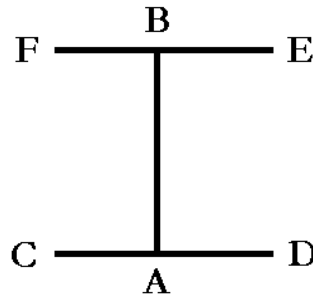


## Pal Gwe 5 / Pal Gwe Oh Jang



Ready Stance: Standing at "A" facing "B"

1. Step backward with left foot into a right front stance and execute a scissor block (simultaneous left outside block and right low block [cross right low block wrist behind left outside block wrist]).

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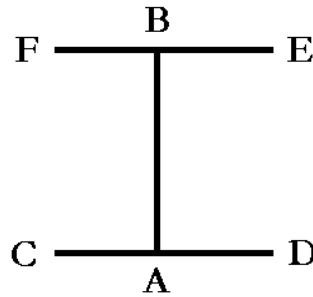
2. Turn 90 degrees into a left back stance and execute a left double open hands low block toward "C".
3. Step forward with right foot into a right back stance and execute a right double open hands middle block toward "C".
4. Step backward with right foot into a left back stance and execute a left arm middle pressing block – still facing "C".
5. Step forward with right foot into a right front stance and execute a right hand middle punch toward "C".

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6. Turn 180 degrees right into a right back stance and execute a left double open hands low block toward "D".
7. Step forward with left foot into a left back stance and execute a left double open hands middle block toward "D".
8. Step backward with left foot into a right back stance and execute a right arm middle pressing block – still facing "D".
9. Step forward with left foot into a left front stance and execute a left arm middle punch toward "D".

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## Pal Gwe 5 / Pal Gwe Oh Jang

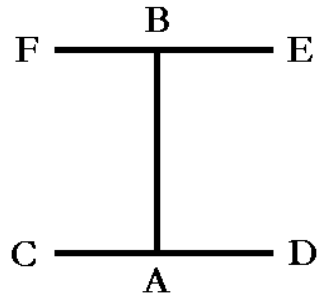


10. Turn 90 degrees left toward "B" into a left front stance and execute a scissors block (simultaneous right outside block and left low block [cross left low block wrist behind right outside block wrist]).
11. Step forward with right foot into a right front stance and execute a right double hands (closed fists) middle block toward "B".
12. Step forward with left foot into a left front stance and execute a left double hands (closed fists) middle block toward "B".
13. Step forward with right foot into a right front stance and execute a palm-heel center block and spear-hand thrust toward "B". (Left hand is open and palm down under the right elbow.)

### KI-YAP

14. Turn 270 degrees into a left front stance with an left arm outside block toward "E" – then with out changing stance, execute a right hand reverse middle punch followed immediately by a left hand middle punch, all toward "E".
15. Pull the left foot back to right leg into a side kick ready stance (belt knot toward "A", but looking towards "E"). Execute a left foot side kick and then step into a left front stance toward "E" with right elbow strike, using left palm as the target.
16. Step forward with right foot into a right back stance toward "E" and execute a right double open hands middle block.
17. Turn 180 degrees toward "F" into a right front stance and execute a right arm outside block toward "F"– then with out changing stance, execute a left hand reverse middle punch followed immediately by a right hand middle punch, all toward "F".
18. Pull the right foot back to left leg into a side kick ready stance (belt knot toward "A", but looking towards "F"). Execute a right foot side kick and then step into a right front stance toward "F" with left elbow strike, using right palm as the target.
19. Step forward with left foot into a left back stance toward "F" and execute a left double open hands middle block.

## Pal Gwe 5 / Pal Gwe Oh Jang



20. Turn 90 degrees toward "A" into a left front stance and execute a scissors block (simultaneous right outside block and left low block [cross left low block wrist behind right outside block wrist]).
21. Step forward with right foot into a right back stance and execute a right double closed hands low block toward "A".
22. Step forward with left foot into a left back stance and execute a left double closed hands low block toward "A".
23. Step forward with right foot into a right front stance and execute a right hand middle punch toward "A".

### KI-YAP

24. Turn 270 degrees into a left back stance and execute a left double open hands low block toward "C".
25. Step forward with right foot into a right back stance and execute a right double open hands middle block toward "C".
26. Step backward with right foot into a left back stance and execute a left arm middle pressing block – still facing "C".
27. Step forward with right foot into a right front stance and execute a right hand middle punch toward "C".

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28. Turn 180 degrees right into a right back stance and execute a left double open hands low block toward "D".
29. Step forward with left foot into a left back stance and execute a left double open hands middle block toward "D".
30. Step backward with left foot into a right back stance and execute a right arm middle pressing block – still facing "D".
31. Step forward with left foot into a left front stance and execute a left arm middle punch toward "D".