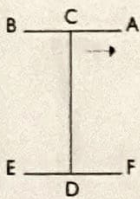
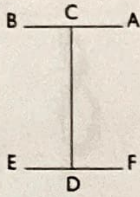
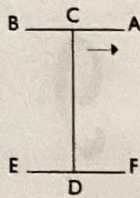
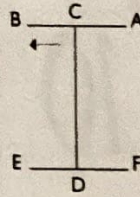
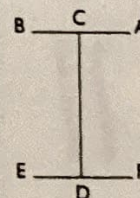
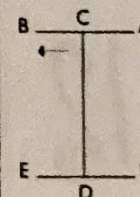
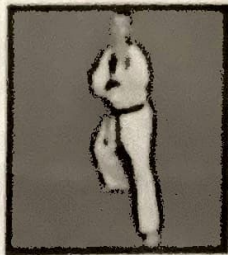
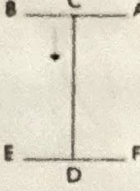
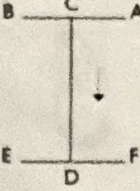
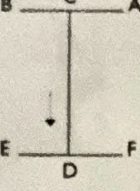
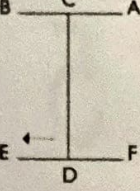
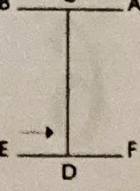


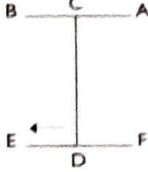
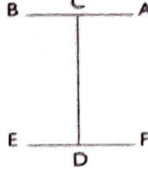
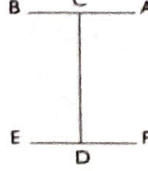
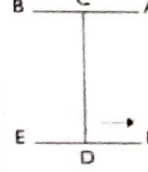
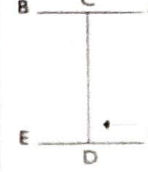
Palgwe 8 (Palgwe Pal Jang)

Number	Description	Illustration	Diagram
1	FROM READY STANCE (<i>jhoon-bi</i>) Turn body to the left and move the left foot toward "A" 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.		
2	Keep the right foot fixed. Turn body to the right pulling the left foot into a left back stance (<i>hoo-gul suh-gi</i>) while executing a left hammer fist (<i>joo-muk naer-yeun chi-ki</i>) with a large circular motion of the left arm ending at the shoulder level.		
3	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.		
4	Pivoting on the ball of the left foot, turn the body toward "B" forming a right front stance (<i>choon-gul suh-gi</i>) while executing a down block (<i>ha-dan mak-ki</i>) with right arm.		
5	Keep the left foot fixed. Turn the body to the left pulling the right foot into a right back stance (<i>hoo-gul suh-gi</i>) while executing a right hammer fist (<i>joo-muk naer-yeun chi-ki</i>) with a large circular motion of the right arm ending at the shoulder level.		
6	Move the left foot one step forward 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.		

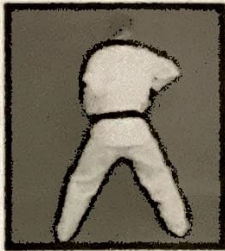
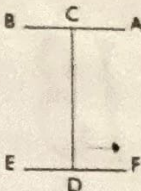
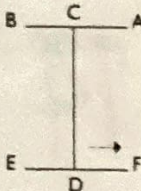
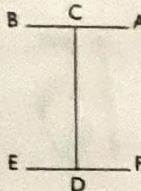
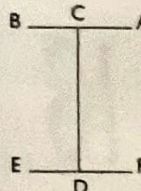
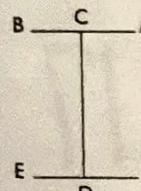
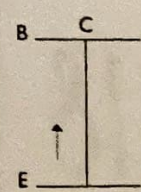
Palgwe 8 (Palgwe Pal-Jang)

Number	Description	Illustration	Diagram
7	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 left knifehand guarding block (<i>su-do ta-bi mok-ki</i>).		
8	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 chi-ru-ki</i>) with right hand.		
9	Turn the body to the left while executing a right downward 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 back stance (<i>hoo-gul suh-gi</i>) while executing a side backfist (<i>yup son-deung chi-ki</i>) with left fist.		
10	Move the right foot one step 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>).		
11	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 knife-hand strike (<i>su-do yup tae-ri-ki</i>) with left hand.		
12	Turn the body to the right and simultaneously move left foot one step forward toward "F" with eyes toward "E". Twist the left knifehand and pull it sharply inward to the right shoulder, palm up.		

