
























NORTH NORFOLK TAEKWONDO ACADEMY







Form 8 – Palgue Pal Jang







	Starting in the ready position...
	Turn to the left (90°) by moving the left foot into a left front stance while executing a low block with the left hand. Twist left hand inwards and upwards.
	Keeping the right foot in place, pull the left foot back into an ease stance while you turn your upper body slightly to the left while executing a left hammer fist.
	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. Twist right hand inwards and upwards.







	<p>Keeping the left foot in place, pull the right foot into a ease stance while you turn your upper body slightly to the right while executing a hammer fist 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>
	<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>With the left foot fixed, move the right foot 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 feet in place, twist your upper body to the left...</p>
	<p>...and pull back your right hand to the right side of your body. Hip area with back of hand against hip.</p>




	<p>Pivoting on the ball of the right foot, twist back (180°) and move the left foot into a right back stance while executing a back fist with the left hand</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. Bring the left fist to the left side of your body while the right arm comes across your chest.</p>
	<p>Execute an outer knife-hand strike with the left hand</p>
	<p>With the right foot fixed, bring your left foot back into a horse stance while pulling your left hand toward your chest.</p>
	<p>With the right foot fixed, move the left foot slightly to the left, still keeping a horse stance, and execute a left elbow strike</p>

	<p>With the right foot fixed, turn to the left (90°) by moving the left foot into a left front stance while executing a middle-section outer block with the left arm.</p>
	<p>Keeping the same stance, execute a middle-section straight punch with the right fist.</p>
	<p>With the right foot fixed, turn to the right (90°) by sliding your left foot into a horse stance. Bring the left fist to the left side of your body while the right arm comes across your chest.</p>
	<p>With the left foot fixed, turn to the right (90°) by moving the right foot into a left back stance while executing an outer knife-hand strike with the right hand.</p>
	<p>With the left foot fixed, bring your right foot back into a horse stance while pulling your hand back toward your chest.</p>
	<p>With the left foot fixed, move the right foot slightly to the right, still keeping a horse stance, and execute a right elbow strike.</p>

	<p>Move 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 punch with the left fist.</p>
	<p>Return to a horse stance by turning your body to the left (90°). Bring your right hand to the right side of your body while your left hand comes across your chest.</p>
	<p>Pivoting on your right foot, turn to the right (90°) and lift your left foot up to the knee-level of the right leg (crane stance).</p>
	<p>Simultaneously execute a side kick with the left foot</p>
	<p>Drop into a left front stance and immediately execute a right elbow strike to the palm of the left hand.</p>

	<p>Turn the body to the right (90°) by pulling the right foot back into a horse stance. Bring your left hand to the left side of your body while your right arm comes across your chest.</p>
	<p>Lift your right foot up to the knee-level of your left leg (crane stance).</p>
	<p>Execute a middle-section side kick with your right foot</p>
	<p>Drop into a right front stance and immediately execute a left elbow strike to the palm of your right hand.</p>
	<p>Pivoting on the ball of your right foot, turn to the left (180°) and bring the left foot into a left front stance while executing a middle-section double chest block.</p>
	<p>...followed by a double upper punch to the ribs.</p>

	<p>Move the right foot into a right front stance while executing a middle-section double chest block.</p>
	<p>followed by a double upper punch to the ribs.</p>
	<p>Step forward with the left foot into a right back stance while executing a middle-section inner knife-hand with the left hand. Follow with palm ??? low block with the left hand.</p>
	<p>Pivoting on the left foot, turn to the right (180°) into a horse stance while executing a right elbow strike.</p>
	<p>Pivoting on the ball of the right foot, turn to the left (90°) and bring the left foot next to the right foot. At the chest level, cross your open hands together and slowly point them downward. At halfway to your navel level, snap your hands completely downward in a V shape.</p>
	<p>With the right foot fixed, move the left foot to the left until you are in a horse stance. Bring the upper arms in line with the shoulders--your fingertips barely touching, and your palms facing down.</p>

	<p>Slide to the right, still keeping the horse stance, and execute a left hand hook punch over the right shoulder and a backward right elbow strike.</p>
	<p>Slide to the left, still keeping the horse stance, and execute a right hand hook punch over the left shoulder and a backward left elbow strike. KIYAP!</p>
	<p>Move your left foot back in and return to ready position.</p>