

NORTH NORFOLK TAEKWONDO ACADEMY

GRADING SYLLABUS

9TH KEUP REQUIREMENTS TO 2ND DAN REQUIREMENTS

Yellow Belt 9th Keup Requirements (JUNIOR)

BASIC KICKS

Ap Chagi	Front kick
Yop Chagi	Side kick
Tollio Chagi	Round kick
Dui Chagi	Back kick

PUNCHES

Reverse punch and lunge punch - free fighting

Yellow Belt 8th Keup Requirements

BASIC TECHNIQUES

Handan Makki	Downward block
Chungdan Chirugi	Moving punch
Pandae Chirugi	Reverse punch

BASIC KICKS

Ap Chagi	Front kick
Yop Chagi	Side kick
Tollio Chagi	Round kick
Dui Chagi	Back kick

SELF DEFENCE

Head lock - Arm lock - Full Nelson

HYUNG Palgue Il Jang

Jayu Tacryon - Free fighting if required

Green Tags 7th Keup Requirements

BASIC TECHNIQUES

Handan Makki

Chungdan Chirugi

Pandae Chirugi

Ap Makki (Sangdan Makki)

Chundan Makki

Sudo Makki

Chukyo Makki

Outside chest block

BASIC KICKS

Ap Chagi

Yop Chagi

Tollio Chagi

Duiro Chagi

Kolchyo Chagi

Front kick

Side kick

Round kick

Turn back kick

Heel kick (hook kick)

Combination techniques

Ilbo Taeryon

One step sparring

(Defence against front kick and reverse punch)

HYUNG Palgue Yi Jang (plus one other)

Jayu Taeryon - Free fighting if required

Green Belt 6th Keup Requirements

BASIC TECHNIQUES

Handan Makki
Chungdan Chirugi
Pandae Chirugi
Ap Makki (Sangdan Makki)
Chundan Makki
Sudo Makki
Chukyo Makki

BASIC KICKS

Ap Chagi	Front kick
Yop Chagi	Side kick
Tollio Chagi	Round kick
Duiro Chagi	Turn back kick
Kolchyo Chagi	Heel kick (hook kick)
Pandae Kolchyo Chagi	Turn heel kick

Combination techniques

Ilbo Taeryon One step sparring
(Defence against lunge punch to head and side kick to mid section)

HYUNG Palgwe Sam Jang (plus one other)

Jayu Taeryon - Free fighting if required

Blue Tags 5th Keup Requirements

BASIC TECHNIQUES

Handan Makki
Chungdan Chirugi
Pandae Chirugi
Ap Makki
Chundan Makki
Sudo Makki
Chukyo Makki

BASIC KICKS

Ap Chagi	Front kick
Yop Chagi	Side kick
Tollio Chagi	Round kick
Duiro Chagi	Turn back kick
Kolchyo Chagi	Heel kick (hook kick)
Pandae Kolchyo Chagi	Turn heel kick
Twimmyo Ap Chagi	Jump front kick
	Downward kick

Combination techniques

Ilbo Taeryon	One step sparring
<i>(Defence against round kick to head and heel kick to head)</i>	

HYUNG Palgue Sa Jang (plus one other)

Jayu Taeryon - Free fighting if required

Blue Belt 4th Keup Requirements

BASIC TECHNIQUES

Handan Makki
Chungdan Chirugi
Pandae Chirugi
Ap Makki
Chundan Makki
Sudo Makki
Chukyo Makki

BASIC KICKS

Ap Chagi
Yop Chagi
Tollio Chagi
Duiro Chagi
Kolchyo Chagi
Pandae Kolchyo Chagi
Twimmyo Ap Chagi

Twimmyo Tollio Chagi

Front kick
Side kick
Round kick
Turn back kick
Heel kick (hook kick)
Turn heel kick
Jump front kick
Downward kick
Jump round kick

Combination techniques

Iibo Tacryon One step sparring
(Defence against turn back kick and turn heel kick)

HYUNG Palgue Oh Jang (plus two others)

Jayu Taeryon - Free fighting if required

Brown Tags ^{3rd} Keup Requirements

BASIC TECHNIQUES

Handan Makki
Chungdan Chirugi
Pandae Chirugi
Ap Makki
Chundan Makki
Sudo Makki
Chukyo Makki

