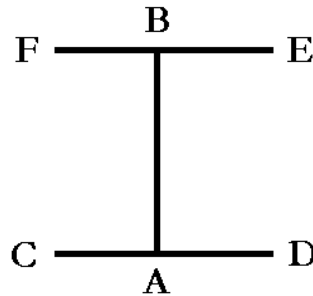
Ready Stance: Standing at "A", Facing "B" in Ready position

1. Turn 90 degrees to the left toward "C", move left foot into a left back stance with a simultaneous right arm high block and left arm outside block.
2. Pull left fist in against your right collarbone, and reverse uppercut with right hand, (stay in back stance). Then pull left foot back into a ready stance (belt knot facing toward "B") and execute a left hand knife-hand strike, toward "C".
3. Turn 90 degrees right toward "D", bring your left foot to your right and then step out with the right foot into a right back stance while executing a simultaneous left arm high block and right arm outside block.
4. Pull right fist in against your right collarbone, and reverse uppercut with left hand, (stay in back stance). Then pull left foot back into a ready stance (belt knot facing toward "B") and execute a left hand knife-hand strike, toward "D".

5. Look 90 degrees left toward "B", bring your right foot in behind and against the heel of your left foot before stepping left foot forward into a left back stance and left double open hands middle block.
6. Right leg front snap kick toward "B". Land in a right front stance and execute a right arm spear-hand thrust toward "B". (Left hand is open and palm down under the right elbow.)
7. Twist right hand to the left and down (escape technique) then pivot on the right foot bringing the left foot behind you 180 degrees and stepping into a left front stance toward "B" while executing a left hand hammer fist (palm-down) to the upper body.
8. Step forward with right foot into a right front stance and execute a right hand middle punch toward "B".

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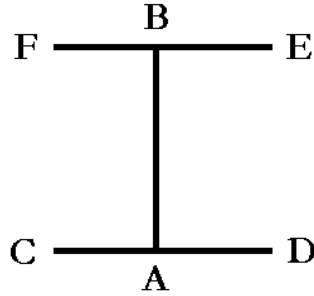


9. Turn 270 degrees toward "C", move left foot into a left back stance with a simultaneous right arm high block and left arm outside block.
10. Pull left hand in against your right collarbone, and reverse uppercut with right hand, (stay in back stance). Then pull left foot back into a ready stance (belt knot facing toward "A") and execute a left hand knife-hand strike, to your left toward "E".
11. Turn 90 degrees right toward "F", bring your left foot to your right and then step out with the right foot into a right back stance while executing a simultaneous left arm high block and right arm outside block toward "F".
12. Pull right hand in against your right collarbone, and reverse uppercut with left hand, (stay in back stance). Then pull left foot back into a ready stance (belt knot facing toward "A") and execute a left hand knife-hand strike, to your right toward "F".

13. Look 90 degrees left toward "A", bring your right foot in behind and against the heel of your left foot before stepping left foot forward into a left back stance and left double open hands middle block.
14. Right leg front snap kick toward "A". Land in a right front stance and execute a right arm spear-hand thrust toward "A". (Left hand is palm down under the right elbow.)
15. Twist right hand to the left and up (escape technique) then pivot on the right foot bringing the left foot behind you 180 degrees and stepping into a left front stance toward "B" while executing a left hand hammer fist (palm-down) to the upper body.
16. Step forward with right foot into a right front stance toward "A" and execute a right hand middle punch toward "A".

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17. Turn 270 degrees, move left foot into a horse stance (with belt knot facing "B" – but head turned toward "C") and execute a left arm low block toward "C".
18. Pick up left foot, shift into a left front stance toward "C" and execute a right hand middle reverse punch toward "C".
19. Pick up right foot, shift 180 degrees right, move right foot into a horse stance (with belt knot facing "B" – but head turned toward "D") and execute a left arm low block toward "D".
20. Pick up left foot, shift into a left front stance toward "D" and execute a right hand middle reverse punch toward "D".

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