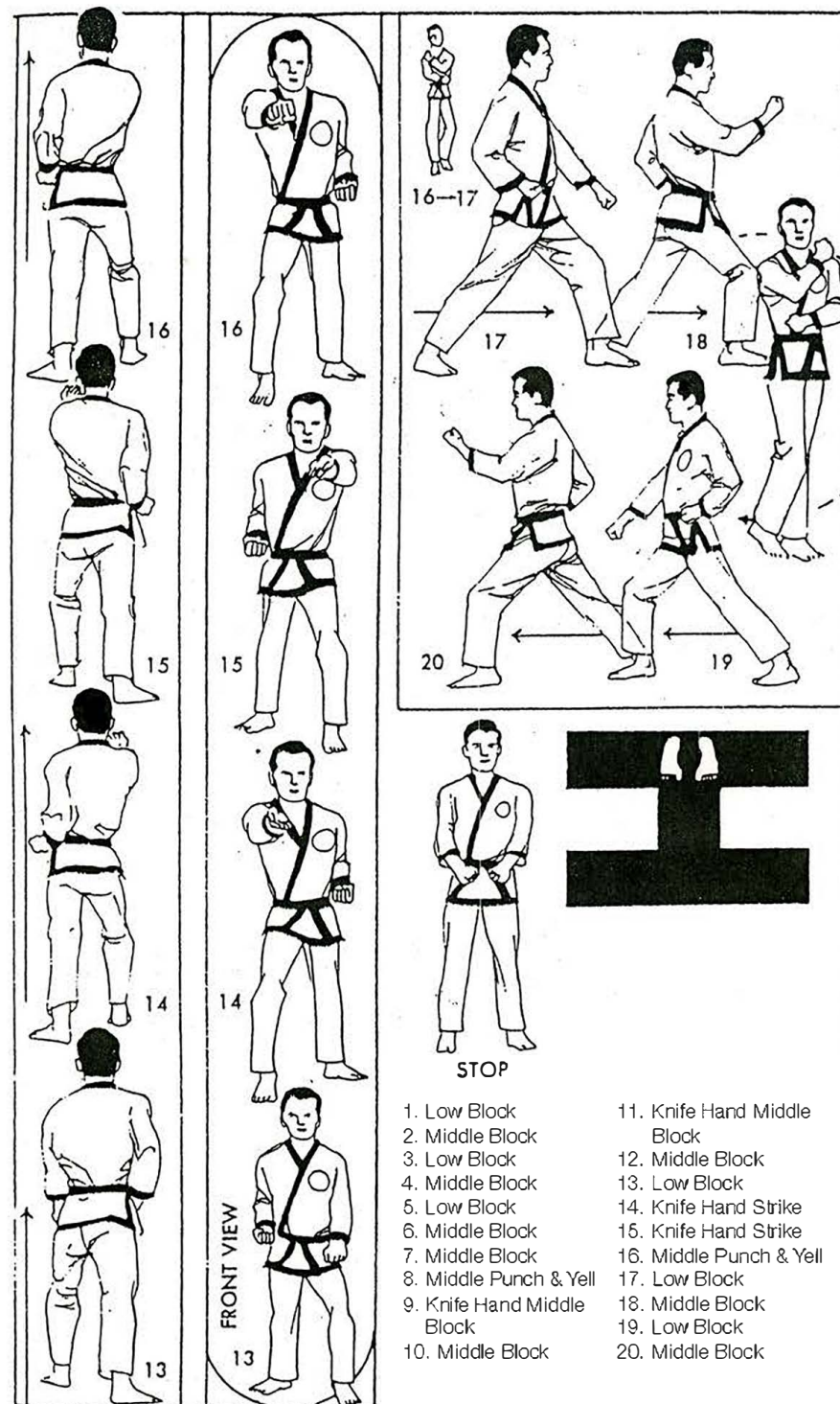