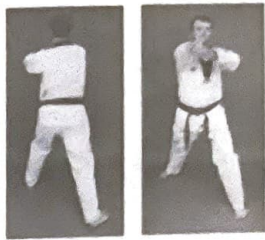
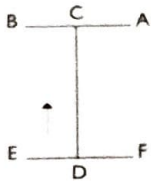
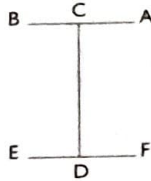
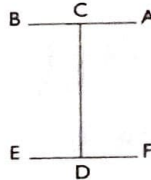
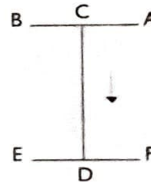
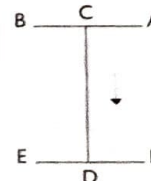
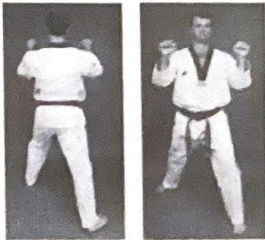
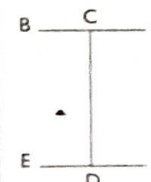
Palgwe 8 (Palgwe Pal-Jang)

Number	Description	Illustration	Diagram
13	Turn the body to the left and step into a left horse stance (<i>ki-ma suh-gi</i>) keeping the right foot fixed while executing an unassisted left elbow strike (<i>pal-gum chi chi-ki</i>).		
14	Turn the body to the left and push the left foot toward "E" while pivoting on the right foot forming a left front stance (<i>choon-gul suh-gi</i>) while executing an inside forearm block (<i>aon pal-mok mak-ki</i>) palm up with left arm.		
15	Keep both feet fixed, execute a middle punch (<i>choon-dan chi-ki</i>) with right fist.		
16	Slide the left foot into a horse stance (<i>ki-ma suh-gi</i>) while executing a left arm rear elbow strike (<i>pal-gum chi chi-ki</i>) and right fist side punch above left fist. Look toward "F".		
17	Slide the left foot to the right (<i>modeumbal</i>) toward "F" move the right foot forming a right back stance (<i>hoo-gul suh-gi</i>) while executing a knifehand strike (<i>yup su-do chi-ki</i>) with right hand.		
18	Turn the body to the left and simultaneously move the right foot one step forward toward "E" with eyes toward "F". Twist the right knifehand and pull it sharply inward to the left shoulder, palm up.		

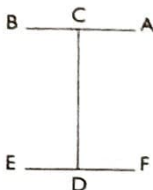
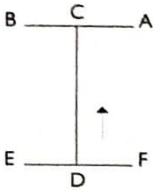
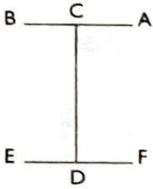
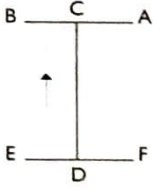
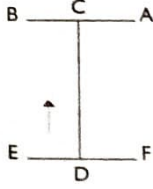
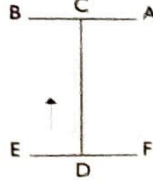
Palgwe 8 (Palgwe Pal-Jang)

Number	Description	Illustration	Diagram
19	Turn the body to the right and slip into a right horse stance (<i>ki-ma suh-gi</i>) keeping the left foot fixed while executing an unassisted right elbow strike (<i>pal-gum chi chi-ki</i>)		
20	Turn the body to the right and push the right foot toward "F" while pivoting on the left foot forming a right front stance (<i>choon-gul suh-gi</i>) while executing an inside forearm block (<i>aon pal-mok mak-ki</i>) with the right arm, palm up.		
21	Keeping both feet fixed, execute a middle punch (<i>choon-dan chi-ki</i>) with left fist.		
22	Slide the right foot into a horse stance (<i>ki-ma suh-gi</i>) while executing a right arm rear elbow strike (<i>pal-gum chi chi-ki</i>) and left fist side punch above right fist. Look toward "C".		
23	Bring the right foot behind the left heel (<i>modeum-bal</i>) and immediately raise the left foot to a right crane stance (<i>hak-tari suh-gi</i>) while holding the hands in same position.		
24 _a	Do left side kick (<i>yup cha-gi</i>) toward "C".		