BASIC KICKS

Ap Chagi	Front kick
Yop Chagi	Side kick
Tollio Chagi	Round kick
Duiro Chagi	Turn back kick
Kolchy Chagi	Heel kick (hook kick)
Pandae Kolchy Chagi	Turn heel kick
Twimmyo Ap Chagi	Jump front kick
	Downward kick
Twimmyo Tollio Chagi	Jump round kick
Twimmyo Pandae Bandal Chagi	Jump turn crescent kick
Twimmyo Yop Chagi	Jump side kick

Combination techniques

Semi free fighting

HYUNG Palguc Yul Jang (plus two others)

Jayu Taeryon - Free fighting if required

Brown Belt ^{2nd} Keup Requirements

BASIC TECHNIQUES

Handan Makki
Chungdan Chirugi
Pandae Chirugi
Ap Makki
Chundan Makki
Sudo Makki
Chukyo Makki

BASIC KICKS

Ap Chagi	Front kick
Yop Chagi	Side kick
Tollio Chag	Round kick
Duiro Chagi	Turn back kick
Kolchyo Chagi	Heel kick (hook kick)
Pandae Kolchyo Chagi	Turn heel kick
Twimmyo Ap Chagi	Jump front kick
	Downward kick
Twimmyo Tollio Chagi	Jump round kick
Twimmyo Pandae Bandal Chagi	Jump turn crescent kick
Twimmyo Yop Chagi	Jump side kick
Twimmyo Kolchyo Chagi	Jump heel kick
Twimmyo Pandae Kolchyo Chagi	Jump turn heel kick

Combination techniques

At this stage students will be expected to know variations of basic kicks and sweeps

Semi free fighting

HYUNG Palgue Chil Jang (plus three others)

Jayu Taeryon - Free fighting if required

Black Belt ^{1st} Keup Requirements

BASIC TECHNIQUES

Handan Makki
Chungdan Chirugi
Pandae Chirugi
Ap Makki
Chundan Makki
Sudo Makki
Chukyo Makki

BASIC KICKS

Ap Chagi	Front kick
Yop Chagi	Side kick
Tollio Chagi	Round kick
Duiro Chagi	Turn back kick
Kolchyo Chagi	Heel kick (hook kick)
Pandae Kolchyo Chagi	Turn heel kick
Twimmyo Ap Chagi	Jump front kick
	Downward kick
Twimmyo Tollio Chagi	Jump round kick
Twimmyo Yop Chagi	Jump side kick
Twimmyo Kolchyo Chagi	Jump heel kick

Combination techniques

Semi free fighting

HYUNG Palgue Pal Jang (plus three others)

Jayu Taeryon - Free fighting if required

Black Belt ^{1st} Dan Requirements

BASIC TECHNIQUES

Handan Makki
Chungdan Chirugi
Pandae Chirugi
Ap Makki
Chundan Makki
Sudo Makki
Chukyo Makki

BASIC KICKS

Ap Chagi	Front kick
Yop Chagi	Side kick
Tollio Chagi	Round kick
Duiro Chagi	Turn back kick
Kolchyo Chagi	Heel kick (hook kick)
Pandae Kolchyo Chagi	Turn heel kick
Twimmyo Ap Chagi	Jump front kick
	Downward kick
Twimmyo Tollio Chagi	Jump round kick
Twimmyo Pandae Bandal Chagi	Jump turn crescent kick
Twimmyo Yop Chagi	Jump side kick
Twimmyo Kolchyo Chagi	Jump heel kick
Twimmyo Pandae Kolchyo Chagi	Jump turn heel kick
Twimmyo Pandae Duiro Chagi	Jump turn back kick

Combination techniques

Semi free fighting

HYUNG Koryo (plus four others)

Jayu Taeryon - Free fighting if required

GLOSSARY






KOREAN		ENGLISH
DUIRO DORO	About face
SHEER	At Ease
CHARYO	Attention
KYUNGYE	Bow
YIKWON	Back fist
FUGUL	Back stance
CHONGUL	Fore stance
KIMA	Horse stance
HANDAN	Low area
CHUNG DAN	Middle area
SANG DAN	High area
DO JANG	Training hall
SHEJAK	Begin
GOMON	End
CHUNBI	Ready
CHWA OR WEN	Left
WOO OR ORUN	Right
KYOKPA	Breaking
KOCHUNG SOGI	Fixed stance
PALMOK	Forearm
ANPALMOCK	Inner wrist
MURUP	Knee
TWICHIBO CHIRUGI	Overturn punch
CHANG KWON	Palm heel
YOK SUDO	Ridge hand
KWANSU	Spear hand
SEWO CHIRUGI	Vertical punch