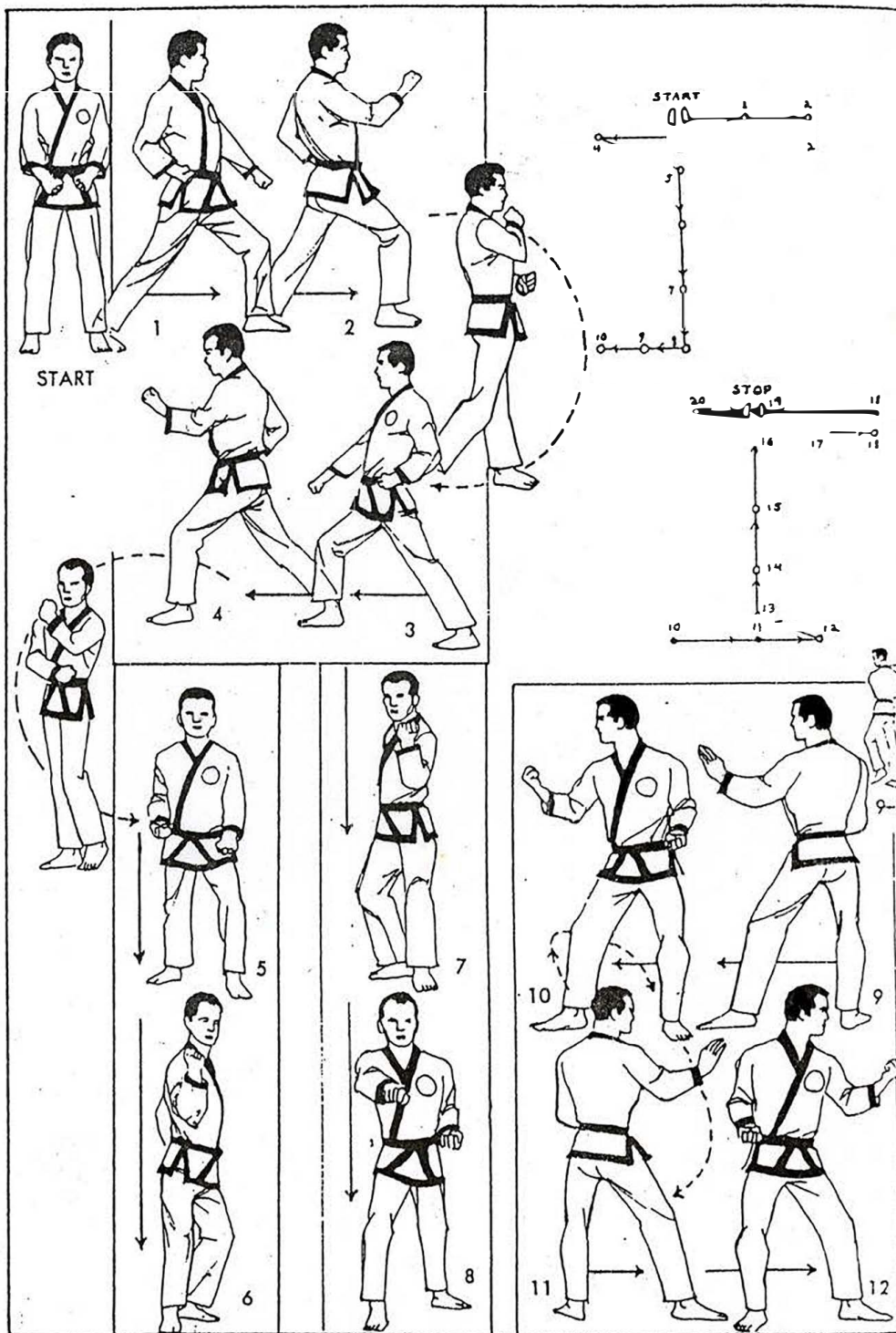
