
























NORTH NORFOLK TAEKWONDO ACADEMY






Form 7 – Palgue Chil Jang




	<p>Starting in a ready position...</p>
	<p>Move the left foot into a left front stance while executing low blocks with both hands.</p>
	<p>With the left foot fixed, execute a high front snap kick with the right foot.</p>
	<p>Step down into a right front stance while executing middle section blocks with both hands.</p>
	<p>With the right foot fixed, execute a front snap kick to the middle section with the left foot.</p>

	<p>Step down into a left front stance while executing a high X block.</p>
	<p>Execute a middle section side kick with the right foot.</p>
	<p>Step down into a left back stance while executing a middle section double knife-hand block.</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 an outward middle block with the left hand.</p>
	<p>With the right foot fixed, move the left foot into a left front stance while executing a high section straight punch with the right fist.</p>
	<p>Staying in the same stance, execute a high block with the left arm. From the hip.</p>

	<p>Execute a middle section side kick with the right foot.</p>
	<p>Drop into a left back stance and execute a double knife-hand block to the low section.</p>
	<p>Slide the right foot into a right front stance while executing a middle section straight 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 an outward middle 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 straight punch with the left fist.</p>
	<p>Staying in the same stance, execute a high block with the right arm. From the hip.</p>

	<p>Execute a middle section side kick with the left foot.</p>
	<p>Step down into a right back stance while executing a double knife-hand block to the low section.</p>
	<p>With the right foot fixed, move the left foot into a left front stance while executing a middle section 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 left front stance while executing a low X block.</p>
	<p>Keeping your feet in the same stance, execute a high X block.</p>
	<p>Twisting your right hand as if to grab, pull it back toward your body and immediately execute a middle section straight punch with the right fist. KIYAP!</p>

	<p>Pivoting on the balls of your foot, turn the body to the left (360°) as you shift into a horse stance while executing a low block.</p>
	<p>With the right foot fixed, twist the upper body to the left and slide the left foot into a left front stance while executing a high section outer knife-hand strike with the left hand.</p> <p>Turn hand over with palm facing inwards.</p>
	<p>Pivoting on the ball of the left foot, turn to the left (90°) while executing a right inner crescent kick to the left palm.</p>
	<p>Drop the right foot into a horse stance while executing a right elbow strike.</p>
	<p>Slide right one step sideways while keeping the horse stance position. Execute a side block to the high section with the right hand and a side block to the low section with the left hand.</p>

	<p>Slide sideways to the right once more. Shift your upper body into a right back stance while executing a middle section double knife-hand block.</p>
	<p>Keeping the right foot fixed, move the left foot into a left front stance while executing a middle section punch with the right fist. KIYAP!</p>
	<p>Bring the left foot back into a ready position.</p>