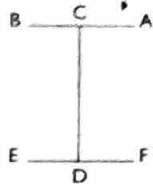
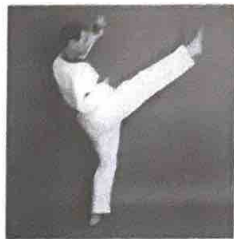
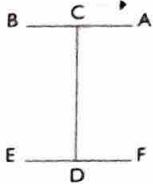
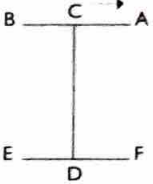
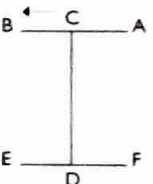
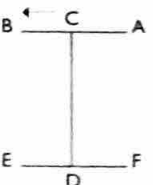
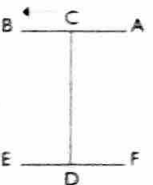
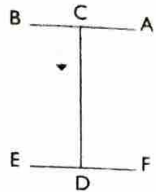
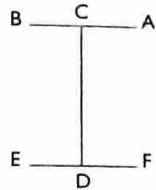
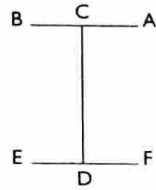
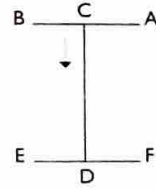
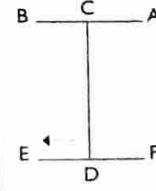
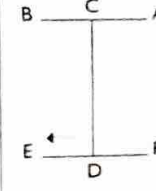


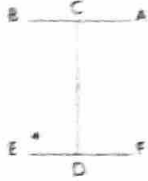
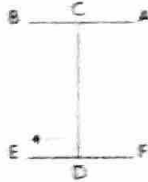
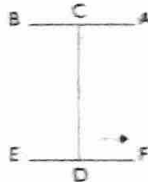
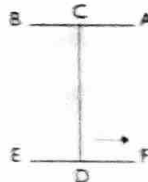
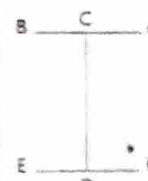
Palgwe 6 (Palgwe Yook-Jang)

Number	Description	Illustration	Diagram
1	FROM READY STANCE (<i>jhoon-bi</i>) Turn the body to the left and move the left foot toward "A" 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>).		
2 _a	Do right front snap kick (<i>ap-cha pus-u-gi</i>) toward "A".		
2 _b	Drop the right foot 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.		
3	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 knifehand guarding block (<i>su-do ta-bi mak-ki</i>).		
4 _a	Do left front snap kick (<i>ap-cha pus-u-gi</i>) toward "B".		
4 _b	Drop left foot toward "B" forming a left front stance (<i>choon-gul suh-gi</i>) while executing a middle punch (<i>choon-dan chi-ki</i>) with left fist.		

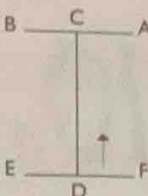
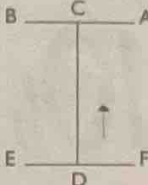
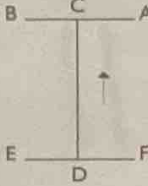
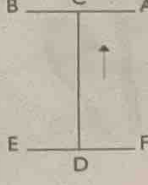
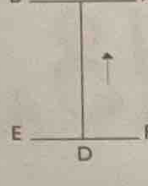
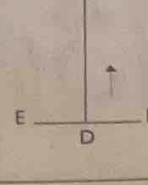
Palgwe 6 (Palgwe Yook-Jang)

