



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

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## Pal-gwe Yuk Chang (6)

#	Motion	Stance	Rotation
0	Ready		
1	Knife Hand Middle Block	Cat	L 90
2a	Upper Front Kick	Front	
2b	Middle Punch	Front	
3	Knife Hand Middle Block	Cat	R 180
4a	Upper Front Kick	Front	
4b	Middle Punch	Front	
5	Low Block	Front	L 90
6	Knife Hand Middle Block, Knife Hand Strike	Front	
7	Upper Front Kick	Front	
7b (Kiyap)	Foot Smash, Back Fist Strike	Cross	
8	Knife Hand Low Block	Cat	L 270
9	Spread Middle Block (Palms Down)	Front	
10a	Upper Front Kick	Front	
10b	Reverse Middle Punch	Front	
11	Knife Hand Low Block	Cat	R 180
12	Spread Middle Block (Palms Down)	Front	
13a	Upper Front Kick	Front	
13b	Reverse Middle Punch	Front	
14	Knife Hand Middle Block	Cat	L 90
15	Knife Hand Middle Block & Palm Strike	Front	
16a	Upper Front Kick	Front	
16b (Kiyap)	Back Fist Strike	Front	
17a	Upper Front Kick	Front	
17b	Upper Block	Front	
18a	Upper Side Kick & Punch		
18b	Knife Hand Middle Block	Cat	
19	Knife Hand Middle Block	Cat	L 180