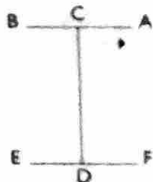
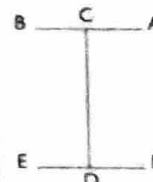
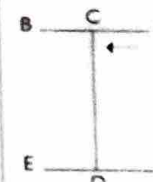
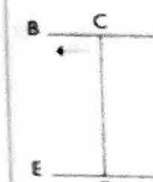
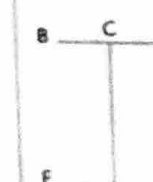
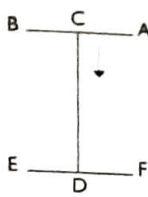
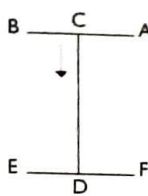
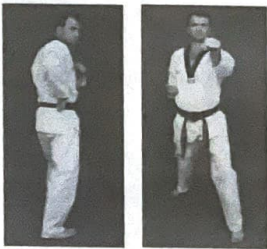
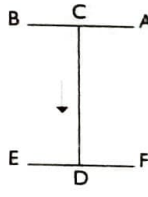
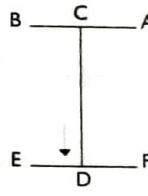
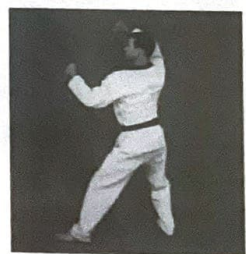
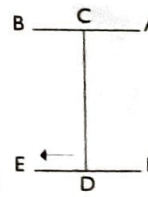
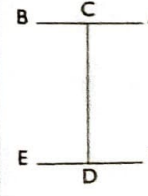


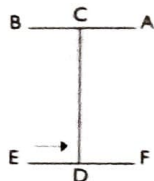
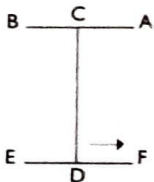
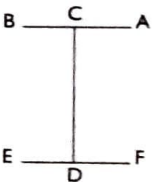
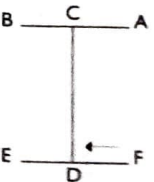
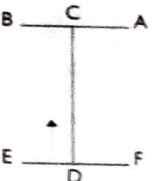
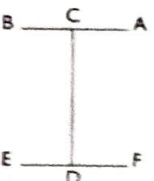
Palgwe 4 (Palgwe Sa-Jang)

Number	Description	Illustration	Diagram
1	FROM READY STANCE (<i>jhoon-bi</i>) Turn body to left toward "A" forming a left back stance (<i>hoo-gul sug-hi</i>) while executing a left twin forearms guarding block (<i>ssang pal-mok mak-ki</i>).		
2	Keep both feet fixed in left back stance (<i>hoo-gul suh-gi</i>) while executing a high section up-percut with right fist.		
3	Keep the right foot fixed and slide the left foot toward the right to form a ready stance (<i>jhoon-bi</i>) while executing a knifehand strike (<i>su-do yup tae-ri-ki</i>) with left hand.		
4	Bring the left foot to the right foot (<i>modeumbal</i>) and quickly slide the right foot forward toward "B" forming a right back stance (<i>hoo-gul suh-gi</i>) while executing a right twin forearms guarding block (<i>ssang pal-mok mak-ki</i>).		
5	Keep both feet fixed in right back stance (<i>hoo-gul suh-gi</i>) while executing a high section up-percut with left fist.		
6	Keep the left foot fixed and slide the right foot toward the left to form a ready stance (<i>jhoon-bi</i>) while executing a knifehand strike (<i>su-do yup tae-ri-ki</i>) with right hand.		

Palgwe 4 (Palgwe Sa-Jang)