GLOSSARY







English	Korean	English	Korean
1	HANNA	1 st	IL
2	DOOL	2 nd	YI
3	SET	3 rd	SAM
4	NET	4 th	SA
5	TASUT	5 th	OH
6	YOUSUT	6 th	YUK
7	ILGOPE	7 th	CHIL
8	YODUL	8 th	PAL
9	AHUPE	9 th	KOO
10	YAIL	10 th	SHIB






NORTH NORFOLK TAEKWONDO ACADEMY

Form 1 – Palgue Il Jang

	Starting in a ready position
	Turn to the left (90°) and slide the left foot into a left front stance while executing a low block with the left arm.
	Slide the right foot into a right front stance and execute a middle section inner block with the right arm.
	Pivoting on the ball of the left foot, turn right (180°) by moving the right foot into a right front stance while executing a low block with the right arm.
	With the right foot fixed, slide the left foot into a left front stance while executing a middle section inner block with the left arm.






	<p>Pivoting on the ball of the right foot, turn left (90°) by moving the left foot into a left front stance while executing a low block with the left arm.</p>
	<p>With the left foot fixed, move the right foot forward into a left back stance while executing a middle block to the inside with the right arm.</p>
	<p>With the right foot fixed, move the left foot forward into a right back stance while executing a middle block to the inside with the left arm.</p>
	<p>With the left foot fixed, slide the right foot forward into a right front stance while executing a middle section straight punch with the right fist. Kihap!</p>
	<p>Pivoting on the ball of the right foot, turn to the right (270°) by sliding the left foot into a right back stance while executing a double knife-hand block to the middle section.</p>
	<p>With the left foot fixed, move the right foot forward into a left back stance while executing a middle block to the inside section with the right arm.</p>







	<p>Pivoting on the ball of the left foot, turn to the right (180°) by sliding the right foot into a left back stance while executing a double knife-hand block to the middle section.</p>
	<p>With the right foot fixed, move the left foot forward into a right back stance while executing a middle block to the inside section with the left hand.</p>
	<p>Pivoting on the ball of the right foot, turn to the left (90°) by sliding the left foot into a left front stance while executing a low block with the left arm.</p>
	<p>With the left foot fixed, move the right foot into a right front stance while executing a right knife-hand neck attack.</p>
	<p>With the right foot fixed, move the left foot forward into a left front stance while executing a left knife-hand neck attack.</p>
	<p>With the left foot fixed, move the right foot into a right front stance while executing a middle section punch with the right fist. Kihap!</p>








	<p>Pivoting on the ball of the right foot, turn to the left (270°) by moving the left foot into a left front stance while executing a low block with the left arm.</p>
	<p>With the left foot fixed, move the right foot into a right front stance while executing a middle block to the inside section with the right arm.</p>
	<p>Pivoting on the ball of the left foot, turn right (180°) by sliding the right foot into a right front stance while executing a low block with the right arm.</p>
	<p>With the right foot fixed, move the left foot into a left front stance while executing a middle block to the inside section with the left arm.</p>
	<p>Turn to the left (90°) and assume the ready position.</p>







NORTH NORFOLK TAEKWONDO ACADEMY





Form 2 – Palgue Yi Jang

	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!







	Pivoting on the ball of the right foot, turn to the left (270°) by moving the left foot into a left front stance while executing a left high block with the left arm.
	With the left foot fixed, execute a front snap kick to the head section with the right foot.
	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 to the 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 middle section punch with the left fist.
	Pivoting on the ball of the right foot, turn to the left (90°) by moving the left foot into a right back stance while executing a low double hand block.







