

Palgwe Pal Chang, 38 Movements

L	¼ turn	Front	Low Block Twist, Pull Back, Hammer Fist
		Front	Step, Middle Punch
R	½ turn		Low Block Twist, Pull Back, Hammer Fist
		Front	Step, Middle Punch
L	¼ turn	Back	Double Knife Hand Middle Block
		Front	Spear Finger Attack
	¼	Kiroki	Low Grip Twist
	¾	Back	Outside Back Fist
		Front	High Punch (Kiyap)
L	¾ turn	Back	Palm Down Knife Hand Strike
		Sitting	Twist Pull back, Elbow Strike 45
		Front	Middle Block, Reverse Hand Mid Punch
		Sitting Stance	
		Back	Palm Down Knife Hand Strike
		Sitting	Twist pull back, Elbow Strike 45
		Front	Middle Block, Reverse Middle Punch
		Sitting Stance	
		Crane	Side Kick, Elbow Strike to palm
		Sitting Stance	
		Crane	Side Kick, Elbow Strike to Palm
L	½ turn	Front	Dble Outer Forearm Spreading Mid Block Double Fist to Rib Cage
		Front	Dble Outer Forearm Spreading Mid Block Dble Fist to Rib Cage
R	½ turn	Back	Palm Up Knife Hand Strike
	½ turn	Sitting	Elbow Strike – Straight
	¼ Natural		Dble Elbow Strike Upward
	Shuffle Right		Hook and Elbow
	Shuffle Left		Hook and Elbow (Kiyapp)

Rec. Black Belt

Recommended Black Belt Basics

Front Stance

Low Block, Twist Hand Hammer Fist Attack
 Double Outer Forearm Middle Block and Double Fist Attack to Rib Cage
 Reverse Hand Middle Block
 Same Hand Low Block and High Block

Back Stance

Palm Up Knife Hand Strike
 Palm Up Knife Hand Strike Turn Around Back Fist Attack

Sitting Stance

Single Mountain Block

Recommended Black Belt Kicking Combination

Instructor's Choice

Recommended Black Belt Self Defense

Wrist Grab it, Strike, Strike, Wrist Lock