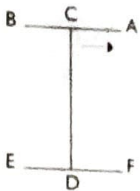
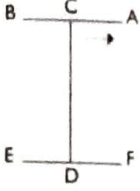
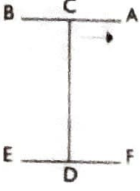
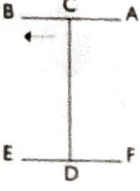
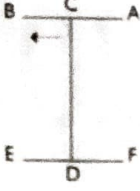
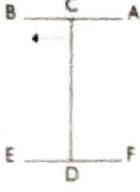
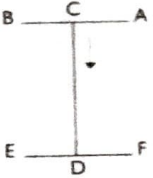
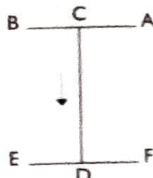
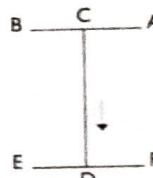
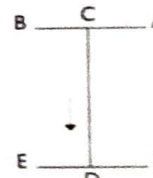
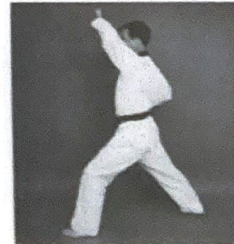
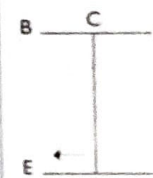
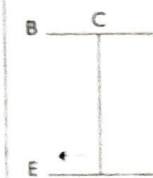


# Palgwe 2 (Palgwe Yi-Jang)

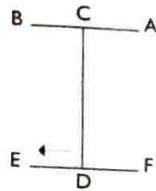
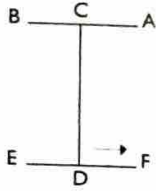
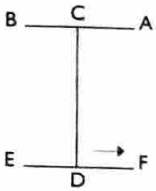
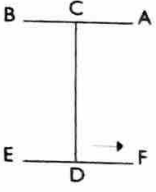
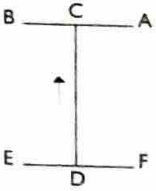
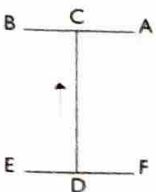
| Number         | Description                                                                                                                                                                                                     | Illustration                                                                         | Diagram                                                                               |
|----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 1              | FROM READY STANCE ( <i>jhoon-bi</i> )<br>Turn the body to the left toward "A" forming a left front stance ( <i>choon-gul sug-hi</i> ) while executing a rising block ( <i>chuk-kyo mak-ki</i> ) with left arm.  |    |    |
| 2 <sub>a</sub> | Do right front snap kick ( <i>ap-cha pus-u-gi</i> ) toward "A".                                                                                                                                                 |    |    |
| 2 <sub>b</sub> | Drop right foot toward "A" into a right front stance ( <i>choon-gul suh-gi</i> ) while executing a middle punch ( <i>choon-dan chi-ki</i> ) with right fist.                                                    |   |   |
| 3              | Pivoting on the ball of the left foot, turn the body to the right toward "B" forming a right front stance ( <i>choon-gul suh-gi</i> ) while executing a rising block ( <i>chuk-kyo mak-ki</i> ) with right arm. |  |  |
| 4 <sub>a</sub> | Do left front snap kick ( <i>ap-cha pus-u-gi</i> ) toward "B".                                                                                                                                                  |  |  |
| 4 <sub>b</sub> | Drop left foot toward "B" into a left front stance ( <i>choon-gul suh-gi</i> ) while executing a middle punch ( <i>choon-dan chi-ki</i> ) with left fist.                                                       |  |  |

# Palgwe 2 (Palgwe Yi-Jang)

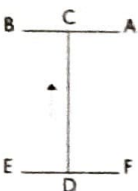
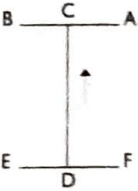
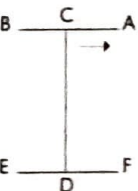
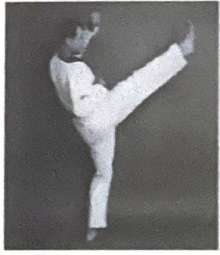
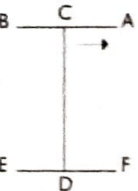
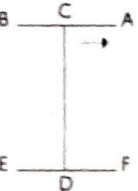
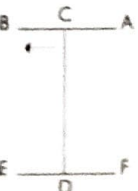
| Number          | Description                                                                                                                                                                                                            | Illustration                                                                          | Diagram                                                                               |
|-----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 5               | Pivoting on the ball of the right foot, turn the body to the left toward "D" forming a left back stance ( <i>hoo-gul suh-gi</i> ) while executing a double knife-hand down block ( <i>ssang su-do ha-dan mak-ki</i> ). |    |    |
| 6               | Move the right foot one step forward toward "D" forming a right back stance ( <i>hoo-gul suh-gi</i> ) while executing a right knifehand guarding block ( <i>su-do ta-bi mak-ki</i> ).                                  |    |    |
| 7               | Move the left foot one step forward toward "D" forming a left front stance ( <i>choon-gul suh-gi</i> ) while executing a rising block ( <i>chuk-kyo mak-ki</i> ) with left arm.                                        |   |   |
| 8               | Move the right foot one step forward toward "D" forming a right front stance ( <i>choon-gul suh-gi</i> ) while executing a middle punch ( <i>choon-dan chi-ki</i> ) with right fist. Yell ( <i>kiap</i> ).             |  |  |
| 9               | Pivoting on the ball of the right foot, turn the body to the left toward "E" forming a left front stance ( <i>choon-gul suh-gi</i> ) while executing a rising block ( <i>chuk-kyo mak-ki</i> ) with left arm.          |  |  |
| 10 <sub>a</sub> | Do right front snap kick ( <i>ap-cha pus-u-gi</i> ) toward "E".                                                                                                                                                        |  |  |