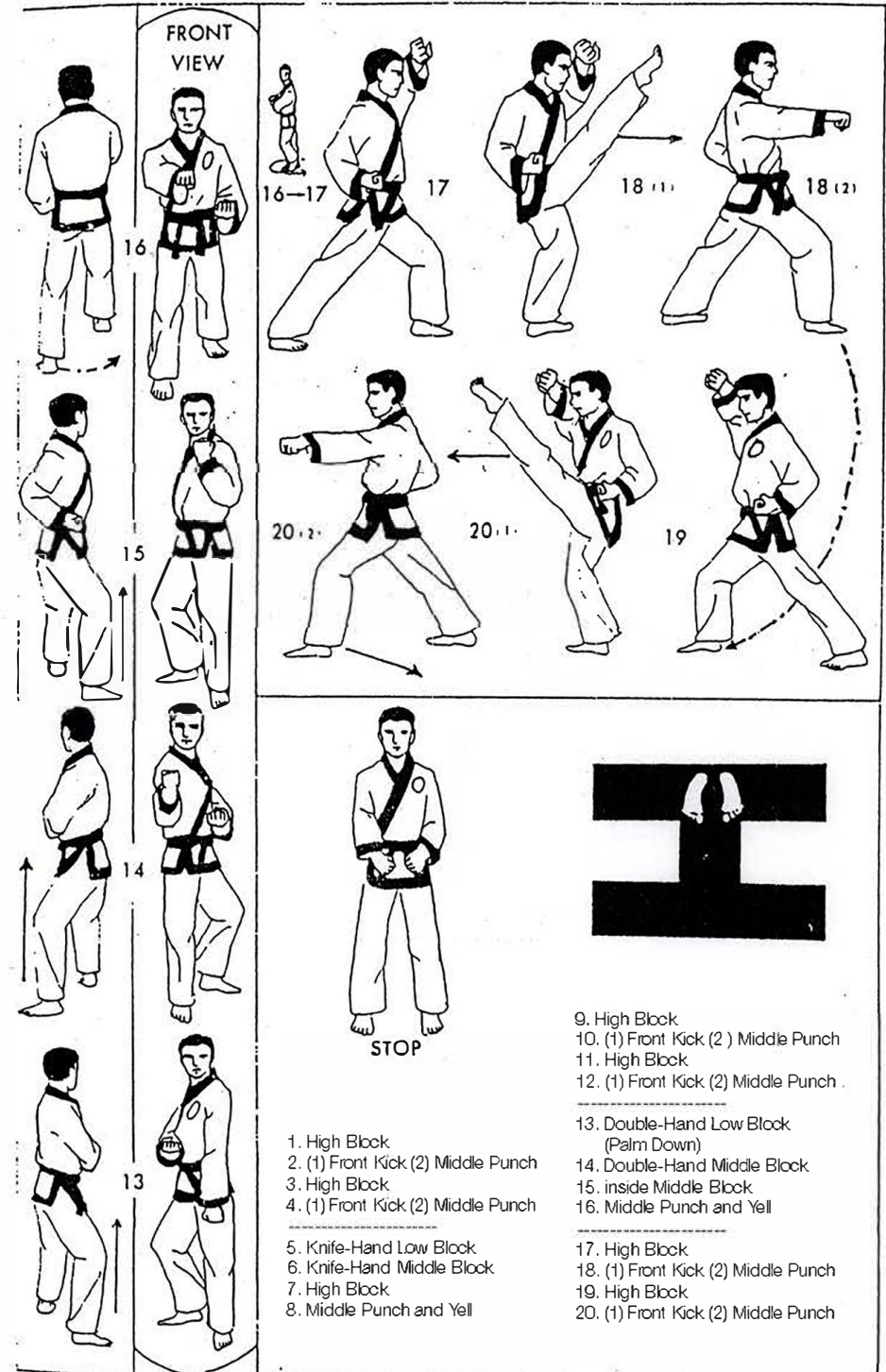
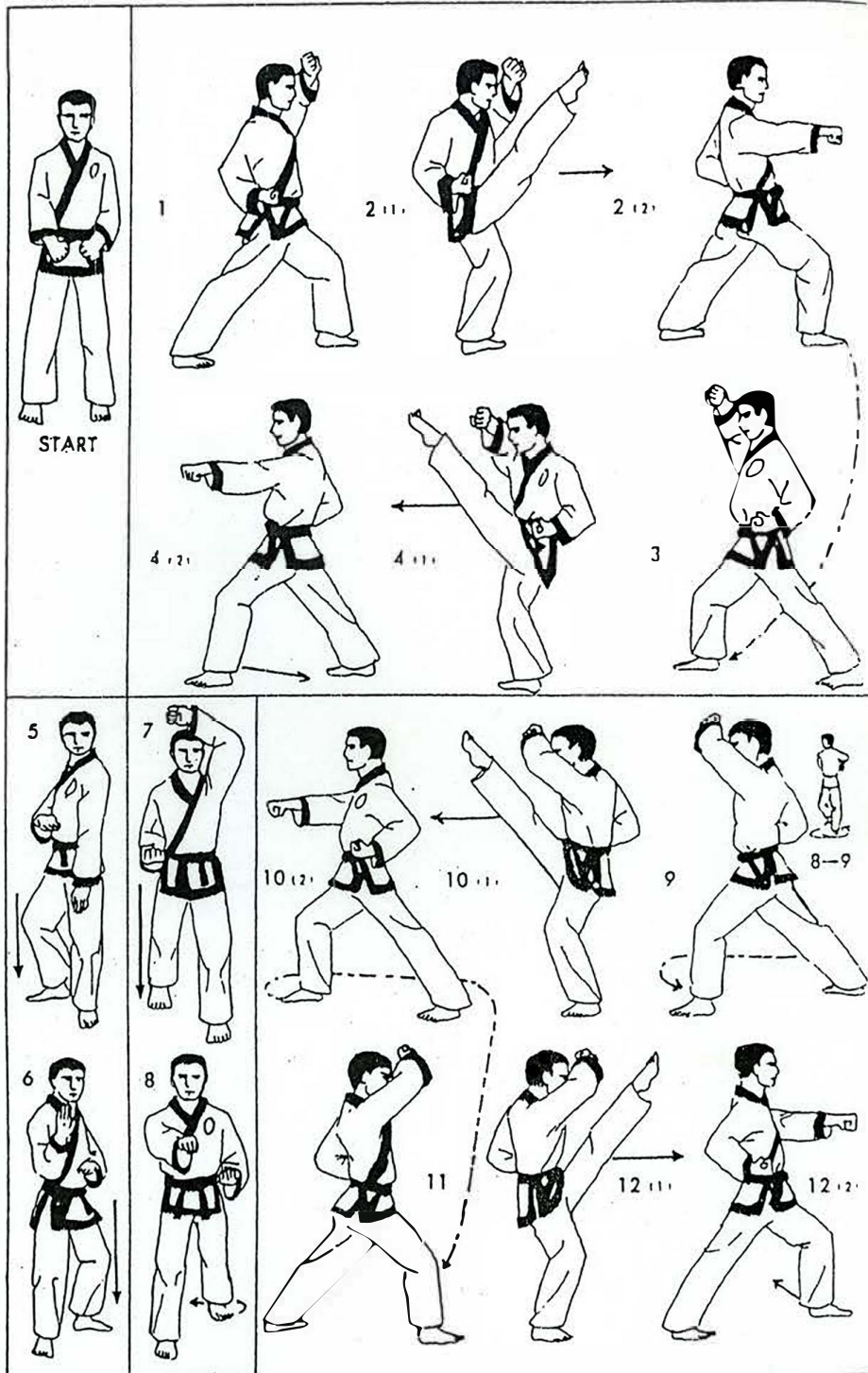


