

Pal Gwe Ee Jang - Pattern 2

Steps:20
Ki-haps:2 #8 &16
Main Movement: Face Block
Element: Peace

Orange Belt Test

Ready Stance



Starting in a ready position

#1



Turn left (90°) by sliding the left foot into a left front stance while executing a Face block with the left hand.

#2-A



With the left foot fixed, execute a front kick with the right foot.

#2-B



Step down into a right front stance while executing a straight punch to the middle section with the right fist.

#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 face block with the right hand.

#4-A



With the right foot fixed, execute a front kick to the chin section with the left foot.

#4-B



Step down into a left front stance while executing a straight punch to the middle section with the left fist.

#5



Pivoting on the ball of the right foot, turn left (90°) by moving the left foot into a right back stance while executing a low double knife-hand down block.

#6



With the left foot fixed, move the right foot forward 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)

#7



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

Kihap #8



With the left foot fixed, move the right foot 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 left (270°) by moving the left foot into a left front stance while executing a left face block with the left arm.

#10-A



With the left foot fixed, execute a front snap kick to the chin with the right foot.

#10-B



Step down into a right front stance while executing a straight punch to the middle section with the right fist.

#11



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

#12-A



With the right foot fixed, execute a front kick to the chin with the left foot.

#12-B



Step down into a left front stance while executing a middle section punch with the left fist.

#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 a low double closed hand block.

#14



With the left foot fixed, move the right foot forward into a left back stance while executing a double outward middle chest block with the right arm. (left fist is at center elbow)

#15



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

Kihap #16



With the left foot fixed, move the right foot forward 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 face block with the left arm.

#18-A



With the left foot fixed, execute a front snap kick with the right foot.

#18-B



Step down into a right front stance while executing a middle section punch with the right fist.

#19



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

#20-A



With the right foot fixed, execute a front kick with the left foot.

#20-B



Step down into a left front stance while executing a middle section straight punch with the left fist.

Ready Stance



Turn to the left (90°) and return to ready position.