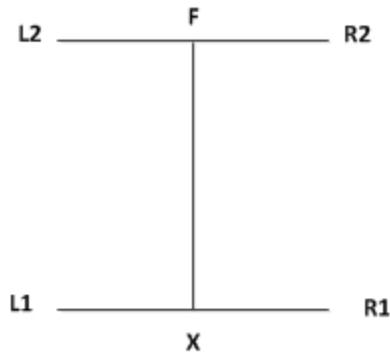


HIGH BLUE BELT FORM - Pal Gwe Yook Chang

This form demonstrates speed and each precise move. The speed is within each move, not between moves.



From Choon-bi at X:

- 1) Pivot left toward L1, back stance, left double knife hand block.
- 2) Front kick with right leg, front stance, right hand middle punch.
- 3) Pivot right toward R1, back stance, right double knife hand block.
- 4) Front kick with left leg, front stance, left hand middle punch.
- 5) Pivot left toward F, front stance, left hand low block.
- 6) Wind up with arms to the right; untwist simultaneously doing a high knife hand block with left arm and a knife hand strike to "neck" with the right hand (palm up). The "neck" you are striking is directly ahead. The feet haven't moved so it is still a front stance, but the body is angled to the left to give maximum reach of the right hand.
- 7) Pull the hands down to the left side as fists (palms down), do a high front kick with right leg. As kick begins to fall, stomp right foot (jump a little forward with left leg) down on "foot" (to prevent opponent from moving away), left leg goes toward F (behind right leg) to stop forward momentum, right back hand with left by elbow, KIHAP. Body is facing to the left.
- 8) Pivot left toward R2, back stance, left low double knife hand block.
- 9) Left leg moves left into a front stance, arms come up close to neck and are crossed at wrists with fists closed (palms inward). Arms then "break away choking hands" by moving right fist in front of right shoulder and left fist in front of left shoulder (palms outward) at the same time.
- 10) Front kick with right leg, front stance, double punch (right, left).
- 11) Pivot right toward L2, back stance, right low double knife hand block.
- 12) Right leg moves right into a front stance, arms come tip close to neck and are crossed at wrists with fists closed (palms inward). Arms then "break away choking hands" by moving right fist in front of right shoulder and left fist in front of left shoulder (palms outward) at the same time.
- 13) Front kick with left leg, front stance, double punch (left, right).
- 14) Pivot left toward F, back stance, left double knife hand block.
- 15) Left leg moves to left to come into a front stance, simultaneously do a high knife hand block with left arm and a "jaw thrust" with right arm. The right arm will make an uppercut motion to "jaw" except the palm will be open and the "jaw" will be hit by the heel of the hand. The left arm does not retract to the waist from the double knife hand block to perform the high knife hand block, it simply gets there.
- 16) High front kick with the right leg. As kick falls rotate arms (hands closed as fists), like a basketball referee's motion for traveling, to do a right back fist. When rotating, the right fist will come all the way over from the left arm pit -- almost. Left arm does not cover right arm but will instead go to side. Kick will land into a front stance at about the same time the backhand is complete.

17) High front kick with the left leg. As kick falls bring left arm over to right side to prepare for a high block. Start left high block right before kick lands, and block will be complete right after kick lands. You land into a front stance.

18) Right hand will go behind left arm (crossing at the wrist) and both hands will grab a hold of "arm," pull it down to left side at the same time doing a high side kick with the right leg, K1HAP. You will land into a back stance pointed toward X doing a right double knife hand block.

19) Pivot to the left toward F, back stance, left double knife hand block.