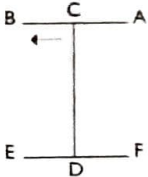
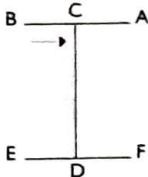
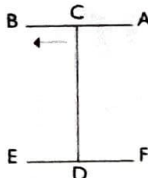
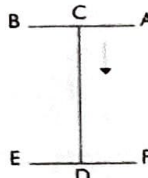
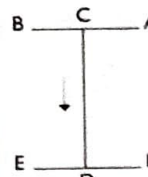
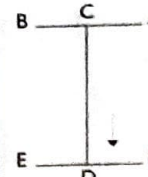


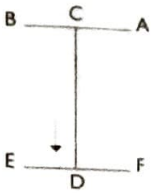
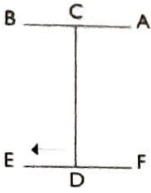
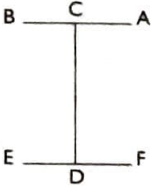
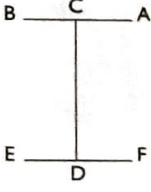
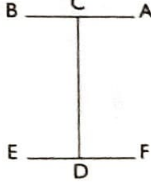
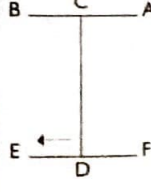
Palgwe 5 (Palgwe Oh-Jang)

Number	Description	Illustration	Diagram
1	FROM READY STANCE (<i>jhoon-bi</i>) Keep the right foot fixed and move the left foot one step backward forming a right front stance (<i>choon-gul sug-hi</i>) while executing a right scissors block (<i>ka-wey mak-ki</i>).		
2	Keep the right foot fixed and move the left foot toward "A" forming a left back stance (<i>hoo-gul suh-gi</i>) while executing a left double knifehand down block (<i>ssang su-do ha-dan mak-ki</i>).		
3	Move the right foot one step forward toward "A" 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>).		
4	Keep the left foot fixed and move the right foot one step backward toward "B" forming a left back stance (<i>hoo-gul suh-gi</i>) while executing a midsection pressing block (<i>nul-lo mak-ki</i>) with left palm.		
5	Move the right foot one step forward toward "A" 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.		
6	Pivoting on the ball of the left foot, turn the body to the right toward "B" forming a right back stance (<i>hoo-gul suh-gi</i>) while executing a right double knifehand down block (<i>ssang su-do had-an mak-ki</i>).		

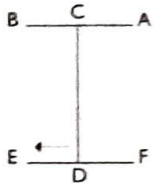
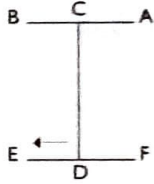
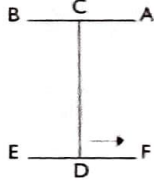
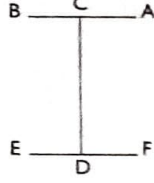
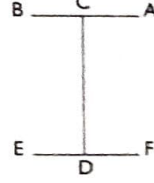
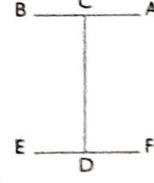
Palgwe 5 (Palgwe Oh-Jang)

Number	Description	Illustration	Diagram
7	Move to the left foot one step forward toward "B" 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	Keep the right foot fixed and move the left foot one step backward toward "A" forming a right back stance (<i>hoo-gul suh-gi</i>) while executing a midsection pressing block (<i>nul-lo mak-ki</i>) with right palm.		
9	Move the left foot one step forward 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.		
10	Pivoting on the ball of the right foot, turn the body to the left toward "D" forming a left front stance (<i>choon-gul suh-gi</i>) while executing a left scissors block (<i>ka-wey mak-ki</i>).		
11	Move the right foot one step forward toward "D" forming a right front stance (<i>choon-gul suh-gi</i>) while executing a right forearms block (<i>doo pal-mok mak-ki</i>).		
12	Move to the left foot one step forward toward "D" forming a left front stance (<i>choon-gul suh-gi</i>) while executing a left forearms block (<i>doo pal-mok mak-ki</i>).		