	<p>With the left foot fixed, move the right foot forward into a left back stance while executing a double outward middle block with the right arm.</p>
	<p>With the right foot fixed, move the left foot forward into a right back stance while executing an inside middle block with the left arm.</p>
	<p>With the left foot fixed, move the right foot forward into a right front stance while executing a middle section punch with the right fist. KIYAP!</p>
	<p>Pivoting on the ball of the right foot, turn to the left (270°) by moving the left foot into a left front stance while executing a high block with the left arm.</p>
	<p>With the left foot fixed, execute a head section front snap kick with the right foot,</p>
	<p>Step down into a right front stance while executing a middle section punch with the right fist.</p>







	<p>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.</p>
	<p>With the right foot fixed, execute a head section front snap kick with the left foot.</p>
	<p>Step down into a left front stance while executing a middle section straight punch with the left fist.</p>
	<p>Turn to the left (90°) and return to ready position</p>







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Form 3 – Palgue Sam Jang

	<p>Starting in the ready position...</p>
	<p>Turn to the left (90°) by sliding the left foot into a left front stance while executing a low block with the left arm.</p>
	<p>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.</p>
	<p>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 low block with the right hand.</p>
	<p>With the right foot fixed, move the left foot into a left front stance while executing a middle section straight punch with the left fist.</p>
	<p>Pivoting on the ball of the right foot, turn to the left (90°) by moving the left foot into a left front stance while executing a low block with the left arm.</p>






	<p>With the left foot fixed, move the right foot into a right front stance while executing a high block with the right arm.</p>
	<p>With the right foot fixed, move the left foot into a left front stance while executing a high block with the left arm.</p>
	<p>With the left foot fixed, move the right foot into a right front stance while executing a high section straight punch with the right fist. KIYAP!</p>
	<p>Pivoting on the ball of the right foot, turn to the left (270°) by moving the left foot into a right back stance while executing a double knife-hand block to the middle section.</p>
	<p>With the left foot fixed, move the right foot into a left back stance while executing another double knife-hand block to the middle section.</p>
	<p>Pivoting on the ball of the left foot, turn to the right (180°) by moving the right foot into a left back stance while executing yet another double knife-hand block to the middle section.</p>






	With the right foot fixed, move the left foot into a right back stance while executing one more double knife-hand block to the middle section.
	Pivoting on the ball of the right foot, turn to the left (90°) by moving the left foot into a right back stance while executing an outward middle block with the left arm.
	Leaving your feet in the same spot, turn the body to the right (180°) by moving the right foot into a left back stance while executing an outward middle block with the right arm.
	With the left foot fixed, move the right foot backward into a right back stance while executing an inside middle block with the left arm.
	Move the left foot backward into a left back stance while executing an inside middle block with the right arm.
	Move the right foot backward into a right back stance while executing an inside middle block with the left arm.







	<p>Leaving your feet in the same spot, turn the body to the right (180°) by moving the right foot into a left back stance while executing an outward middle block with the right arm.</p>
	<p>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.</p>
	<p>With the left foot fixed, move the right foot into a right front stance while executing a high section punch with the right fist.</p>
	<p>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.</p>
	<p>Move the left foot forward into a left front stance while executing a high section punch with the left fist. KIYAP!</p>
	<p>Turn to the left (90°) and return to ready position.</p>






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Form 4 – Palgue Sa Jang




	<p>Starting in the ready position...</p>
	<p>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.</p>
	<p>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.</p>
	<p>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.</p> <p>Bring both feet together and turn toward the front.</p>
	<p>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</p>

	<p>Sliding the right foot back into a tiger stance, execute a pull move (of the head) with the right hand and an upper punch with the left fist.</p>
	<p>Pivot the feet back into a ready stance while executing an outward knife-hand strike with the right arm. Be sure to keep the head turned to the right.</p>
	<p>Bring both feet together, then move the left foot forward into a right back stance while executing a double knife-hand</p>
	<p>With the left foot fixed, execute a high-section front snap kick with the right foot.</p>
	<p>Step down into a right front stance while executing a palm block with the left hand and a fingertip strike with the right hand.</p>

	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.
	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.
	Sliding the right foot back into a tiger stance, execute a pull move (of the head) with the right hand and an upper punch with the left fist.
	Pivot the feet back into a ready stance while executing an outward knife-hand strike with the right arm. Be sure to keep the head turned to the right.
	Move the left foot one step forward into a right back stance while executing a double knife-hand.
	Execute a high section front snap kick with the right foot.






