



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

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Pal-gwe Sam Chang (3)

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