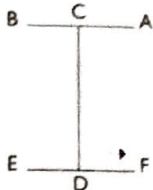
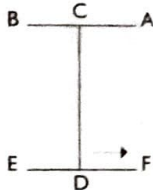
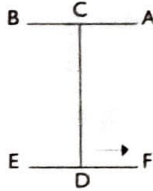
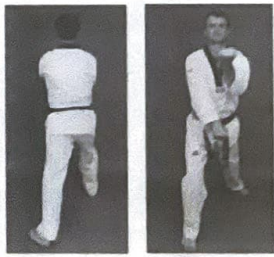
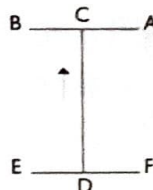
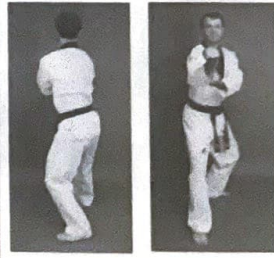
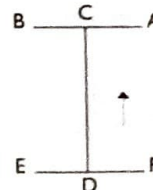
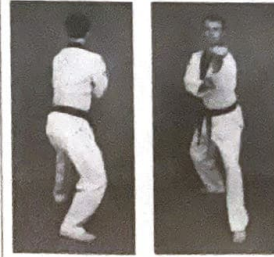
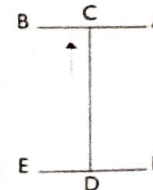
Palgwe 5 (Palgwe Oh-Jang)

Number	Description	Illustration	Diagram
13	Move the right foot one step forward toward "D" forming a right front stance (<i>choon-gul suh-gi</i>) while executing a spearhand strike (<i>kwon-su chir-u-ki</i>) with right hand. Yell (<i>kiap</i>).		
14	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 an inside forearm block (<i>aon pal-mok mak-ki</i>) with left arm.		
15 _a	Keep both feet fixed in left front stance (<i>choon-gul suh-gi</i>) while executing a middle punch (<i>choon-dan chi-ki</i>) with right fist.		
15 _b	Keeping both feet fixed, immediately execute a middle punch (<i>choon-dan chiki</i>) with left fist.		
16	Lift the left foot into a right crane stance (<i>hak-tari suh-gi</i>) while pulling left fist, palm down to right side over right fist.		
17 _a	Do side kick (<i>yup cha-gi</i>) with left foot toward "E".		

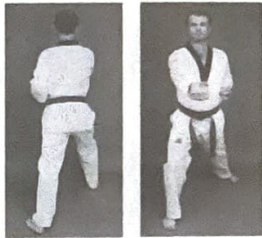
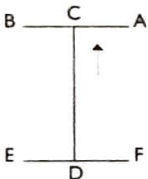
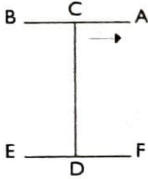
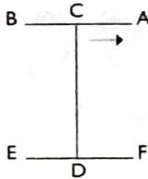
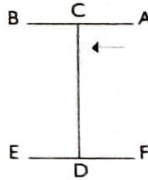
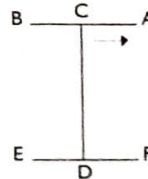
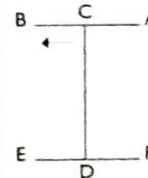
Palgwe 5 (Palgwe Oh-Jang)

