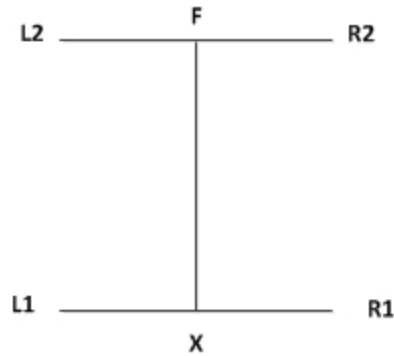


## ORANGE BELT FORM - Pal Gwe Yi Chang

This form is the first time at doing two actions in one move, such as the kick punch.



From Choon-bi at X:

- 1) Pivot left toward L1, front stance, left hand high block.
- 2) High front kick with the right leg, front stance, right hand middle punch.
- 3) Pivot right toward R1, front stance, right hand high block.
- 4) High front kick with the left leg, front stance, left hand middle punch.
- 5) Pivot left toward F, back stance, left low double knife hand block.
- 6) Step forward, back stance, right double knife hand block.
- 7) Step forward, front stance, left hand high block.
- 8) Step forward, front stance, right hand middle punch, KIHAP.
- 9) Pivot left toward R2, front stance, left hand high block.
- 10) High front kick with the right leg, front stance, right hand middle punch.
- 11) Pivot right toward L2, front stance, right hand high block.
- 12) High front kick with the left leg, front stance, left hand middle punch.
- 13) Pivot left toward X, back stance, left low double fist block.
- 14) Step forward, back stance, double fist block (right hand middle block, left hand in a fist by right elbow).
- 15) Step forward, front stance, left hand hammer block.
- 16) Step forward, front stance, right hand middle punch, KIHAP.
- 17) Pivot left toward L1, front stance, left hand high block.
- 18) High front kick with the right leg, front stance, right hand middle punch.
- 19) Pivot right toward R1, front stance, right hand high block.
- 20) High front kick with the left leg, front stance, left hand middle punch.