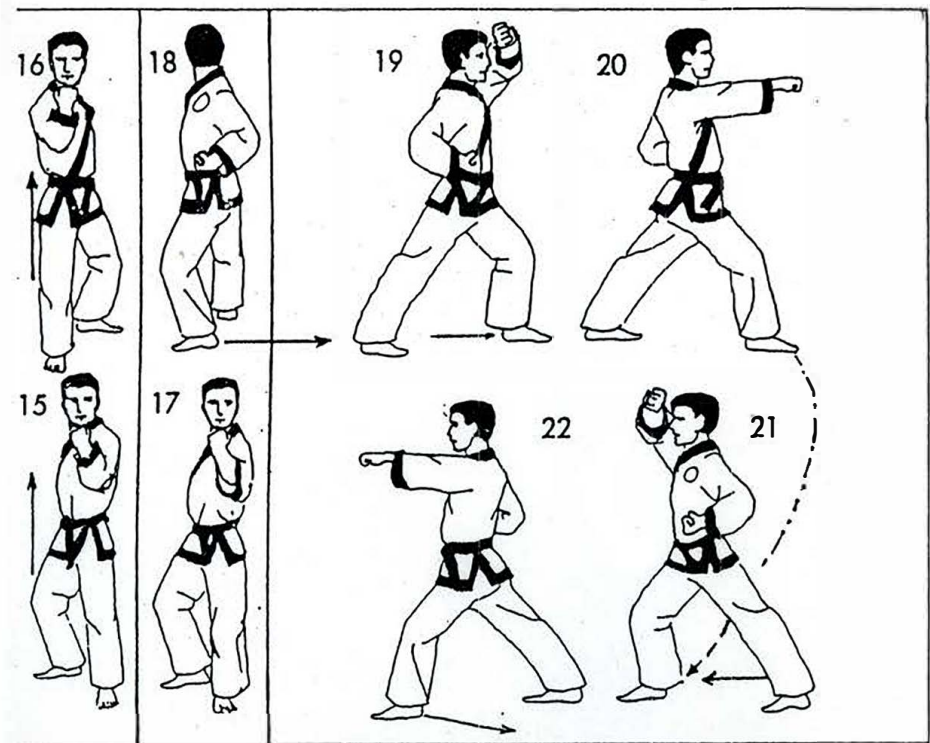