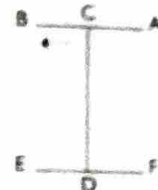
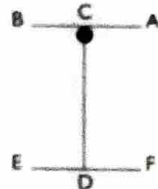
# Palgwe 2 (Palgwe Yi-Jang)

| Number          | Description                                                                                                                                                                                                             | Illustration                                                                                                                                                                | Diagram                                                                               |
|-----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 10 <sub>b</sub> | Drop right foot toward "E" into a right front stance ( <i>choon-gul suh-gi</i> ) while executing a right middle punch ( <i>choon-dan chi-ki</i> ).                                                                      |                                                                                          |    |
| 11              | Pivoting on the ball of the left foot, turn the body to the right toward "F" forming a right front stance ( <i>choon-gul suh-gi</i> ) while executing a rising block ( <i>chuk-kyo mak-ki</i> ) with the right arm.     |                                                                                          |    |
| 12 <sub>a</sub> | Do left front snap kick ( <i>ap-cha pus-u-gi</i> ) toward "F".                                                                                                                                                          |                                                                                         |   |
| 12 <sub>b</sub> | Drop left foot toward "F" into a left front stance ( <i>choon-gul suh-gi</i> ) while executing a left middle punch ( <i>choon-dan chi-ki</i> ).                                                                         |                                                                                        |  |
| 13              | Pivoting on the ball of the right foot, turn the body to the left toward "C" forming a left back stance ( <i>hoo-gul suh-gi</i> ) while executing a left double fist down block ( <i>ssang pal-mok ha-dan mak-ki</i> ). |   |  |
| 14              | Move the right foot one step forward toward "C" forming a right back stance ( <i>hoo-gul suh-gi</i> ) while executing a right forearms guarding block ( <i>doo pal-mok mak-ki</i> ).                                    |   |  |

# Palgwe 2 (Palgwe 'Yi-Jang)

| Number          | Description                                                                                                                                                                                                           | Illustration                                                                          | Diagram                                                                               |
|-----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 15              | Move the left foot one step forward toward "C" forming a left back stance ( <i>hoo-gul suh-gi</i> ) while executing a left forearm guarding block ( <i>doo pal-mak mak-ki</i> ).                                      |    |    |
| 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> ) with punch. |    |    |
| 17              | Turn the body to the left toward "A" forming a left front stance ( <i>choon-gul sug-hi</i> ) while executing a rising block ( <i>chuk-kyo mak-ki</i> ) with left arm.                                                 |   |   |
| 18 <sub>a</sub> | Do right front snap kick ( <i>ap-cha pus-u-gi</i> ) toward "A".                                                                                                                                                       |  |  |
| 18 <sub>b</sub> | Drop right foot toward "A" into a right front stance ( <i>choon-gul suh-gi</i> ) while executing a middle punch ( <i>choon-dan chi-ki</i> ) with right fist.                                                          |  |  |
| 19              | Pivoting on the ball of the left foot, turn the body to the right toward "B" forming a right front stance ( <i>choon-gul suh-gi</i> ) while executing a rising block ( <i>chuk-kyo mak-ki</i> ) with right arm.       |  |  |

# Palgwe 2 (Palgwe Yi-Jang)

| Number                                              | Description                                                                                                                                               | Illustration                                                                         | Diagram                                                                              |
|-----------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| 20 <sub>a</sub>                                     | Do left front snap kick ( <i>ap-cha pus-u-gi</i> ) toward "B".                                                                                            |   |   |
| 20 <sub>b</sub>                                     | Drop left foot toward "B" into a left front stance ( <i>choon-gul suh-gi</i> ) while executing a middle punch ( <i>choon-dan chi-ki</i> ) with left fist. |   |   |
| Return<br>to<br>Ready<br>Stance<br>( <i>Ba-ro</i> ) | Pivoting on the ball of the right foot, turn the body to the left to face the direction of "D".                                                           |  |  |