






















NORTH NORFOLK TAEKWONDO ACADEMY







Form 4 – Palgwe Sa Jang




	Starting in the ready position...
	Turn left (90°) by moving the left foot into a right back stance while simultaneously executing an outward middle section block with the left arm and a high block with the right arm.
	Sliding the left foot back into a tiger stance, execute a pull move (of the head) with the left hand and an upper punch with the right fist.
	Pivot the feet back into a ready stance while executing an outer knife-hand strike with the left arm, keeping the head turned to the left. Bring both feet together and turn toward the front.
	Turn the body to the right (90°) by moving the right foot into a left back stance while simultaneously executing an outward middle section block with the right arm and a high block with the left arm

	<p>Sliding the right foot back into a tiger stance, execute a pull move (of the head) with the right hand and an upper punch with the left fist.</p>
	<p>Pivot the feet back into a ready stance while executing an outward knife-hand strike with the right arm. Be sure to keep the head turned to the right.</p>
	<p>Bring both feet together, then move the left foot forward into a right back stance while executing a double knife-hand</p>
	<p>With the left foot fixed, execute a high-section front snap kick with the right foot.</p>
	<p>Step down into a right front stance while executing a palm block with the left hand and a fingertip strike with the right hand.</p>

	<p>Pivot the feet back into a ready stance while executing an outward knife-hand strike with the left arm, keeping the head turned to the left.</p>
	<p>Turn the body to the right (90°) by moving the right foot into a left back stance while simultaneously executing an outward middle section block with the right arm and a high block with the left arm.</p>
	<p>Sliding the right foot back into a tiger stance, execute a pull move (of the head) with the right hand and an upper punch with the left fist.</p>
	<p>Pivot the feet back into a ready stance while executing an outward knife-hand strike with the right arm. Be sure to keep the head turned to the right.</p>
	<p>Move the left foot one step forward into a right back stance while executing a double knife-hand.</p>
	<p>Execute a high section front snap kick with the right foot.</p>

	<p>Leaving your feet in the same spot, twist your upper body back while pulling your right hand back to the right side of your body.</p>
	<p>Immediately bring your left foot into a left front stance (180°) while executing an outer hammer fist 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.</p>
	<p>Pivoting on the ball of the right foot, turn the body to the left (270°) by moving the left foot into a right back stance while executing an outward middle block with the left hand and a high block with the right arm.</p>
	<p>Sliding the right foot back into a tiger stance, execute a pull move (of the head) with the right hand and an upper punch with the left fist.</p>

	<p>Step down into a right front stance while executing a palm block with the left hand and a fingertip strike with the right hand.</p>
	<p>Keeping your left foot fixed, turn 180° to the right into a right front stance while pulling your right hand to the right side of the head.</p>
	<p>Immediately bring your left foot into a left front stance (180°) while executing an outer hammer fist with the left arm.</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.</p>
	<p>Pivoting on the ball of the right foot, turn the body to the left (180°) by moving the left foot into a horse stance while executing a low block with the left arm.</p>
	<p>Turn 90° to the left, stepping into a left front stance while executing a middle section straight punch with the right fist.</p>

	<p>Turn back 90° to the right, keeping the right foot in place, pull the left foot into a horse stance while executing a low block with the right hand.</p>
	<p>Turn 90° to the right, stepping into a right front stance while executing a middle section straight punch with the left arm.</p>
	<p>Return to the ready position.</p>