

























NORTH NORFOLK TAEKWONDO ACADEMY

Form 3 – Palgue Sam Jang

	Starting in the ready position...
	Turn to the left (90°) by sliding the left foot into a left front stance while executing a low block with the left arm.
	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.
	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 low block with the right hand.
	With the right foot fixed, move the left foot into a left front stance while executing a middle section straight punch with the left fist.
	Pivoting on the ball of the right foot, turn to the left (90°) by moving the left foot into a left front stance while executing a low block with the left arm.

	<p>With the left foot fixed, move the right foot into a right front stance while executing a high block with the right arm.</p>
	<p>With the right foot fixed, move the left foot into a left front stance while executing a high block with the left arm.</p>
	<p>With the left foot fixed, move the right foot into a right front stance while executing a high 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 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 into a left back stance while executing another double knife-hand block to the middle section.</p>
	<p>Pivoting on the ball of the left foot, turn to the right (180°) by moving the right foot into a left back stance while executing yet another double knife-hand block to the middle section.</p>

	<p>With the right foot fixed, move the left foot into a right back stance while executing one more double knife-hand block to the middle section.</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 an outward middle block with the left arm.</p>
	<p>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 middle block with the right arm.</p>
	<p>With the left foot fixed, move the right foot backward into a right back stance while executing an inside middle block with the left arm.</p>
	<p>Move the left foot backward into a left back stance while executing an inside middle block with the right arm.</p>
	<p>Move the right foot backward into a right back stance while executing an inside middle block with the left arm.</p>

	<p>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 middle block with the right arm.</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 left foot fixed, move the right foot into a right front stance while executing a high 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>Move the left foot forward into a left front stance while executing a high section punch with the left fist. KIYAP!</p>
	<p>Turn to the left (90°) and return to ready position.</p>