	<p>Leaving your feet in the same spot, twist your upper body back while pulling your right hand back to the right side of your body.</p>
	<p>Immediately bring your left foot into a left front stance (180°) while executing an outer hammer fist with the left arm.</p>
	<p>With the left foot fixed, move the right foot forward into a right front stance while executing a middle section punch with the right fist.</p>
	<p>Pivoting on the ball of the right foot, turn the body to the left (270°) by moving the left foot into a right back stance while executing an outward middle block with the left hand and a high block with the right arm.</p>
	<p>Sliding the right foot back into a tiger stance, execute a pull move (of the head) with the right hand and an upper punch with the left fist.</p>






	<p>Step down into a right front stance while executing a palm block with the left hand and a fingertip strike with the right hand.</p>
	<p>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.</p>
	<p>Immediately bring your left foot into a left front stance (180°) while executing an outer hammer fist with the left arm.</p>
	<p>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.</p>
	<p>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.</p>
	<p>Turn 90° to the left, stepping into a left front stance while executing a middle section straight punch with the right fist.</p>







	<p>Turn back 90° to the right, keeping the right foot in place, pull the left foot into a horse stance while executing a low block with the right hand.</p>
	<p>Turn 90° to the right, stepping into a right front stance while executing a middle section straight punch with the left arm.</p>
	<p>Return to the ready position.</p>



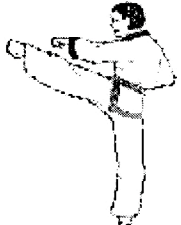



NORTH NORFOLK TAEKWONDO ACADEMY







Form 5 – Palgue Oh Jang







	<p>Starting in the ready position...</p>
	<p>Move the left foot back into a right front stance while executing a low block with the right arm and a middle section block with the left arm (scissor block)</p>
	<p>With the right foot fixed, move the left foot to the left (90°) into a right back stance while executing a left low section double knife-hand block.</p>
	<p>Pivoting on the ball of the left foot, move the right foot forward into a left back stance while executing a right middle-section double knife-hand block.</p>
	<p>With the left foot fixed, move the right foot backward into a right back stance while executing a middle section palm block with the left hand.</p>







	<p>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.</p>
	<p>Pivoting on the ball of the left foot, turn to the right (180°) by moving the right foot into a left back stance while executing a right low-section double knife-hand block.</p>
	<p>Pivoting on the ball of the right foot, move the left foot forward into a right back stance while executing a left middle-section double knife-hand block.</p>
	<p>Pivoting on the ball of the right foot, move the left foot one step back into a left back stance while executing a middle-section palm block with the right hand.</p>
	<p>With the right foot fixed, move the left foot into a left front stance while executing a middle-section punch with the left fist.</p>

	<p>Pivoting on the ball of the right foot, turn to the left (90°) by moving the left foot into a left front stance while executing a low-section block with the left arm and a middle-section outer block with the right arm (Scissor Block).</p>
	<p>With the left foot fixed, move the right foot into a right front stance while executing an outward middle-section double fist block with the right fist supported by the left fist at the elbow.</p>
	<p>With the right foot fixed, move the left foot into a left front stance while executing an outward middle-section double fist block with the left fist supported by the right fist at the elbow.</p>
	<p>With the left foot fixed, move the right foot into a right front stance while executing a middle-section palm block with the left hand and a fingertip strike with the right hand.</p>
	<p>Pivoting on the ball of the right foot, turn the body to the left (270°) by moving the left foot into a left front stance while executing an outward middle block with the left hand.</p>
	<p>Keeping both feet fixed, execute a middle-section straight double punch starting with the right fist</p>

	Then punch with your left fist.
	Keeping the right foot fixed, lift up the left foot to knee level and assume a right crane stance. Move the left fist to the right side of the body with the palm toward the body over the right fist.
	With the right foot fixed, execute a side kick with the left foot and a simultaneous punch with the left hand.
	Land in a left front stance while executing a right elbow strike.
	Pivoting on the ball of the left foot, move the right foot forward into a left back stance while executing a right middle-section double knife-hand block.
	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 an outward middle block with the right arm.

	Keeping the same stance, execute a middle-section straight double-punch starting with the left fist.
	Then punch with the right fist.
	Keeping the left foot fixed, lift up the right foot to knee level and assume a left crane stance. Move the right fist to the left side of the body with the palm toward the body over the left fist.
	With the left foot fixed, execute a right side kick with a simultaneous punch with the right hand.
	Land into a right front stance while executing a left elbow strike.
	Pivoting on the ball of the right foot, move the left foot forward into a right back stance while executing a left middle-section double knife-hand block.