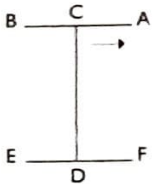
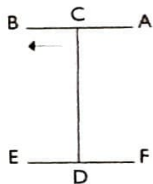
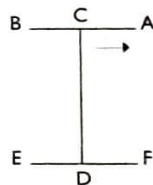
Palgwe 8 (Palgwe Pal-Jang)

Number	Description	Illustration	Diagram
24 _b	Drop the left foot toward "C" forming a left front stance (<i>choon-gul suh-gi</i>) while executing a right elbow strike (<i>pal-gum chi chi-ki</i>) to left palm.		
25	Pivot on the right foot sliding the left foot into a horse stance (<i>ki-ma suh-gi</i>) while executing a left arm rear elbow strike (<i>pal-gum chi chi-ki</i>) and right fist side punch. Look toward "D".		
26	Bring the left foot to the right foot (<i>modeumbal</i>) and immediately raise the right foot to a left crane stance (<i>hak-tari suh-gi</i>) while holding hands in the same position.		
27 _a	Do right side kick (<i>yup cha-gi</i>) toward "D".		
27 _b	Drop the right foot toward "D" forming a right front stance (<i>choon-gul suh-gi</i>) while executing a left elbow strike (<i>pal-gum chi chi-ki</i>) to right palm.		
28 _a	Pivot on the right foot, turn the body to the left toward "C" forming a left front stance (<i>choon-gul suh-gi</i>) while executing an outside chest block (<i>hy-cho-mak-ki</i>).		

Palgwe 8 (Palgwe Pal-Jang)

Number	Description	Illustration	Diagram
28 _b	Keeping both feet fixed, draw both fists to the waist and execute a midsection double fist uppercut (<i>doo juo-muk chi-cheo chi-ri-ki</i>).		
29 _a	Move the right foot one step forward toward "C" forming a right front stance (<i>choon-gul suh-gi</i>) while executing an outside chest block (<i>hy-cho mak-ki</i>).	 REVERSE VIEW	
29 _b	Keeping both feet fixed, draw both fists to the waist and execute a double fist uppercut (<i>doo ju-muk chi-cheo chi-ri-ki</i>).	 REVERSE VIEW	
30	Move the left foot one step forward toward "C" forming a left back stance (<i>hoo-gul suh-gi</i>) while executing a left reverse ridge hand strike (<i>yuk su-do chi-ki</i>).	 REVERSE VIEW	
31	Twist the left hand into a grab and pull left fist to left side. While pivoting on the left foot, slide the right foot 180° to the right forming a side stance (<i>yup suh-gi</i>) toward "C" and execute an unassisted backward elbow strike (<i>pal-gum chi chi-ki</i>) with right arm. Look toward "A".		
32	Turn the body to the left sliding the left foot toward "C" into an attention (<i>char-yut</i>) stance facing "D" while executing a low section cross palms block.		

Palgwe 8 (Palgwe Pal-Jang)

Number	Description	Illustration	Diagram
33	Move the left foot toward "A" forming a horse stance (<i>ki-ma suh-gi</i>) while executing a double elbow strike (<i>pal-gum chi chi-ki</i>).		
34	Maintaining a horse stance (<i>ki-ma suh-gi</i>) slide both feet toward "B" while executing a double elbow strike (<i>pal-gum chi chi-ki</i>) (right side back, left side high) to the right side looking backward over right shoulder.		
35	Maintaining a horse stance (<i>ki-ma suh-gi</i>) slide both feet toward "A" while executing a double elbow strike (<i>pal-gum chi chi-ki</i>) (left side back, right side high) to the left side looking backward over left shoulder. Yell (<i>kiap</i>).		
Return to Ready Stance (<i>Ba-ro</i>)	Pull the left foot toward the right foot (fixed) and face the direction of "D".		