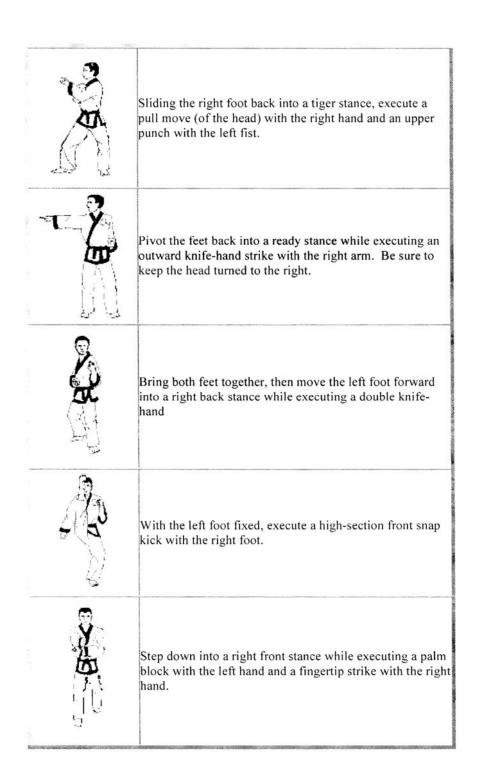
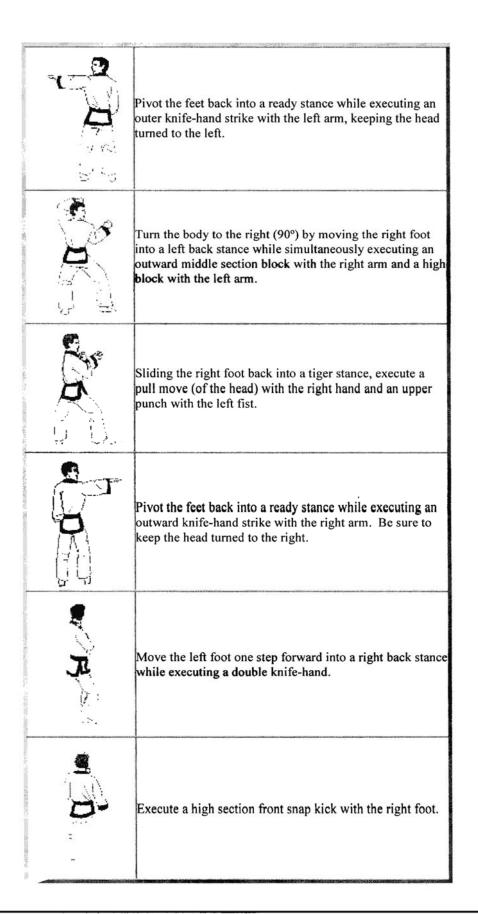
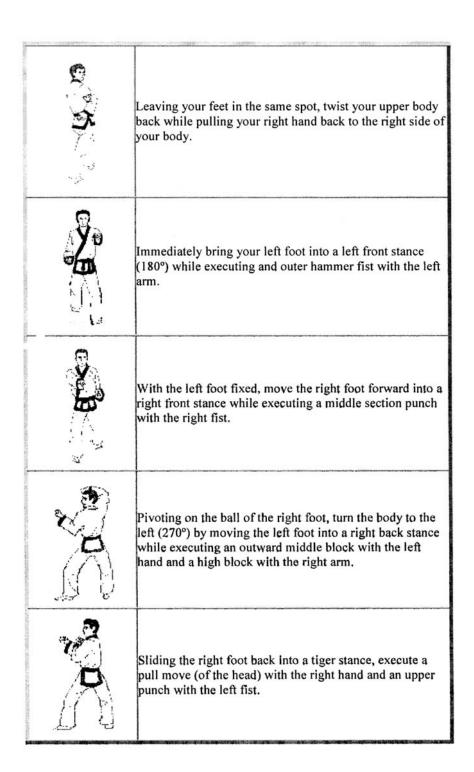
## NORTH NORFOLK TAEKWONDO ACADEMY

Form 4 - Palgue Sa Jang

	Starting in the ready position
	Turn left (90°) by moving the left foot into a right back stance while simultaneously executing an outward middle section block with the left arm and a high block with the right arm.
	Sliding the left foot back into a tiger stance, execute a pull move (of the head) with the left hand and an upper punch with the right fist.
	Pivot the feet back into a ready stance while executing an outer knife-hand strike with the left arm, keeping the head turned to the left.
	Bring both feet together and turn toward the front.
	Turn the body to the right (90°) by moving the right foot into a left back stance while simultaneously executing an outward middle section block with the right arm and a high block with the left arm







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* A X X	Step down into a right front stance while executing a palm block with the left hand and a fingertip strike with the right hand.
<b>(4) (5)</b>	Keeping your left foot fixed, turn 180° to the right into a right front stance while pulling your right hand to the right side of the head.
	Immediately bring your left foot into a left front stance (180°) while executing an outer hammer fist with the left arm.
•	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.
	Pivoting on the ball of the right foot, turn the body to the left (180°) by moving the left foot into a horse stance while executing a low block with the left arm.
Z.	Turn 90° to the left, stepping into a left front stance while executing a middle section straight punch with the right fist.