	<p>Pivoting on the ball of the right foot, turn to the left (90°) by moving the left foot into a left front stance while executing a low block with the left arm and a middle-section block with the right arm (Scissor Block).</p>
	<p>Pivoting on the ball of the left foot, move the right foot forward into a left back stance while executing a double low block with the right arm.</p>
	<p>Pivoting on the ball of the right foot, move the left foot forward into a right back stance while executing a double low block with the left arm.</p>
	<p>Pivoting on the ball of the left foot, move the right foot into a right front stance while executing a middle-section straight punch with the right fist. KIYAP!!</p>
	<p>Pivoting on the ball of the right foot, turn to the left (270°) by moving the left foot into a right back stance while executing a left low-section knife-hand block.</p>
	<p>Pivoting on the ball of the left foot, move the right foot into a left back stance while executing a right middle-section double knife-hand block.</p>






	<p>With the left foot fixed, move the right foot back into a right back stance while executing a middle-section palm block with the left hand.</p>
	<p>Pivoting on the ball of the left foot, move the right foot into a right front stance while executing a middle-section straight punch with the right fist.</p>
	<p>Pivoting on the ball of the left foot, turn to the right (180°) by moving the right foot into a left back stance while executing a right low-section knife-hand block.</p>
	<p>Pivoting on the ball of the right foot, move the left foot into a right back stance while executing a left middle-section knife-hand block.</p>
	<p>Pivoting on the ball of the right foot, move the left foot back into a right back stance while executing a middle-section palm block with the right hand.</p>
	<p>With the right foot fixed, move the left foot into a left front stance while executing a middle-section straight punch with the left fist.</p>















Turn left (90°) and assume a ready position.







NORTH NORFOLK TAEKWONDO ACADEMY






Form 6 – Palgwe Yook Jang




	Starting in the ready position...
	Turn to the left (90°) by moving the left foot into a left back stance while executing a middle-section double knife-hand block.
	Execute a high-section front-snap kick with the right foot.
	Step down into a right front stance while executing a middle-section straight punch with the right fist.
	Pivoting on the ball of the left foot, turn the body to the right (180°) by moving the right foot into a left back stance while executing a middle-section double knife-hand block.

	With the right foot fixed, execute a high-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.
	Pivoting on the ball of the right foot, turn to the left (90°) by moving the left foot into a left front stance while executing a low block with the left arm.
	Without moving your feet, simultaneously execute a knife-hand high block with the left hand and a knife-hand neck attack with the right hand.
	With the left foot fixed, execute a high front-snap kick with the right foot.
	As you step down, jump forward with the right foot and move the left foot behind in a cross stance while executing a middle-section double-hand back fist.

	<p>Pivoting on the ball of the right foot, turn to the left (270°) by moving the left foot into a right back stance while executing a low double knife-hand block.</p>
	<p>Keeping the right foot fixed, slide the left foot into a left front stance while executing an outer wedge block.</p>
	<p>With the left foot fixed, execute a high-section front-snap kick with the right foot</p>
	<p>Step down into a right front stance while executing a middle-section double punch starting with the right fist.</p>
	<p>Then punch with the left fist.</p>
	<p>Pivoting on the ball of the left foot, turn to the right (180°) by moving the right foot into a left back stance while executing a low double knife-hand block.</p>






	Keeping the left foot fixed, slide the right foot into a right front stance while executing an outer wedge block.
	With the right foot fixed, execute a high-section front-snap kick with the left foot.
	Step down into a left front stance while executing a middle-section double-punch starting with the left fist.
	Then punch with the right fist.
	Pivoting on the ball of the right foot, turn to the left (90°) by moving the left foot into a right back stance while executing a middle-section double knife-hand block.
	Slide the left foot into a left front stance. Raise the left hand with the palm out in front of the head for a block (Rising Knife-block) while simultaneously executing a palm strike with the right hand.