Number	Description	Illustration	Diagram
5	Pivoting on the ball of the right foot, turn the body to the left toward "D" forming a left front stance (<i>choon-gul suh-gi</i>) while executing a down block (<i>ha-dan mak-ki</i>) with left arm.		
6	With both feet fixed in left front stance (<i>choon-gul-suh-gi</i>) execute a right jebbi form block (<i>jeb-bi poom mak-ki</i>).		
7 _a	Do right front snap kick (<i>ap-cha pus-u-gi</i>) toward "D".		
7 _b	Both feet spring forward and right foot lands in front in right cross leg stance (<i>kyo-cha suh-gi</i>) while executing a right forearms block (<i>doo pal-mok mak-ki</i>). Yell (<i>kiap</i>) on the block.		
8	Pivoting on the ball of the right foot, turn the body to the left toward "E" forming a left back stance (<i>hoo-gul suh-gi</i>) while executing a left double knifehand down block (<i>ssang su-do had-dan mak-ki</i>).		
9	Slide the left foot out into left front stance (<i>choon-gul suh-gi</i>) while executing an outside chest block (<i>hy-cho mak-ki</i>).		

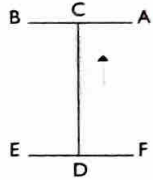
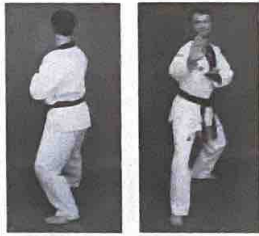
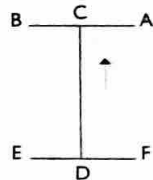
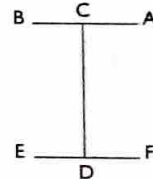
Palgwe 6 (Palgwe Yook-Jang)

Number	Description	Illustration	Diagram
10 _a	Do a right front snap kick (<i>ap-cha pus-u-gi</i>) toward "E".		
10 _b	Drop the right foot toward "E" forming a right front stance (<i>choon-gul suh-gi</i>) while executing a middle punch (<i>choon-dan chi-ki</i>) with left fist.		
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 double knife-hand down block (<i>ssang su-do ha-dan mak-ki</i>).		
12	Slide the right foot out into right front stance (<i>choon-gul suh-gi</i>) while executing an outside chest block (<i>hy-cho mak-ki</i>).		
13 _a	Do left front snap kick (<i>ap-cha pus-u-gi</i>) toward "F".		
13 _b	Drop left foot toward "F" forming a left front stance (<i>choon-gul suh-gi</i>) while executing a middle punch (<i>choon-dan chi-ki</i>) with right fist.		

Palgwe 6 (Palgwe Yook-Jang)

Number	Description	Illustration	Diagram
14	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 knifehand guarding block (<i>su-do ta-bi mak-ki</i>).	 	
15	Slide the left foot into left front stance (<i>choon-gul suh-gi</i>) while simultaneously executing a right palm strike (<i>sohn ba-dak chi-ki</i>) and a left knifehand high section block (<i>sohn-nal chuk-kyo mak-ki</i>).	 	
16 _a	Do right front snap kick (<i>ap-cha pus-u-gi</i>) toward "C".	 	
16 _b	Drop right foot toward "C" forming a right front stance (<i>choon-gul suh-gi</i>) while executing a forward backfist (<i>son-deung chi-ki</i>) with right fist. Yell (<i>kiap</i>) with backfist.	 	
17 _a	Do left front snap kick (<i>ap-cha pus-u-gi</i>) toward "C".	 	
17 _b	Drop left foot toward "C" 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.	 	

Palgwe 6 (Palgwe Yook-Jang)

Number	Description	Illustration	Diagram
18 _a	Do right side kick (<i>yup cha-gi</i>) toward "C".		
18 _b	Drop right foot toward "C" forming a right back stance (<i>hoo-gul suh-gi</i>) while executing a right knife-hand guarding block (<i>su-do ta-bi mak-ki</i>).		
19	Pivot on both feet and turn the body 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>).	REVERSE VIEW 	
Return to Ready Stance (<i>Ba-ro</i>)	Move right foot forward into ready stance as you face "D".		