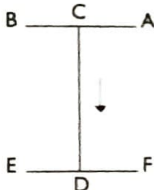
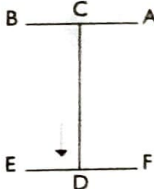
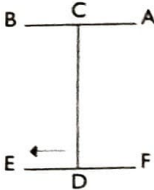
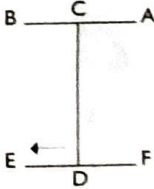
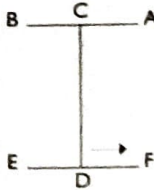
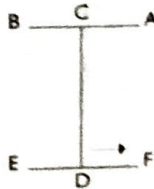


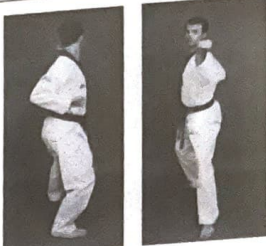
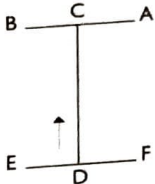
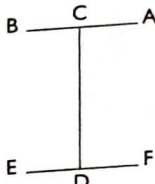
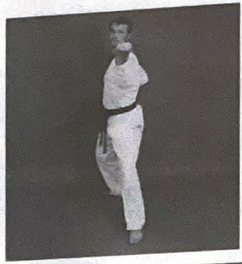
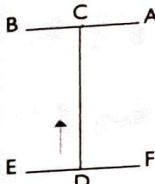
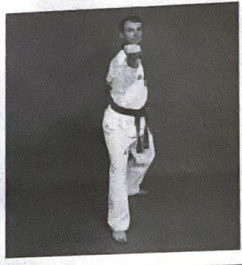
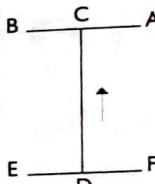
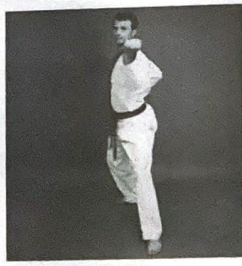
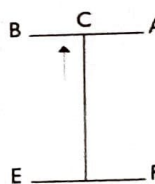
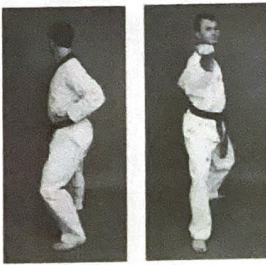
Palgwe 3 (Palgwe Sam-Jang)

Number	Description	Illustration	Diagram
1	FROM READY STANCE (<i>jhoon-bi</i>) Turn body to left, moving left foot 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	Slide your right foot past your left toward "A" 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.		
3	Pivoting on your left foot, turn the body to right, moving right foot 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	Slide your left foot past your right toward "B" forming a left front stance (<i>choon-gul sug-hi</i>) while executing a middle punch (<i>choon-dan chi-ki</i>) with left fist.		
5	Pivoting on your right foot, turn body to left, moving left foot toward "D" 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.		
6	Move the left foot one step forward toward "D" forming a right front stance (<i>choon-gul sug-hi</i>) while executing a rising block (<i>chuk-kyo mak-ki</i>) with right arm.		

Palgwe 3 (Palgwe Sam-Jang)

Number	Description	Illustration	Diagram
7	Move the left foot one step forward toward "D" 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.		
8	Move the right foot one step forward toward "D" forming a right front stance (<i>choon-gul suh-gi</i>) while executing a high punch (<i>sang dan chi-ki</i>) with right fist. Yell (<i>kiap</i>).		
9	Pivoting on the ball of the right foot, turn the body 270° to the right toward "E" forming a left back stance (<i>hoo-gul suh-gi</i>) while executing a left knife-hand guarding block (<i>su-do ta-bi mak-ki</i>).		
10	Move the right foot one step forward toward "E" 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>).		
11	Pivoting on the ball of the left foot, turn the body to the right toward "F" 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>).		
12	Move the left foot one step forward toward "F" forming a left back stance (<i>hoo-gul suh-gi</i>) while executing a left knifehand guarding block (<i>su-do ta-bi mak-ki</i>).		

Palgwe 3 (Palgwe Sam-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 back stance (<i>hoo-gul suh-gi</i>) while executing a side block (<i>yup tae-ri-ki mak-ki</i>) with left arm.	 REVERSE VIEW	
14	Turn the body to the right 180° pivoting on both feet toward "D" forming a right back stance (<i>hoo-gul suh-gi</i>) while executing a side block (<i>yup tae-ri-ki mak-ki</i>) with right arm.		
15	Move the right foot backward toward "C". Facing "D", form a left back stance (<i>hoo-gul suh-gi</i>) while executing a middle block (<i>mom-tong mak-ki</i>) with left arm.		
16	Move the left foot backward toward "C". Facing "D", form a right back stance (<i>hoo-gul sug-hi</i>) while executing a middle block (<i>mom-tong mak-ki</i>) with right arm.		
17	Move the right foot backward toward "C". Facing "D", form a left back stance (<i>hoo-gul sug-hi</i>) while executing a middle block (<i>mom-tong mak-ki</i>) with left arm.		
18	Turn the body to the right 180° pivoting on both feet toward "C" forming a right back stance (<i>hoo-gul suh-gi</i>) while executing a side block (<i>yup tae-ri-ki mak-ki</i>) with right arm.	 REVERSE VIEW	