

Palgue 1 (1-8)

Only adult students are required to learn Palgue 1

Down Block	Ready left hand by right ear. Turn to the left 90°. Step with left foot into a front stance. Down block with left hand.
Outside Block	Ready right hand across body. Step forward with right foot into a front stance. Outside block with right hand.
Down Block	Ready right hand by left ear. Turn to the right 180°. Step into a front stance. Down block with right hand.
Outside Block	Ready left hand across body. Step forward with left foot into a front stance. Outside block with left hand.
Down Block	Ready left hand by right ear. Turn to the left 90°. Step with left foot into a front stance. Down block with left hand.
Outside Block	Ready right hand across body. Step forward with right foot into a back stance. Outside block with right hand.
Outside Block	Ready left hand across body. Step forward with left foot into a back stance. Outside block with left hand.
Punch	Step forward with right foot into a front stance. Punch with right hand and shout

Self Defense 2: Lapel Grab

Strike to the eardrums of your opponent. Strike to the hands and step back with the right leg.
Ridge hand to the temple with the left hand, grab and pull into an uppercut with the right hand.
Front kick to the groin and shout

Roundhouse Kick Combination

Rear leg roundhouse kick,
Sliding roundhouse kick,
Jump Roundhouse kick,
Pop-up Roundhouse kick,
Jab/Punch, shout

One-Step Sparring #2

Step to the right,
Front kick with the left leg,
Pop-Up Front kick with the right leg,
Jab/Punch, shout