	<p>With the left foot fixed, execute a high-section front-snap kick with the right foot.</p>
	<p>Step down into a right front stance while executing a back fist with the right hand. KIYAP!</p>
	<p>With the right foot fixed, execute a high-section front-snap kick with the left foot.</p>
	<p>Step down into a left front stance while executing a high block with the left hand.</p>
	<p>With the left foot fixed, execute a middle-section side kick with the right foot.</p>

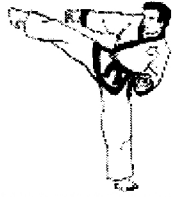

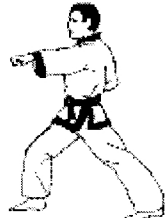



	<p>Drop down into a left back stance while executing a middle-section double knife-hand block.</p>
	<p>Pivoting on heels, turn the upper body to the left (180°) into a right back stance while executing a middle-section double knife-hand block.</p>
	<p>Return to ready position.</p>

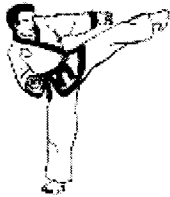





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Form 7 – Palgue Chil Jang




	Starting in a ready position...
	Move the left foot into a left front stance while executing low blocks with both hands.
	With the left foot fixed, execute a high front snap kick with the right foot.
	Step down into a right front stance while executing middle section blocks with both hands.
	With the right foot fixed, execute a front snap kick to the middle section with the left foot.

	Step down into a left front stance while executing a high X block.
	Execute a middle section side kick with the right foot.
	Step down into a left back stance while executing a middle section double knife-hand block.
	Pivoting on the ball of the right foot, turn to the left (270°) by moving the left foot into a right back stance while executing an outward middle block with the left hand.
	With the right foot fixed, move the left foot into a left front stance while executing a high section straight punch with the right fist.
	Staying in the same stance, execute a high block with the left arm. From the hip.

	Execute a middle section side kick with the right foot.
	Drop into a left back stance and execute a double knife-hand block to the low section.
	Slide the right foot into a right front stance while executing a middle section straight punch with the left fist.
	Pivoting on the ball of the left foot, turn to the right (180°) by moving the right foot into a left back stance while executing an outward middle block with the right arm.
	With the left foot fixed, move the right foot into a right front stance while executing a high section straight punch with the left fist.
	Staying in the same stance, execute a high block with the right arm. From the hip.






	<p>Execute a middle section side kick with the left foot.</p>
	<p>Step down into a right back stance while executing a double knife-hand block to the low section.</p>
	<p>With the right foot fixed, move the left foot into a left front stance while executing a middle section punch with the right fist.</p>
	<p>Pivoting on the ball of the right foot, turn to the left (90°) by moving the left foot into a left front stance while executing a low X block.</p>
	<p>Keeping your feet in the same stance, execute a high X block.</p>
	<p>Twisting your right hand as if to grab, pull it back toward your body and immediately execute a middle section straight punch with the right fist. KIYAP!</p>







	<p>Pivoting on the balls of your foot, turn the body to the left (360°) as you shift into a horse stance while executing a low block.</p>
	<p>With the right foot fixed, twist the upper body to the left and slide the left foot into a left front stance while executing a high section outer knife-hand strike with the left hand.</p> <p>Turn hand over with palm facing inwards.</p>
	<p>Pivoting on the ball of the left foot, turn to the left (90°) while executing a right inner crescent kick to the left palm.</p>
	<p>Drop the right foot into a horse stance while executing a right elbow strike.</p>
	<p>Slide right one step sideways while keeping the horse stance position. Execute a side block to the high section with the right hand and a side block to the low section with the left hand.</p>







	<p>Slide sideways to the right once more. Shift your upper body into a right back stance while executing a middle section double knife-hand block.</p>
	<p>Keeping the right foot fixed, move the left foot into a left front stance while executing a middle section punch with the right fist. KIYAP!</p>
	<p>Bring the left foot back into a ready position.</p>



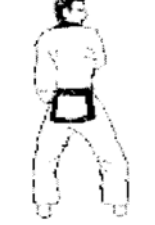



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Form 8 – Palgue Pal Jang







	<p>Starting in the ready position...</p>
	<p>Turn to the left (90°) by moving the left foot into a left front stance while executing a low block with the left hand.</p> <p>Twist left hand inwards and upwards.</p>
	<p>Keeping the right foot in place, pull the left foot back into an ease stance while you turn your upper body slightly to the left while executing a left hammer fist.</p>
	<p>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.</p>
	<p>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 low block with the right hand.</p> <p>Twist right hand inwards and upwards.</p>







