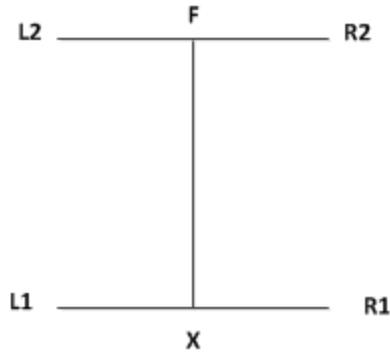


HIGH GREEN BELT FORM - Pal Gwe Sa Chang

This form introduces using both arms at the same time.



From Choon-bi at X:

- 1) Pivot left toward L1, back stance, left hand double high block.
- 2) Grab "collar" with left hand, cock right hand back, simultaneously pull "collar" with left hand and give uppercut with right hand. Arms are perpendicular and right is under left.
- 3) Slide left foot into a narrow back stance, left knife hand side strike.
- 4) Bring feet together (facing F), pivot right toward R1, back stance, right hand double high block.
- 5) Grab "collar" with right hand, cock left hand back, simultaneously pull "collar" with right hand and give uppercut with left hand. Arms are perpendicular and left is under right.
- 6) Slide right foot into a narrow back stance, right knife hand side strike.
- 7) Pivot left toward F, back stance, left double knife hand block.
- 8) Push block with left hand, step forward into a long front stance, right hand stab. Arms are perpendicular with right over left.
- 9) Pivot left toward X moving the back leg to come into a front stance, pull away with right arm slapping it to the lower back. Left arm doesn't move.
- 10) Pivot left toward F, front stance, left hand hammer strike "to the head."
- 11) Step forward, front stance, right hand middle punch, KIHAP.
- 12) Pivot left toward X, bring feet together, pivot left toward R2, back stance, left hand double high block.
- 13) Grab "collar" with left hand, cock right hand back, simultaneously pull "collar" with left hand and give uppercut with right hand. Arms are perpendicular and right is under left.
- 14) Slide left foot into a narrow back stance, left knife hand side strike.
- 15) Bring feet together (facing X), pivot right toward L2, back stance, right hand double high block.
- 16) Grab "collar" with right hand, cock left hand back, simultaneously pull "collar" with right hand and give uppercut with left hand. Arms are perpendicular and left is under right.
- 17) Pivot left toward X, back stance, left double knife hand block.
- 18) Push block with left hand, step forward into a long front stance, right hand stab. Arms are perpendicular with right over left.
- 19) Come forward (going with "pulled wrist") while pivoting left toward X, bring right hand up toward face. When you come completely around facing X in a front stance, left hand hammer strike "to the head."
- 20) Step forward, front stance, right hand middle punch, KIHAP.
- 21) Pivot left toward F, bring feet together, left foot moves left into a horse stance, left hand low block.

- 22) Pivot left toward LI, move left foot to the left into a front stance, right hand middle punch.
- 23) Pivot right toward F, bring feet together, right foot moves to the right into a horse stance, right hand low block.
- 24) Pivot right toward RI, move right foot to the right into a front stance, left hand middle punch.