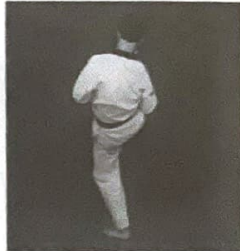
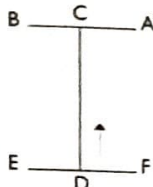
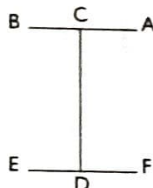
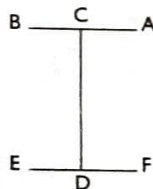
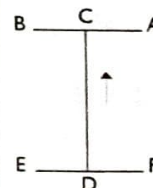
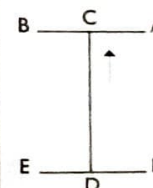
Number	Description	Illustration	Diagram
7	Bring the right foot to the left foot and quickly slide the left foot forward toward "D" forming a left back stance (<i>hoo-gul suh-gi</i>) while executing a left knifehand guarding block (<i>su-do ta-bi mak-ki</i>).		
8	Do a right front snap kick (<i>ap-cha pus-u-gi</i>) toward "D" forming a right front stance (<i>choon-gul sug-hi</i>) while executing a spearhand strike (<i>kwon-su chi-ru-ki</i>) with right hand.	 REVERSE VIEW	
9	Turn the body to the left while executing a right & downward right wrist escape (<i>wi-ro pae-gi</i>). Continue turning the body full circle (360°), pivoting on the ball of the right foot until the left foot rests in a left front stance (<i>choon-gul suh-gi</i>) while executing an outside hammer fist strike (<i>pak-ka pal-mok mak-ki</i>) with left fist.	 REVERSE VIEW	
10	Move the right foot one step forward toward "D" 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.	 REVERSE VIEW	
11	Pivoting on the ball of the right foot turn the body left toward "E" forming a left back stance (<i>hoo-gul suh-gi</i>) while executing a left twin forearms guarding block (<i>ssang pal-mok mak-ki</i>).		
12	Keep both feet fixed in left back stance (<i>hoo-gul suh-gi</i>) while executing a high section up-percut with right fist.		

Palgwe 4 (Palgwe Sa-Jang)

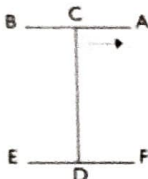
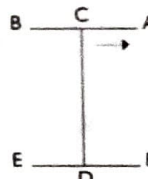
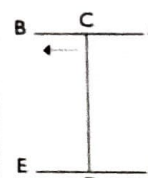
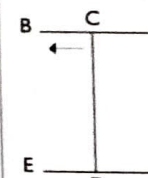
Number	Description	Illustration	Diagram
13	Keep the right foot fixed and slide the left foot toward the left to form a ready stance (<i>jhoon-bi</i>) while executing a knifehand strike (<i>su-do yup tae-ri-ki</i>) with left hand.		
14	Bring the left foot to the right foot (<i>modeumbal</i>) and quickly slide the right foot forward toward "F" forming a right back stance (<i>hoo-gul suh-gi</i>) while executing a right twin forearms guarding block (<i>ssang pal-mok mak-ki</i>).		
15	Keep both feet fixed in right back stance (<i>hoo-gul suh-gi</i>) while executing a high section up-percut with left fist.		
16	Keep the left foot fixed and slide the right foot toward the left to form a ready stance (<i>jhoon-bi</i>) while executing a knifehand strike (<i>su-do yup tae-ri-ki</i>) with right hand.		
17	Bring the right foot to the left foot and quickly slide the left foot forward toward "C" 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>).		
			

REVERSE VIEW

Palgwe 4 (Palgwe Sa-Jang)

Number	Description	Illustration	Diagram
18	Do a right front snap kick (<i>ap-cha pus-u-gi</i>) toward "C" forming a right front stance (<i>choon-gul sug-hi</i>) while executing a spearhand strike (<i>kwon-su chi-ru-ki</i>) with right hand.		
			
		REVERSE VIEW	
			
		REVERSE VIEW	
19	Turn the body to the left while executing a right & upward right wrist escape (<i>wi-ro pae-gi</i>). Continue turning the body full circle (360°), pivoting on the ball of the right foot until the left foot rests in a left front stance while executing an outside hammer fist strike (<i>pak-ka pal-mok mak-ki</i>) with left fist.	 	
		REVERSE VIEW	
20	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.	 	
		REVERSE VIEW	

Palgwe 4 (Palgwe Sa-Jang)

Number	Description	Illustration	Diagram
21	Pivoting on the ball of the right foot, turn the body to the left toward "A" forming a horse stance (<i>ki-ma suh-gi</i>) while looking and executing a down block (<i>ha-dan mak-ki</i>) toward "A" with left arm.		
22	Pivot on the right foot toward "A" and slide left foot out into a left front stance (<i>choon-gul sug-hi</i>) while executing a middle punch (<i>choon-dan chi-ki</i>) with right fist.		
23	Keep the right foot fixed, slide left foot into horse stance while looking and executing a down block (<i>ha-dan mak-ki</i>) toward "B" with right arm.		
24	Pivot on the left foot toward "B" and slide right foot out into a right front stance (<i>choon-gul sug-hi</i>) while executing a middle punch (<i>choon-dan chi-ki</i>) with left fist.		
Return to Ready Stance (<i>Ba-ro</i>)	Keep the left foot fixed and pull the right foot to face the direction of "D".	