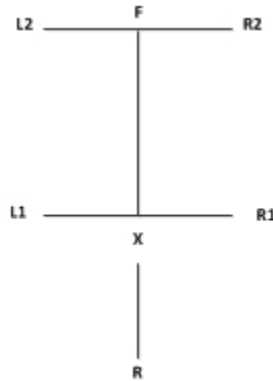


## LOW BLUE BELT FORM - Pal Gwe Oh Chang

This form is a demonstration in each distinct move as well as stopping power.



From Choon-bi at X:

- 1) Move left leg backward toward R, front stance, simultaneously do a right hand low block with right hand and left hand middle block. This blocks a punch and a kick at the same time.
- 2) Pivot left toward L1, back stance, left low double knife hand block.
- 3) Step forward, back stance, right double knife hand block.
- 4) Step backward, back stance, push block with left hand (big motion).
- 5) Step forward, front stance, right hand middle punch.
- 6) Pivot right toward R1, back stance, right low double knife hand block.
- 7) Step forward, back stance, left double knife hand block.
- 8) Step backward, back stance, push block with right hand (big motion).
- 9) Step forward, front stance, left hand middle punch.
- 10) Pivot left toward F, left leg moves to a front stance; simultaneously do a left hand low block with the left hand and a right hand middle block.
- 11) Step forward, front stance, right back fist. Left hand is a finger away from the right elbow. Fists start at left waist (palms downward) with the knuckles facing each other, and then the right arm moves in a circular manner with the back of the fist "striking right under tile nose." Back hand comes very close to your head.
- 12) Step forward, front stance, left backlist. Opposite from before.
- 13) Push block with left hand, step forward into an extended front stance, right hand stab, KIHAP.
- 14) Pivot left toward R2, front stance, left middle block.
- 15) Double punch (right, left).
- 16) Ready position - body and right foot faces X, left leg bends upward with left foot on right knee, right fist is palm upward on right waist, left fist is above right fist palm facing backward.
- 17) Simultaneously, do a high side kick with left leg toward R2 and a high punch with left hand. As kick falls, open left fist up (palm to the right). When left leg hits the deck in a front stance, pull "head" in with left hand, smack "head" with right elbow, right fist is tucked in left elbow.
- 18) Step forward, back stance, right double knife hand block.
- 19) Pivot right toward L2, front stance, right middle block.
- 20) Double punch (left, right).
- 21) Ready position - opposite from before.
- 22) Simultaneously, do a high side kick with right leg toward L2 and a high punch with right hand. As kick falls, open right fist up (palm to the left). When right leg hits tile deck in a front stance, pull "head" in with right hand, smack "head" with left elbow, left fist is tucked in right elbow.

- 23) Step forward, back stance, left double knife hand block.
- 24) Pivot left toward X, left leg moves to a front stance; simultaneously do a left hand low block with left hand and a right hand middle block.
- 25) Step forward, back stance, right low double fist block.
- 26) Step forward, back stance, left low double fist block.
- 27) Step forward, front stance, right hand middle punch. KHIAP.
- 28) Pivot left toward L1, back stance, left low double knife hand block.
- 29) Step forward, back stance, right double knife hand block.
- 30) Step forward, back stance, push block with left hand (big motion).
- 31) Step forward, front stance, right hand middle punch.
- 32) Pivot right toward R1, back stance, right low double knife hand block.
- 33) Step forward, back stance, left double knife hand block.
- 34) Step backward, back stance, push block with right hand (big motion).
- 35) Step forward, front stance, left hand middle punch.