

## Form # 6. Palgwe Sam Jang

### **Feature: TURN BACK**

1. Low block (front stand)
2. Middle punch
3. Low block
4. Middle punch
5. Turn left low block
6. High block
7. High block
8. Face punch
9. 270 turn left
10. Turn left double knife hand middle block
11. Double knife hand middle block
12. Double knife hand middle block
13. 180 turn right
14. Double knife hand middle block
15. Turn left into out middle block
16. TURN into out middle block
17. BACK out to in middle block (1)
18. BACK out to in middle block (2)
19. BACK out to in middle block (3)
20. TURN into out middle block
21. Turn left high block
22. Face punch
23. High block
24. Face punch