

# Pal Gwe Sahm Jang - Pattern 3

Steps: 22

Ki Haps: 3 - # 8, 20, 22

Main movement: Face Punch

Element: Fire

Rank: Orange belt to Green stripe

## 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 chest punch 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 punch 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 front stance while executing a face block with your right arm.

#7



With the right foot fixed, move the left foot forward into a front stance while executing a face block with your left arm.

Kihap #8



With the left foot fixed, slide the right foot forward into a right front stance while executing a high section straight punch to jaw 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 double knife-hand chest block to the middle section (left knife hand is at center of chest)

#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 double knife-hand chest block to the middle section (right knife hand is at center of chest).

#13



Pivoting on the ball of the right foot, turn to the left (90°) by moving the left foot into a right back stance while executing an outward or open chest block with the left arm.

#14



Leaving your feet in the same spot, turn the body to the right (180°) by moving the right foot into a left back stance while executing an outward - open chest block with the right arm.

#15



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

#16



Move the left foot backward into a left back stance while executing a chest block with the right arm.

#17



Move the right foot backward into a right back stance while executing a chest block with the left arm.

#18



Leaving your feet in the same spot, turn the body to the right (180°) by moving the right foot into a left back stance while executing an open chest block with the right arm.

#19



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

KI Hap#20



With the left foot fixed, move the right foot into a right forward stance while executing a high section punch with the right fist. To the jaw. Ki hap

#21



Pivoting on the ball of the left foot, turn to the right (180°) by moving the right foot into a right forward stance while executing a face block with the right arm.

KIHAP #22



Move the left foot forward into a left forward stance while executing a high section punch to the jaw with the left fist. Kihap!

Ready Stance



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