Number	Description	Illustration	Diagram
17 _b	Drop left foot toward "E" forming a left front stance (<i>choon-gul suh-gi</i>) while executing a shoulder level right elbow strike (<i>pal-gum chi chi-gi</i>) to the left palm.		
18	Move the right foot one step forward toward "E" forming a right back stance (<i>hoo-gul sug-hi</i>) while executing a right knifehand guarding block (<i>su-do ta-bi mak-ki</i>).		
19	Pivoting on the ball of the left foot, turn the body to the right toward "F" while forming a right front stance (<i>choon-gul sug-hi</i>) while executing an inside forearm block (<i>aon pal-mok mak-ki</i>) with right arm.		
20 _a	Keep both feet fixed while executing a middle punch (<i>choon-dan chi-ki</i>) with left fist.		
20 _b	Keeping both feet fixed, immediately execute a middle punch (<i>choon-dan chi-ki</i>) with right fist.		
21	Lift the right foot into a left crane stance (<i>hak-tar-i suh-gi</i>) while pulling right fist, palm down, to left side over left fist.		

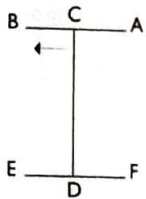
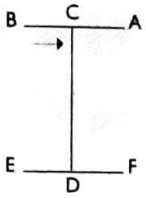
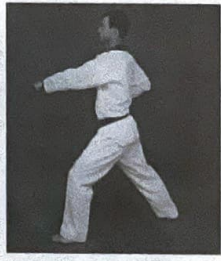
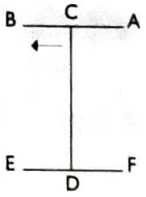
Palgwe 5 (Palgwe Oh-Jang)

Number	Description	Illustration	Diagram
22 _a	Do side kick (yup cha-gi) with the right foot toward "F".		
22 _b	Drop left foot toward "F" forming a right front stance (choon-gul suh-gi) while executing a shoulder level left elbow strike (pal-gum chi chi-gi) to the right palm.		
23	Move the left foot one step forward toward "F" forming a left back stance (hoo-gul suh-gi) while executing a left knifehand guarding block (su-do ta-bi mak-kji).		
24	Pivoting on the ball of the right foot, turn the body to the left toward "C" forming a left front stance (choon-gul suh-gi) while executing a left scissors block (ka-wey mak-kji).		
25	Move the right foot one step forward toward "C" forming a right back stance (hoo-gul suh-gi) while executing a right forearms block (doo pal-mok mak-kji).		
26	Move the left foot one step forward toward "C" forming a left back stance (hoo-gul suh-gi) while executing a left forearms block (doo pal-mok mak-kji).		

Palgwe 5 (Palgwe Oh-Jang)

Number	Description	Illustration	Diagram
27	Move the right foot one step forward toward "C" 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>) with punch.		
28	Keep the right foot fixed and move the left foot toward "A" forming a left back stance (<i>hoo-gul suh-gi</i>) while executing a left double knifehand down block (<i>ssang su-do ha-dan mak-ki</i>).		
29	Move the right foot one step forward toward "A" 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>).		
30	Keep the left foot fixed and move the right foot one step backward toward "B" forming a left back stance (<i>hoo-gul suh-gi</i>) while executing a midsection pressing block (<i>nul-lo mak-ki</i>) with left palm.		
31	Move the right foot one step forward toward "A" 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.		
32	Pivoting on the ball of the left foot, turn the body to the right toward "B" forming a right back stance (<i>hoo-gul suh-gi</i>) while executing a right double knifehand down block (<i>ssang su-do ha-dan mak-ki</i>).		

Palgwe 5 (Palgwe Oh-Jang)

Number	Description	Illustration	Diagram
33	Move the left foot one step forward toward "B" forming a left back stance (<i>hoo-gul sug-hi</i>) while executing a left knifehand guarding block (<i>su-do ta-bi mak-ki</i>).		
34	Keep the right foot fixed and move the left foot one step backward toward "A" forming a right back stance (<i>hoo-gul suh-gi</i>) while executing a midsection pressing block (<i>nul-lo mak-ki</i>) with right palm.		
35	Move the left foot one step forward 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.		
Return to Ready Stance (Ba-ro)	Pivoting on the ball of the right foot, turn the body to left and pull the left foot to face the direction of "D".	