

PALGWE SA JANG #4

MEANING “SPEAK RIGHTLY”

MOVEMENTS:	24	PUNCHES:	8
KICKS:	2	KI-UP:	2

Face North to Start

1. Left turn (West) – Left Back Stance – Left Hand Middle Block Right Hand High Block.
2. Maintain Back Stance – Right Fist Upper Cut – Pull back left fist towards shoulder.
3. Assume Ready Stance – Simultaneously execute a Left Knife Hand – Strike Outward to the side with left hand – Pull Right fist back to hip – Palm up.
4. Shift left foot to right foot position – Simultaneously lower BOTH fists to left hip and focus eyes to the right. Step up Right Back Stance – Left Hand Middle Block Right Hand High Block.
5. Maintain Back Stance – Left fist Upper Cut – Pull back right fist towards shoulder.
6. Simultaneously execute a Right Knife Hand – Strike outward to the side with right hand. Palm down – left fist to hip palm up.
7. Left turn (North) – Left Back Stance – Double Knife hand Middle Block.
8. Right Front Kick into Right Front Stance – Simultaneously execute a Palm Down Block with Left hand and Spear Finger. Thrust with Right Hand.
(Note) At end of motion, Right Spear hand is extended at Solar Plexus level and left hand is OPEN, Palm DOWN –INMEDIATELY under Right Elbow.
9. Left turn 360 degrees – Left Front Stance – Left Hammer Fist (Note) While making 360 degrees turn TWIST Right Spear Finger hand BEHIND your Right Leg and SLAP the Back of you Right Leg with the Back or your Right hand.
10. Step up – Right Front Stance – Right Middle Punch – KI-UP.
11. Left turn 270 degrees (East) – Left Back Stance – Left Hand Middle Block – Right Hand Block.
12. Maintain Back Stance – Right Fist Upper Cut – Pull back left fist towards shoulder.
13. ASSUME READY STANCE –Simultaneously execute a Left Knife Hand Strike Outward – to the side with right hand – palm down.
14. Shift left foot to Right Foot Position – Simultaneously lower fists to left hip – and focus eyes to the Right Step-up Right Back Stance – Left Hand Middle Block – Right Hand High Block.
15. Maintain Back Stance – Left Fist Upper Cut – Pull back right fist towards left shoulder.

16. **ASSUME READY STANCE** –Simultaneously execute a **Right Knife Hand Strike Outward** – to the side with right hand – palm down.
17. **Left turn (South)** – **Left Back Stance** – **Double Knife Hand Middle Block**.
18. **Right Front Snap Kick** into a **Right Front Stance** – Simultaneously a **Palm Down Block** – with left hand and **Spear Finger** with right hand.
19. **Turn left 360 degrees** – into **Left Front Stance** – **Left Hammer Fist (Note...)** While turning **BEND** elbow and bring right forearm close to chest.
20. **Step up Right Front Stance** – **Right Punch KI-UP**.
21. **Left turn 270 degrees COUNTER CLOCKWISE (West)** – **ASSUME HORSE STANCE**. Simultaneously execute a **Left Low Block** – At the **SAME** time – Pull right fist into position, **Palm Up** – beside right hip.
22. **Shift left foot straight back a half step** – **ASSUME LEFT FRONT STANCE** – Simultaneously execute a **Right Middle Punch**.
23. **Step up with left foot to Horse Stance** and execute a **Right Low Block**.
24. **Shift right foot straight back a half step** –**ASSUME RIGHT FRONT STANCE** – Simultaneously execute a left **Middle Punch** with left fist. **Pivoting on left foot, turn 90 degrees to face NORTH**.

ASSUME READY STANCE.....(Slide right foot into position parallel to and one shoulder width from left foot).