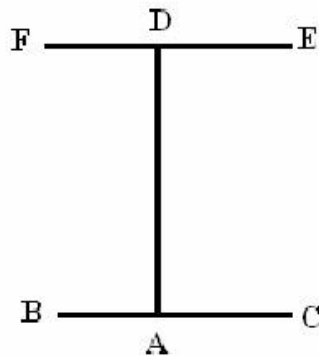


PALGAY 3 (PALGAY SAM JANG)



TOWARD B:

1. Pivot 90 degrees L on R foot into LF Stance w/ L Down Block
2. Step forward into RF Stance w/ R Center Punch

TOWARD C:

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

TOWARD D:

1. Pivot 90 degrees L on R foot into LF Stance w/ L Down Block
2. Step forward into RF Stance w/ R High Block
3. Step forward into LF Stance w/ L High Block
4. Step forward into RF Stance w/ R High Punch - **KIHAP!**

TOWARD E:

1. Pivot 270 degrees CCW on R foot into LB Stance w/ L Knife-hand Block
2. Step forward into RB Stance w/ R Knife-hand Block

TOWARD F:

1. Pivot 180 degrees CW on L foot into RB Stance w/ R Knife-hand Block
2. Step forward into LB Stance w/ L Knife-hand Block

TOWARD A:

1. Pivot 90 degrees CCW on R foot into LB Stance w/ L Center Block (L foot stomp)
2. Pivot 180 degrees CW on L foot into RB Stance w/ R Center Block (R foot stomp)
3. Step backward into LB Stance w/ L Outside Block (R hand grabs and pulls)
4. Step backward into RB Stance w/ R Outside Block (L hand grabs and pulls)
5. Step backward into LB Stance w/ L Outside Block (R hand grabs and pulls)
6. Pivot 180 degrees CW on L foot into RB Stance w/ R Center Block (R foot stomp)

TOWARD B:

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

TOWARD C:

1. Pivot 180 degrees CW on L foot into RF Stance w/ R High Block
2. Step forward into LF Stance w/ L High Punch - ***KIHAP!***

Bring L foot to R foot, CHUNBI