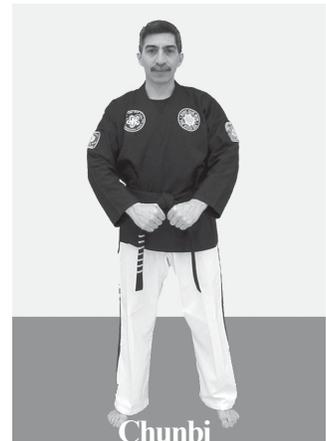
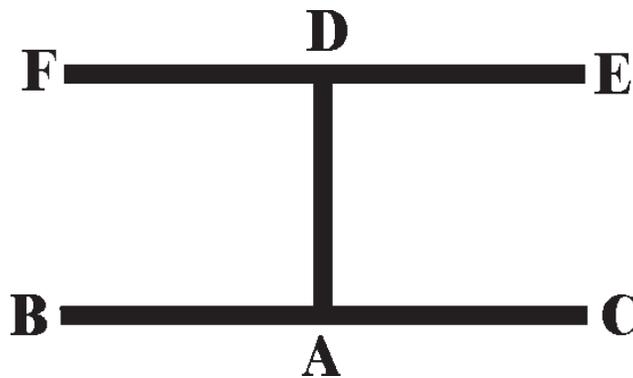


PALGAY YI JANG (TWO)



Chunbi Stance

Stand at **A** facing **D**, in Chunbi Stance.

First Movement: *High Block/Front Stance*

Turn head to left toward **B**. Turn left 90° and slide left foot toward **B**, pivoting on ball of right foot, to form Left Front Stance facing **B**. Simultaneously execute Left High Block [Fig 1].

Second Movement: *Center Kick/Front Stance*

Keeping hands as in 1st movement, execute Right Center Kick toward **B** [Fig 2].

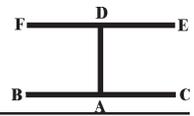
Third Movement: *Lunge Punch/Front Stance*

After recocking Right Center Kick, slide right foot forward toward **B** to form Right Front Stance. Simultaneously execute Right Lunge Punch [Fig 3].

Fourth Movement: *High Block/Front Stance*

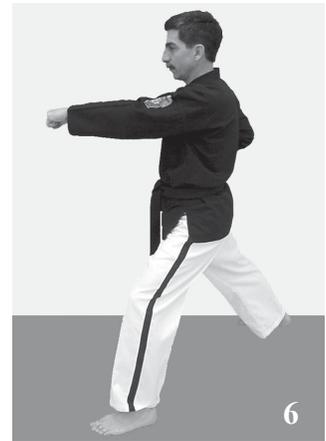
Look over right shoulder toward **C**. Turn right 180°, moving right foot and pivoting on ball of left foot, to form Right Front Stance facing **C**. Simultaneously execute Right High Block [Fig 4].





Fifth Movement: *Center Kick/Front Stance*

Keeping hands as in 4th movement, execute Left Center Kick toward **C** [Fig 5].



Sixth Movement: *Lunge Punch/Front Stance*

After recocking Left Center Kick, slide left foot forward toward **C** to form Left Front Stance. Simultaneously execute Left Lunge Punch [Fig 6].

Seventh Movement: *Downward Knife Hand Block/Back Stance*

Look over left shoulder toward **D**. Turn left 90°, moving left foot toward **D**, to form Left Back Stance facing **D**. Simultaneously execute Left Downward Knife Hand Block, bringing open left hand to a position approximately three to six inches over left leg and open right hand to solar plexus, palm facing up [Fig 7].

Eighth Movement: *Knife Hand Block/Back Stance*

Slide right foot forward toward **D** and pivot on ball of left foot to form Right Back Stance. Simultaneously execute Right Knife Hand Block [Fig 8].

Ninth Movement: *High Block/Front Stance*

Slide left foot forward toward **D** to form Left Front Stance. Simultaneously execute Left High Block [Fig 9].

Tenth Movement: *Lunge Punch/Front Stance*

Slide right foot forward toward **D** to form Right Front Stance. Simultaneously execute Right Lunge Punch. **KIHAP** [Fig 10].

