
























NORTH NORFOLK TAEKWONDO ACADEMY






Form 6 – Palgwe Yook Jang




	<p>Starting in the ready position...</p>
	<p>Turn to the left (90°) by moving the left foot into a left back stance while executing a middle-section double knife-hand block.</p>
	<p>Execute a high-section front-snap kick with the right foot.</p>
	<p>Step down 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 the body to the right (180°) by moving the right foot into a left back stance while executing a middle-section double knife-hand block.</p>

	<p>With the right foot fixed, execute a high-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>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>
	<p>Without moving your feet, simultaneously execute a knife-hand high block with the left hand and a knife-hand neck attack with the right hand.</p>
	<p>With the left foot fixed, execute a high front-snap kick with the right foot.</p>
	<p>As you step down, jump forward with the right foot and move the left foot behind in a cross stance while executing a middle-section double-hand back fist.</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 low double knife-hand block.</p>
	<p>Keeping the right foot fixed, slide the left foot into a left front stance while executing an outer wedge block.</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 middle-section double punch starting with the right fist.</p>
	<p>Then punch with the left 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 low double knife-hand block.</p>

	<p>Keeping the left foot fixed, slide the right foot into a right front stance while executing an outer wedge block.</p>
	<p>With the right foot fixed, execute a high-section front-snap kick with the left foot.</p>
	<p>Step down into a left front stance while executing a middle-section double-punch starting with the left fist.</p>
	<p>Then punch with the right 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 middle-section double knife-hand block.</p>
	<p>Slide the left foot into a left front stance. Raise the left hand with the palm out in front of the head for a block (Rising Knife-block) while simultaneously executing a palm strike with the right 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 back fist with the right hand. KIYAP!</p>
	<p>With the right foot fixed, execute a high-section front-snap kick with the left foot.</p>
	<p>Step down into a left front stance while executing a high block with the left hand.</p>
	<p>With the left foot fixed, execute a middle-section side kick with the right foot.</p>

	<p>Drop down into a left back stance while executing a middle-section double knife-hand block.</p>
	<p>Pivoting on heels, turn the upper body to the left (180°) into a right back stance while executing a middle-section double knife-hand block.</p>
	<p>Return to ready position.</p>