



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

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Pal-gwe Pal Chang (8)

#	Motion	Stance	Rotation
0	Ready		
1	Low Block	Front	L 90
2	Pull Free & Hammer Fist Strike	Walking	
3	Middle Punch	Front	
4	Low Block	Front	R 180
5	Pull Free & Hammer Fist Strike	Walking	
6	Middle Punch	Front	
7	Knife Hand Middle Block	Cat	L 90
8	Palm Block & Spear Hand Thrust	Front	
9a	Twist Spear Hand Break Away	Front	
9b	Back Fist Strike	Front	L 360
10 (Kiyap)	Upper Punch	Front	
11	Knife Hand Strike	Cat	L 270
12	Twist & Break Away		
13	Elbow Strike		
14	Outside Middle Block	Front	
15	Reverse Middle Punch	Front	
16,17	Knife Hand Strike	Cat	R 180
18	Twist & Break Away		
19	Elbow Strike		
20	Outside Middle Block	Front	
21	Reverse Middle Punch	Front	
22,23	Riding Horse Stance Then Crane Stance	Crane	L 90
24a	Side Kick & Punch		
24b	Elbow Strike	Front	
25,26	Riding Horse Stance Then Crane Stance	Crane	R 180
27a	Side Kick & Punch		
27b	Elbow Strike	Front	
28a	Spread Middle Block	Front	L 180
28b	Double Middle Upper-Cut Punches	Front	
29a	Spread Middle Block	Front	
29b	Double Middle Upper-Cut Punches	Front	
30	Outside Middle Knife Hand Block	Cat	
31	Grab, Tuck, Spin & Elbow Strike	Riding Horse	R 180
32	Chun Bi (Hwa-Rang)		L 180
33	Double Elbow Break Away	Riding Horse	
34	Right Elbow Strike & Left Upper Hook Punch	Riding Horse	
35 (Kiyap)	Jump Left Elbow Strike & Right Upper Hook Punch	Riding Horse	