



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

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Pal-gwe Oh Chang (5)

#	Motion	Stance	Rotation
0	Ready		
1	Scissors Block	Front	
2	Knife Hand Low Block	Cat	L 90
3	Knife Hand Middle Block	Cat	
4	Palm Block	Cat	
5	Middle Punch	Front	
6	Knife Hand Low Block	Cat	R 180
7	Knife Hand Middle Block	Cat	
8	Palm Block	Cat	
9	Middle Punch	Front	
10	Scissors Block	Front	L 90
11	Double Hand Middle Block	Front	
12	Double Hand Middle Block	Front	
13 (Kiyap)	Palm Block & Spear Hand Thrust	Front	
14	Outside Middle Block	Front	L 270
15a	Middle Punch	Front	
15b	Middle Punch	Front	
16	Crane Stance	Crane	
17a	Side Kick & Punch	Front	
17b	Elbow Strike	Front	
18	Knife Hand Middle Block	Cat	
19	Outside Middle Block	Front	R 180
20a	Middle Punch	Front	
20b	Middle Punch	Front	
21	Crane Stance	Crane	
22a	Side Kick & Punch	Front	
22b	Elbow Strike	Front	
23	Knife Hand Middle Block	Cat	
24	Scissors Block	Front	L 90
25	Double Hand Low Block	Cat	
26	Double Hand Low Block	Cat	
27 (Kiyap)	Middle Punch	Front	
28	Knife Hand Low Block	Cat	L 270
29	Knife Hand Middle Block	Cat	
30	Palm Block	Cat	
31	Middle Punch	Front	
32	Knife Hand Low Block	Cat	R 180
33	Knife Hand Middle Block	Cat	
34	Palm Block	Cat	
35	Middle Punch	Front	