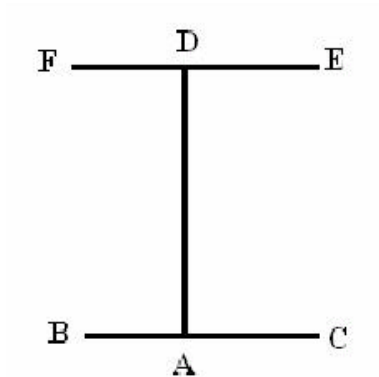


PALGAY 2 (PALGAY YI JANG)



TOWARD B:

1. Pivot 90 degrees L on R foot into LF Stance w/ L High Block
2. Step forward w/ R Center Kick (to head) then form RF Stance w/ R Center Punch

TOWARD C:

1. Pivot 180 degrees CW on L foot into RF Stance w/ R High Block
2. Step forward w/ L Center Kick (to head) then form LF Stance w/ L Center Punch

TOWARD D:

1. Pivot 90 degrees L on R foot into LB Stance w/ L Double Down Knife-hand Block (R hand open, palm up, in front of groin)
2. Step forward into RB Stance w/ R Knife-hand Block
3. Step forward into LF Stance w/ L High Block
4. Step forward into RF Stance w/ R Center Punch - **KIHAP!**

TOWARD E:

1. Pivot 270 degrees CCW on R foot into LF Stance w/ L High Block
2. Step forward w/ R Center Kick then form RF Stance w/ R Center Punch

TOWARD F:

1. Pivot 180 degrees CW on L foot into RF Stance w/ R High Block
2. Step forward w/ L Center Kick then form LF Stance w/ L Center Punch

TOWARD A:

1. Pivot 90 degrees L on R foot into LB stance w/ L Double Down Fist Block (R hand fisted, palm up, in front of groin)
2. Step forward into RB Stance w/ R Reinforced Center Block
3. Step forward into LB Stance w/ L Outside Block
4. Step forward into RF Stance w/ R Center Punch - **KIHAP!**

TOWARD B:

1. Pivot 270 degrees CCW on R foot into LF Stance w/ L High Block
2. Step forward w/ R Center Kick (head high) then form RF Stance w/ R Center Punch

TOWARD C:

1. Pivot 180 degrees CW on L foot into RF Stance w/ R High Block
2. Step forward w/ L Center Kick (head high) then form LF Stance w/ L Center Punch –
KIHAP!

Bring L foot to R foot, CHUNBI