

PAL GAE IL JANG

12
MIDDLE BLOCK
LBS

11
DOUBLE KNIFEHAND
MIDDLE BLOCK
RBS

9
DOUBLE KNIFEHAND
MIDDLE BLOCK
LBS

10
MIDDLE BLOCK
RBS

13
DOWN BLOCK
LFS

8
MIDDLE PUNCH *
RFS

14
KNIFEHAND STRIKE
RFS

7
MIDDLE BLOCK
LBS

15
KNIFEHAND STRIKE
LFS

6
MIDDLE BLOCK
RBS

16
MIDDLE PUNCH *
RFS

5
DOWN BLOCK
LFS

18
MIDDLE BLOCK
RFS

17
DOWN BLOCK
LFS

19
DOWN BLOCK
RFS

20
MIDDLE BLOCK
LFS

2
MIDDLE BLOCK
RFS

1
DOWN BLOCK
LFS

3
DOWN BLOCK
RFS

4
MIDDLE BLOCK
LFS