

























NORTH NORFOLK TAEKWONDO ACADEMY





Form 2 – Palgwe Yi Jang

	Starting in the ready position...
	Turn left (90°) by sliding the left foot into a left front stance while executing a high block with the left hand.
	With the left foot fixed, execute a front snap kick with the right foot to the head section.
	Step down into a right front stance while executing a straight punch to the middle section with the right fist.
	Pivoting on the ball of the left foot, turn right (180°) by moving the right foot into a right front stance while executing a high block with the right hand.

	<p>With the right foot fixed, execute a front snap kick to the head section with the left foot.</p>
	<p>Step down into a left front stance while executing a straight punch to the middle section with the left fist.</p>
	<p>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 block.</p>
	<p>With the left foot fixed, move the right foot forward 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 into a left front stance while executing a left high block with the left hand.</p>
	<p>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. KIYAP!</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 left high block with the left arm.</p>
	<p>With the left foot fixed, execute a front snap kick to the head section with the right foot.</p>
	<p>Step down into a right front stance while executing a straight punch to the middle section with the right fist.</p>
	<p>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 high block with the right hand.</p>
	<p>With the right foot fixed, execute a front snap kick to the head section with the left foot.</p>
	<p>Step down into a left front stance while executing a middle section punch with the left fist.</p>
	<p>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 hand block.</p>

	<p>With the left foot fixed, move the right foot forward into a left back stance while executing a double outward middle block with the right arm.</p>
	<p>With the right foot fixed, move the left foot forward into a right back stance while executing an inside middle block with the left arm.</p>
	<p>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. KIYAP!</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 high block with the left arm.</p>
	<p>With the left foot fixed, execute a head section front snap kick with the right foot,</p>
	<p>Step down into a right front stance while executing a middle section punch with the right fist.</p>

	<p>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 high block with the right arm.</p>
	<p>With the right foot fixed, execute a head section front snap kick with the left foot.</p>
	<p>Step down into a left front stance while executing a middle section straight punch with the left fist.</p>
	<p>Turn to the left (90°) and return to ready position</p>