



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

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## Pal-gwe Sa Chang (4)

#	Motion	Stance	Rotation
0	Ready		
1	Double Hand Upper Middle Block	Cat	L 90
2	Reverse Upper Cut Punch	Cat	
3	Knife Hand Strike	Walking	
4	Double Hand Upper Middle Block	Cat	R 180
5	Reverse Upper Cut Punch	Cat	
6	Knife Hand Strike	Walking	
7	Knife Hand Middle Block	Cat	L 90
8a	Upper Front Kick	Front	
8b	Palm Block & Spear Hand Thrust	Front	
9a	Twist Spear Hand (Left) & Turn	Front	L 360
9a	Hammer Fist Strike	Front	
10 (Kiyap)	Middle Punch	Front	
11	Double Hand Upper Middle Block	Cat	L 270
12	Reverse Upper Cut Punch	Cat	
13	Knife Hand Strike	Walking	
14	Double Hand Upper Middle Block	Cat	R 180
15	Reverse Upper Cut Punch	Cat	
16	Knife Hand Strike	Walking	
17	Knife Hand Middle Block	Cat	L 90
18a	Upper Front Kick	Front	
18b	Palm Block & Spear Hand Thrust	Front	
19a	Twist Spear Hand (Right) & Turn	Front	L 360
19b	Hammer Fist Strike	Front	
20 (Kiyap)	Middle Punch	Front	
21	Low Block	Riding Horse	L 270
22	Reverse Middle Punch	Front	
23	Low Block	Riding Horse	R 180
24	Reverse Middle Punch	Front	