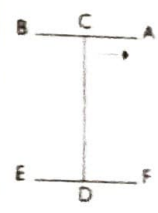
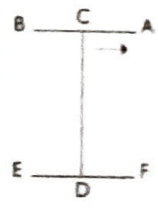
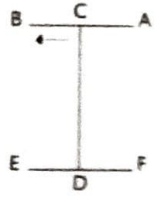
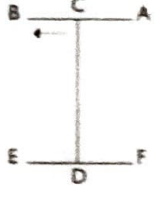
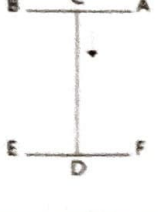
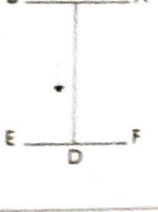
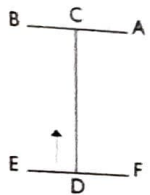
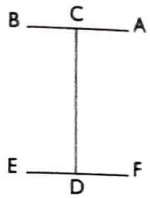
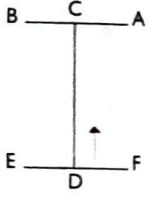
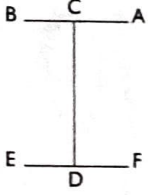
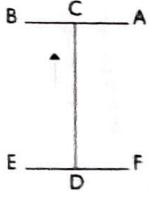
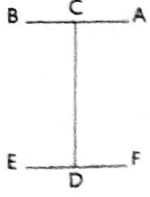


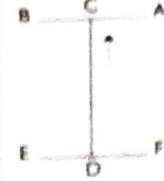
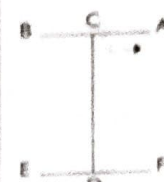
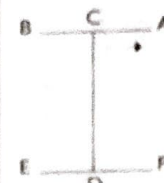
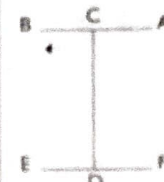
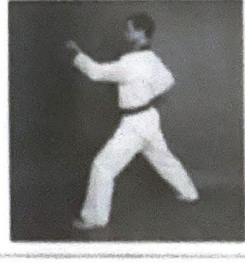
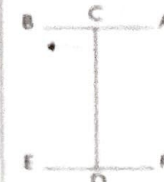
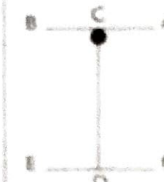
# Palgwe 1 (Palgwe Il-Jang)

| Number | Description                                                                                                                                                                                                      | Illustration                                                                          | Diagram                                                                               |
|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 1      | FROM READY STANCE ( <i>jhoon-bi</i> )<br>Turn body to left toward "A" forming a left front stance ( <i>choon-gul sug-hi</i> ) while executing a down block ( <i>ha-dan mak-ki</i> ) with left arm.               |    |    |
| 2      | Move the right foot one step forward toward "A" forming a right front stance ( <i>choon-gul sug-hi</i> ) while executing a middle block ( <i>mom-tong mak-ki</i> ) with right arm.                               |    |    |
| 3      | Pivoting on the ball of the left foot, turn the body 180° to the right toward "B" forming a right front stance ( <i>choon-gul sug-hi</i> ) while executing a down block ( <i>ha-dan mak-ki</i> ) with right arm. |   |   |
| 4      | Move the left foot one step forward toward "B" forming a left front stance ( <i>choon-gul sug-hi</i> ) while executing a middle block ( <i>mom-tong mak-ki</i> ) with left arm.                                  |  |  |
| 5      | Pivoting on the ball of the right foot, turn the body to the left toward "D" forming a left front stance ( <i>choon-gul sug-gi</i> ) while executing a down block ( <i>ha-dan mak-ki</i> ) with left arm.        |  |  |
| 6      | Move the right foot one step forward toward "D" forming a right back stance ( <i>hoo-gul sug-gi</i> ) while executing a side block ( <i>yup tae-ni-ki mak-ki</i> ) with right arm.                               |  |  |

# Palgwe 1 (Palgwe Il-Jang)

| Number | Description                                                                                                                                                                                               | Illustration                                                                                          | Diagram                                                                               |
|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 13     | Pivoting on the ball of the right foot, turn the body to the left toward "C" forming a left front stance ( <i>choon-gul suh-gi</i> ) while executing a down block ( <i>ha-dan mak-ki</i> ) with left arm. |                    |    |
|        |                                                                                                                                                                                                           | <br>REVERSE VIEW   |    |
| 14     | Move the right foot one step forward toward "C" forming a right front stance ( <i>choon-gul sug-hi</i> ) while executing a reverse knifehand strike ( <i>sohn-nal mok chi-ki</i> ) with right hand.       |                   |   |
|        |                                                                                                                                                                                                           | <br>REVERSE VIEW |  |
| 15     | Move the left foot one step forward toward "C" forming a left front stance ( <i>choon-gul sug-hi</i> ) while executing a reverse knifehand strike ( <i>sohn-nal mok chi-ki</i> ) with left hand.          |                  |  |
|        |                                                                                                                                                                                                           | <br>REVERSE VIEW |  |

# Palgwe 1 (Palgwe Il-Jang)

| Number                                     | Description                                                                                                                                                                                                      | Illustration                                                                          | Diagram                                                                               |
|--------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 16                                         | Move the right foot one step forward toward "C" forming a right front stance ( <i>choon-gul sug-hi</i> ) while executing a middle punch ( <i>choon-dan chi-ki</i> ) with right fist. Yell ( <i>kiap</i> ).       |    |    |
| 17                                         | Pivoting on the ball of the right foot, turn the body to the left toward "A" forming a left front stance ( <i>choon-gul suh-gi</i> ) while executing a down block ( <i>ha-dan mak-ki</i> ) with left arm.        |    |    |
| 18                                         | Move the right foot one step forward toward "A" forming a right front stance ( <i>choon-gul suh-gi</i> ) while executing a middle block ( <i>mom-tong mak-ki</i> ) with right arm.                               |   |   |
| 19                                         | Pivoting on the ball of the left foot, turn the body 180° to the right toward "B" forming a right front stance ( <i>choon-gul suh-gi</i> ) while executing a down block ( <i>ha-dan mak-ki</i> ) with right arm. |  |  |
| 20                                         | Move the left foot one step forward toward "B" forming a left front stance ( <i>choon-gul sug-hi</i> ) while executing a middle block ( <i>mom-tong mak-ki</i> ) with left arm.                                  |  |  |
| 'Return to Ready Stance' ( <i>'Ba-ro</i> ) | Pivoting on the ball of the right foot, turn the body to the left to face the direction of "D".                                                                                                                  |  |  |