	<p>Keeping the left foot in place, pull the right foot into a ease stance while you turn your upper body slightly to the right while executing a hammer fist with the right hand.</p>
	<p>With the right foot fixed, move the left foot into a left front stance while executing a middle-section straight punch with the left fist.</p>
	<p>Pivoting on the ball of the right foot, turn to the left (90°) by moving the left foot into a right back stance while executing a middle-section double knife-hand block.</p>
	<p>With the left foot fixed, move the right foot into a right front stance while executing a palm block with the left hand and a fingertip strike with the right hand</p>
	<p>Keeping your feet in place, twist your upper body to the left...</p>
	<p>...and pull back your right hand to the right side of your body. Hip area with back of hand against hip.</p>




	<p>Pivoting on the ball of the right foot, twist back (180°) and move the left foot into a right back stance while executing a back fist with the left hand</p>
	<p>With the left foot fixed, move the right foot into a right front stance while executing a high-section straight punch with the right fist. KIYAP!</p>
	<p>Pivoting on the ball of the right foot, turn to the left (270°) by moving the left foot into a right back stance. Bring the left fist to the left side of your body while the right arm comes across your chest.</p>
	<p>Execute an outer knife-hand strike with the left hand</p>
	<p>With the right foot fixed, bring your left foot back into a horse stance while pulling your left hand toward your chest.</p>
	<p>With the right foot fixed, move the left foot slightly to the left, still keeping a horse stance, and execute a left elbow strike</p>

	<p>With the right foot fixed, turn to the left (90°) by moving the left foot into a left front stance while executing a middle-section outer block with the left arm.</p>
	<p>Keeping the same stance, execute a middle-section straight punch with the right fist.</p>
	<p>With the right foot fixed, turn to the right (90°) by sliding your left foot into a horse stance. Bring the left fist to the left side of your body while the right arm comes across your chest.</p>
	<p>With the left foot fixed, turn to the right (90°) by moving the right foot into a left back stance while executing an outer knife-hand strike with the right hand.</p>
	<p>With the left foot fixed, bring your right foot back into a horse stance while pulling your hand back toward your chest.</p>
	<p>With the left foot fixed, move the right foot slightly to the right, still keeping a horse stance, and execute a right elbow strike.</p>

	<p>Move the right foot into a right front stance while executing an outward middle block with the right arm.</p>
	<p>Keeping the same stance, execute a middle-section punch with the left fist.</p>
	<p>Return to a horse stance by turning your body to the left (90°). Bring your right hand to the right side of your body while your left hand comes across your chest.</p>
	<p>Pivoting on your right foot, turn to the right (90°) and lift your left foot up to the knee-level of the right leg (crane stance).</p>
	<p>Simultaneously execute a side kick with the left foot</p>
	<p>Drop into a left front stance and immediately execute a right elbow strike to the palm of the left hand.</p>

	<p>Turn the body to the right (90°) by pulling the right foot back into a horse stance. Bring your left hand to the left side of your body while your right arm comes across your chest.</p>
	<p>Lift your right foot up to the knee-level of your left leg (crane stance).</p>
	<p>Execute a middle-section side kick with your right foot</p>
	<p>Drop into a right front stance and immediately execute a left elbow strike to the palm of your right hand.</p>
	<p>Pivoting on the ball of your right foot, turn to the left (180°) and bring the left foot into a left front stance while executing a middle-section double chest block.</p>
	<p>...followed by a double upper punch to the ribs.</p>

	<p>Move the right foot into a right front stance while executing a middle-section double chest block.</p>
	<p>followed by a double upper punch to the ribs.</p>
	<p>Step forward with the left foot into a right back stance while executing a middle-section inner knife-hand with the left hand. Follow with palm low block with the left hand.</p>
	<p>Pivoting on the left foot, turn to the right (180°) into a horse stance while executing a right elbow strike.</p>
	<p>Pivoting on the ball of the right foot, turn to the left (90°) and bring the left foot next to the right foot. At the chest level, cross your open hands together and slowly point them downward. At halfway to your navel level, snap your hands completely downward in a V shape.</p>
	<p>With the right foot fixed, move the left foot to the left until you are in a horse stance. Bring the upper arms in line with the shoulders--your fingertips barely touching, and your palms facing down.</p>

	<p>Slide to the right, still keeping the horse stance, and execute a left hand hook punch over the right shoulder and a backward right elbow strike.</p>
	<p>Slide to the left, still keeping the horse stance, and execute a right hand hook punch over the left shoulder and a backward left elbow strike. KIYAP!</p>
	<p>Move your left foot back in and return to ready position.</p>