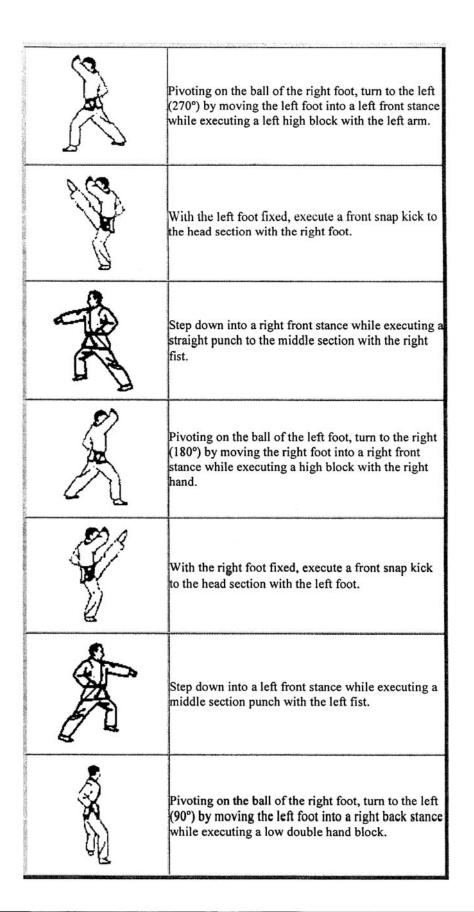
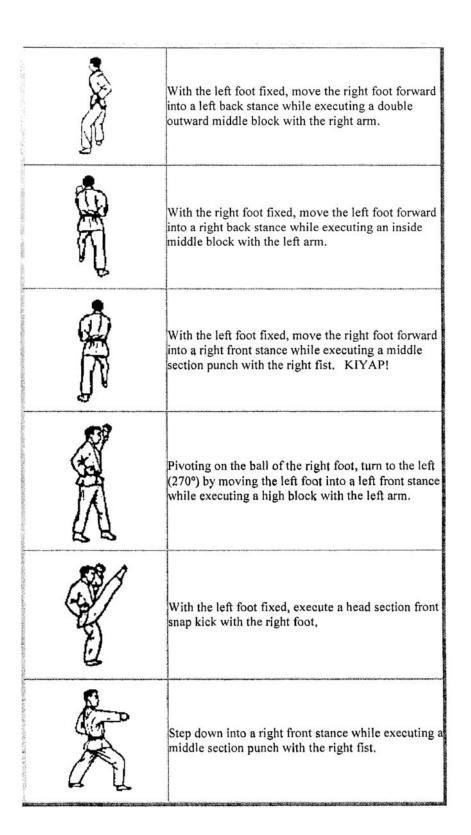
NORTH NORFOLK TAEKWONDO ACADEMY

Form 2 - Palgue Yi Jang

CONTROL CONTRO
Starting in the ready position
Turn left (90°) by sliding the left foot into a left front stance while executing a high block with the left hand.
With the left foot fixed, execute a front snap kick with the right foot to the head section.
Step down into a right front stance while executing a straight punch to the middle section with the right fist.
Pivoting on the ball of the left foot, turn right (180°) by moving the right foot into a right front stance while executing a high block with the right hand.

With the right foot fixed, execute a front snap kick to the head section with the left foot.
Step down into a left front stance while executing a straight punch to the middle section with the left fist.
Pivoting on the ball of the right foot, turn left (90°) by moving the left foot into a right back stance while executing a low double knife-hand block.
With the left foot fixed, move the right foot forward into a left back stance while executing a double knife-hand block to the middle section.
With the right foot fixed, move the left foot into a left front stance while executing a left high block with the left hand.
With the left foot fixed, move the right foot into a right front stance while executing a middle section straight punch with the right fist. KIYAP!





THE RESERVE OF THE PERSON NAMED IN STREET	
	Pivoting on the ball of the left foot, turn to the right (180°) by moving the right foot into a right front stance while executing a high block with the right arm.
	With the right foot fixed, execute a head section front snap kick with the left foot.
	Step down into a left front stance while executing a middle section straight punch with the left fist.
	Turn to the left (90°) and return to ready position