

## Form # 4. Palgwe Il Jang

### ***Feature: knife hand strike***

1. Low block (front stand)
2. Out to in middle block
3. Low block
4. Out to in middle block
5. Turn left low block
6. Out to in middle block
7. Out to in middle block
8. Middle punch
9. Turn left double knife hand middle block
10. Out to in middle block
11. Double knife hand middle block
12. Out to in middle block
13. Turn left low block
14. Knife hand strike (1)
15. Knife hand strike (2)
16. Middle punch
17. Turn left low block
18. Out to in middle block
19. Low block
20. Out to in middle block