

Palgwe Chil Chong, 30 Movements

<u>Direction</u>	<u>Stance</u>	<u>Action</u>	
L	¾ turn	Front	Spreading Low Block Front Kick Double Inner Spreading forearm middle block X High Block Side Kick
		Back	Double Knife Hand Middle Block Middle Block
		Front	Reverse Hand Middle Punch High Block Side Kick
		Back	Double Knife Hand Low Block
		Front	Reverse Hand Middle Punch
	½ turn	Back	Middle Block
		Front	Reverse Hand Middle Punch High Block Side Kick
		Back	Double Knife Low Block
		Front	Reverse Hand Middle Punch X Low, X High Block Twist and Grab High Punch
		Sitting	Low Block
L	¾ turn	Front	Palm Down Knife Hand Strike Crescent Kick
		Sitting	Elbow Strike to Palm Single Mountain Block
	½ turn	Back	Double Knife Hand Middle Block
		Front	Reverse Hand Middle Punch (Kiyap)
		Front	Front Foot Back

Brown/Black Belt

Brown/Black Belt Basics

Front Stance

Spreading Low Block
Double Inner Form Spreading Middle Block
X Low Block, X High Block
Same Hand Palm Up Knife Hand Strike, Knife Hand Low Block
Knee Attack Upward
Knee Attack Sideways
Double Knife Hand Low Block, Change to Front Stance Reverse Hand Middle Punch

Brown/Black Belt Kicking Combination

Instructor's Choice

Brown/Black Belt Self Defense

Knife Hand Strike Wrist Grab