























NORTH NORFOLK TAEKWONDO ACADEMY

Form 1 – Palgue Il Jang

	Starting in a ready position
	Turn to the left (90°) and slide the left foot into a left front stance while executing a low block with the left arm.
	Slide the right foot into a right front stance and execute a middle section inner block with the right arm.
	Pivoting on the ball of the left foot, turn right (180°) by moving the right foot into a right front stance while executing a low block with the right arm.
	With the right foot fixed, slide the left foot into a left front stance while executing a middle section inner block with the left arm.

	<p>Pivoting on the ball of the right foot, turn left (90°) by moving the left foot into a left front stance while executing a low block with the left arm.</p>
	<p>With the left foot fixed, move the right foot forward into a left back stance while executing a middle block to the inside with the right arm.</p>
	<p>With the right foot fixed, move the left foot forward into a right back stance while executing a middle block to the inside with the left arm.</p>
	<p>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!</p>
	<p>Pivoting on the ball of the right foot, turn to the right (270°) by sliding the left foot into a right back stance while executing a double knife-hand block to the middle section.</p>
	<p>With the left foot fixed, move the right foot forward into a left back stance while executing a middle block to the inside section with the right arm.</p>

	<p>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 block to the middle section.</p>
	<p>With the right foot fixed, move the left foot forward into a right back stance while executing a middle block to the inside section with the left hand.</p>
	<p>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 low block with the left arm.</p>
	<p>With the left foot fixed, move the right foot into a right front stance while executing a right knife-hand neck attack.</p>
	<p>With the right foot fixed, move the left foot forward into a left front stance while executing a left knife-hand neck attack.</p>
	<p>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!</p>

	<p>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 low block with the left arm.</p>
	<p>With the left foot fixed, move the right foot into a right front stance while executing a middle block to the inside section with the right arm.</p>
	<p>Pivoting on the ball of the left foot, turn right (180°) by sliding the right foot into a right front stance while executing a low block with the right arm.</p>
	<p>With the right foot fixed, move the left foot into a left front stance while executing a middle block to the inside section with the left arm.</p>
	<p>Turn to the left (90°) and assume the ready position.</p>