

## Palgwe Oh-jang (five)

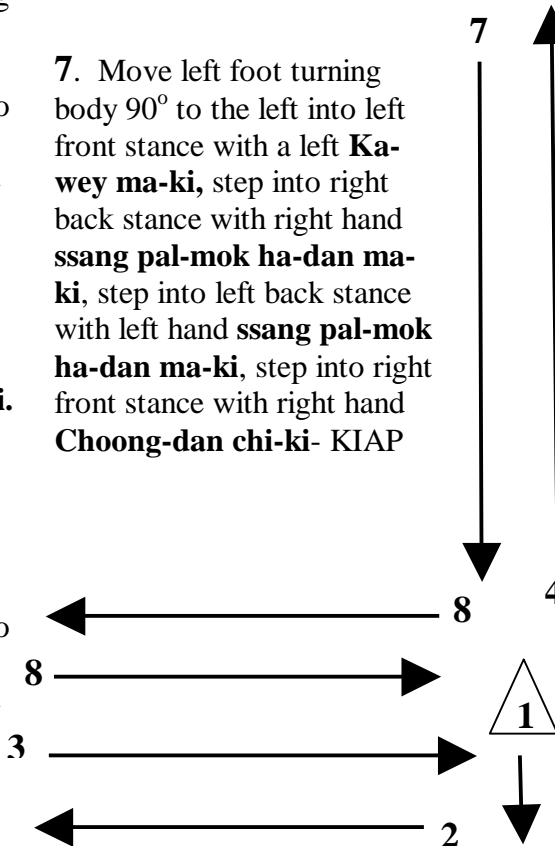
**Kay-we ma-ki** scissor block    **Pal gum chi chi-ki** elbow strike  
**Sang stohl ha-dan ma-ki** double knifehand down block  
**Stohl ta-bi ma-ki** knifehand guarding block  
**Doo pal-mok ma-ki** twin forearms block  
**Kwon-su chiru-ki** spearhand strike    **Nu-lo ma-ki** press block  
**Aon pal-mok ma-ki** inside forearm block  
**Yup joo-muk naeryun chi-gi** side hammerfist  
**Choong-dan chi-gi** middle punch  
**Ssang pal-mok ha-dan ma-ki** double fists down block

5. Move left foot turning 270° to left into a left front stance with left hand **Aon pal-mok mak-ki** followed by right **Choong-dan chi-ki** quickly followed by left **Choong-dan chi-ki**. Raise left foot to crane stance while stacking left over right fist on right side, execute left **Yup cha-gi** with a simultaneous left hand **Yup joo-muk naeryun chi-gi**, set into left front stance with right shoulder level **Pal gum chi chi-ki** to left palm, step into right back stance with **Stohl ta-bi ma-ki**.

8. Move left foot turning 270° to the left into back stance with **Ssang stohl ha-dan mak-ki**, step into right back stance with **Stohl ta-bi ma-ki**, move right foot **back** into left back stance with left hand **nu-lo ma-ki**, step with right foot into right front stance with right hand **Choong dan chi-ki**.

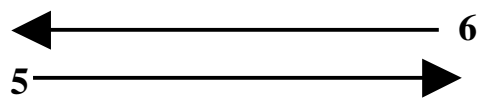
9. Move right foot turning body 180° to the right into right back stance with **Ssang stohl ha-dan mak-ki**, step into left back stance with **Stohl ta-bi ma-ki**, move left foot **back** into right back stance with right hand **nu-lo ma-ki**, step with left foot into left front stance with left hand **Choong dan chi-ki**.

7. Move left foot turning body 90° to the left into left front stance with a left **Ka-wey ma-ki**, step into right back stance with right hand **ssang pal-mok ha-dan ma-ki**, step into left back stance with left hand **ssang pal-mok ha-dan ma-ki**, step into right front stance with right hand **Choong-dan chi-ki** - KIAP



1. Move left foot **back** to a right front stance with right **Ka-wey mak-ki**.

6. Move right foot turning body 180° to the right into a right front stance with right hand **Aon pal-mok mak-ki** followed by left **Choong-dan chi-ki** quickly followed by right **Choong-dan chi-ki**. Raise right foot to crane stance while stacking right over left fist on left side, execute right **Yup cha-gi** with a simultaneous right hand **Yup joo-muk naeryun chi-gi**, set into right front stance with left shoulder level **Pal gum chi chi-ki** to right palm, step into left back stance with **Stohl ta-bi ma-ki**.



4. Move left foot turning body 90° to the left foot into left front stance with a left **Ka-wey ma-ki**, step into right front stance with right hand **doo pal-mok ma-ki**, step into left front stance with left hand **doo pal-mok ma-ki**, step into right front stance stomping the right foot with **Kwon-su chiru-ki** - KIAP

3. Move right foot turning body 180° to the right into right back stance with **Ssang stohl ha-dan mak-ki**, step into left back stance with **Stohl ta-bi ma-ki**, move left foot **back** into right back stance with right hand **nu-lo ma-ki**, step with left foot into left front stance with left hand **Choong dan chi-ki**.

2. Move left foot turning 90° to left into a left back stance with **Ssang stohl ha-dan mak-ki**, step into right back stance with **Stohl ta-bi ma-ki**, move right foot **back** into left back stance with left hand **nu-lo ma-ki**, step with right foot into right front stance with right hand **Choong dan chi-ki**.