



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

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Pal-gwe Yi Chang (2)

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