

Pal Gwe Il Jang Pattern 1 (Heaven)

White belt – Yellow Belt

20 Steps: 2 Kihaps # 8 and 16 Most important movement is down block

Ready Stance



Starting in a ready position

#1



Turn to the left (90°) and slide the left foot into a left front stance while executing a Down Block with the left arm.

#2



Slide the right foot into a right front stance and execute a Chest block with right arm.

#3



Pivoting on the ball of the left foot, turn right (180°) by moving the right foot into a right front stance while executing a Down Block with the right arm.

#4



With the right foot fixed, slide the left foot into a left front stance while executing a Chest block with the left arm.



#5

Pivoting on the ball of the right foot, turn left (90°) by moving the left foot into a left front stance while executing a down block with the left arm



#6

With the left foot fixed, move the right foot forward into a back stance while executing chest block with the right arm



#7

With the right foot fixed, move the left foot forward into a right back stance while executing a chest block with the left arm



Kiyap #8

With the left foot fixed, slide the right foot forward into a right front stance while executing a middle section straight punch with the right fist. **Kihap!**



#9

Pivoting on the ball of the right foot, turn to the right (270°) by sliding the left foot into a back stance while executing a double knife-hand chest block to the middle section. (right knife hand is at center of chest)



#10

With the left foot fixed, move the right foot forward into a back stance while executing a chest block

#11



Pivoting on the ball of the left foot, turn to the right (180°) by sliding the right foot into a left back stance while executing a double knife-hand chest block to the middle section. (left knife hand is at center of chest)

#12



With the right foot fixed, move the left foot forward into a right back stance while executing a chest block with the left hand.

#13



Pivoting on the ball of the right foot, turn to the left (90°) by sliding the left foot into a left front stance while executing a Down block with the left arm.

#14



With the left foot fixed, move the right foot into a right front stance while executing a right knife-hand neck punch attack.

#15



With the right foot fixed, move the left foot forward into a left front stance while executing a left knife-hand neck punch attack.

Kiyap #16



With the left foot fixed, move the right foot into a right front stance while executing a middle section punch with the right fist. **KiHap!**

#17



Pivoting on the ball of the right foot, turn to the left (270°) by moving the left foot into a left front stance while executing a Down block with the left arm.

#18



Slide the right foot into a right front stance and execute a chest block with right arm.

#19



Pivoting on the ball of the left foot, turn right (180°) by sliding the right foot into a right front stance while executing a Down block with the right arm.

#20



Slide the left foot into a right front stance and execute a chest block with left arm.

Ready Stance



Turn to the left Finish (90°) back to ready position.