























NORTH NORFOLK TAEKWONDO ACADEMY







Form 5 – Palgue Oh Jang







	Starting in the ready position...
	Move the left foot back into a right front stance while executing a low block with the right arm and a middle section block with the left arm (scissor block)
	With the right foot fixed, move the left foot to the left (90°) into a right back stance while executing a left low section double knife-hand block.
	Pivoting on the ball of the left foot, move the right foot forward into a left back stance while executing a right middle-section double knife-hand block.
	With the left foot fixed, move the right foot backward into a right back stance while executing a middle section palm block with the left hand.







	<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 left foot, turn to the right (180°) by moving the right foot into a left back stance while executing a right low-section double knife-hand block.</p>
	<p>Pivoting on the ball of the right foot, move the left foot forward into a right back stance while executing a left middle-section double knife-hand block.</p>
	<p>Pivoting on the ball of the right foot, move the left foot one step back into a left back stance while executing a middle-section palm block with the right hand.</p>
	<p>With the right foot fixed, move the left foot 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 left front stance while executing a low-section block with the left arm and a middle-section outer block with the right arm (Scissor Block).</p>
	<p>With the left foot fixed, move the right foot into a right front stance while executing an outward middle-section double fist block with the right fist supported by the left fist at the elbow.</p>
	<p>With the right foot fixed, move the left foot into a left front stance while executing an outward middle-section double fist block with the left fist supported by the right fist at the elbow.</p>
	<p>With the left foot fixed, move the right foot into a right front stance while executing a middle-section palm block with the left hand and a fingertip strike with the right hand.</p>
	<p>Pivoting on the ball of the right foot, turn the body to the left (270°) by moving the left foot into a left front stance while executing an outward middle block with the left hand.</p>
	<p>Keeping both feet fixed, execute a middle-section straight double punch starting with the right fist</p>

	<p>Then punch with your left fist.</p>
	<p>Keeping the right foot fixed, lift up the left foot to knee level and assume a right crane stance. Move the left fist to the right side of the body with the palm toward the body over the right fist.</p>
	<p>With the right foot fixed, execute a side kick with the left foot and a simultaneous punch with the left hand.</p>
	<p>Land in a left front stance while executing a right elbow strike.</p>
	<p>Pivoting on the ball of the left foot, move the right foot forward into a left back stance while executing a right middle-section double knife-hand block.</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 an outward middle block with the right arm.</p>

	<p>Keeping the same stance, execute a middle-section straight double-punch starting with the left fist.</p>
	<p>Then punch with the right fist.</p>
	<p>Keeping the left foot fixed, lift up the right foot to knee level and assume a left crane stance. Move the right fist to the left side of the body with the palm toward the body over the left fist.</p>
	<p>With the left foot fixed, execute a right side kick with a simultaneous punch with the right hand.</p>
	<p>Land into a right front stance while executing a left elbow strike.</p>
	<p>Pivoting on the ball of the right foot, move the left foot forward into a right back stance while executing a left middle-section double knife-hand block.</p>

	<p>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 and a middle-section block with the right arm (Scissor Block).</p>
	<p>Pivoting on the ball of the left foot, move the right foot forward into a left back stance while executing a double low block with the right arm.</p>
	<p>Pivoting on the ball of the right foot, move the left foot forward into a right back stance while executing a double low block with the left arm.</p>
	<p>Pivoting on the ball of the left foot, 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 right back stance while executing a left low-section knife-hand block.</p>
	<p>Pivoting on the ball of the left foot, move the right foot into a left back stance while executing a right middle-section double knife-hand block.</p>

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



Turn left (90°) and assume a ready position.