



Grandmaster Hong Kong Kim's Tae Kwon Do Black Belt Academy

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Pal-gwe iL Chang (1)

#	Motion	Stance	Rotation
0	Ready		
1	Low Block	Front	L 90
2	Pal-ma-key Block	Front	
3	Low Block	Front	R 180
4	Pal-ma-key Block	Front	
5	Low Block	Front	L 90
6	Pal-ma-key Block	Front	
7	Pal-ma-key Block	Front	
8 (Kiyap)	Middle Punch	Front	
9	Knife Hand Upper Block	Cat	L 270
10	Pal-ma-key Block	Cat	
11	Knife Hand Upper Block	Cat	R 180
12	Pal-ma-key Block	Cat	
13	Low Block	Front	L 90
14	Knife Hand Strike	Front	
15	Knife Hand Strike	Front	
16 (Kiyap)	Middle Punch	Front	
17	Low Block	Front	L 270
18	Pal-ma-key Block	Front	
19	Low Block	Front	R 180
20	Pal-ma-key Block	Front	