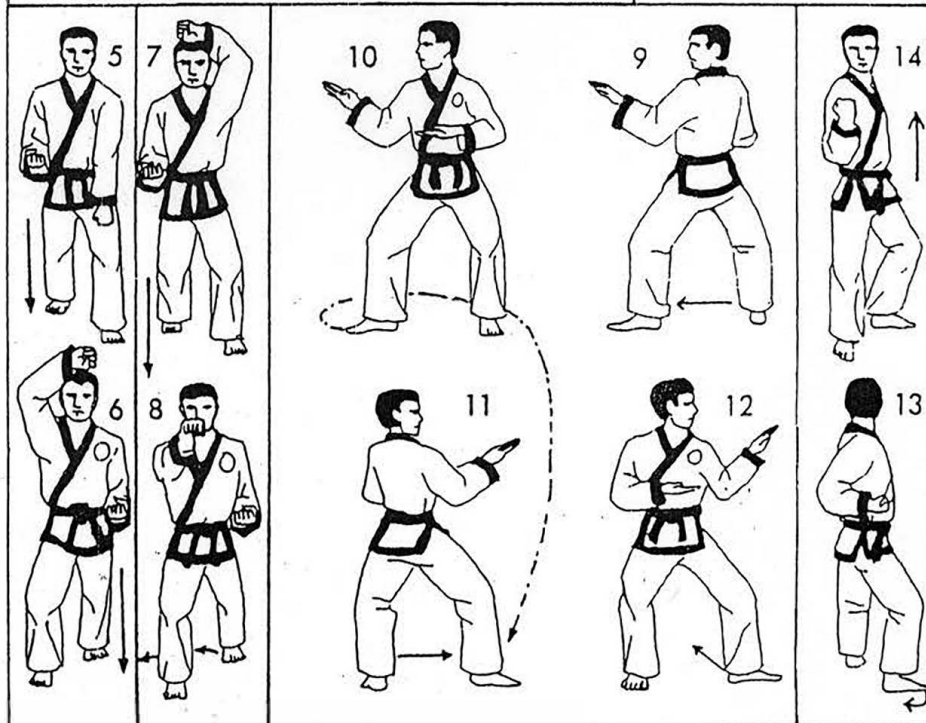
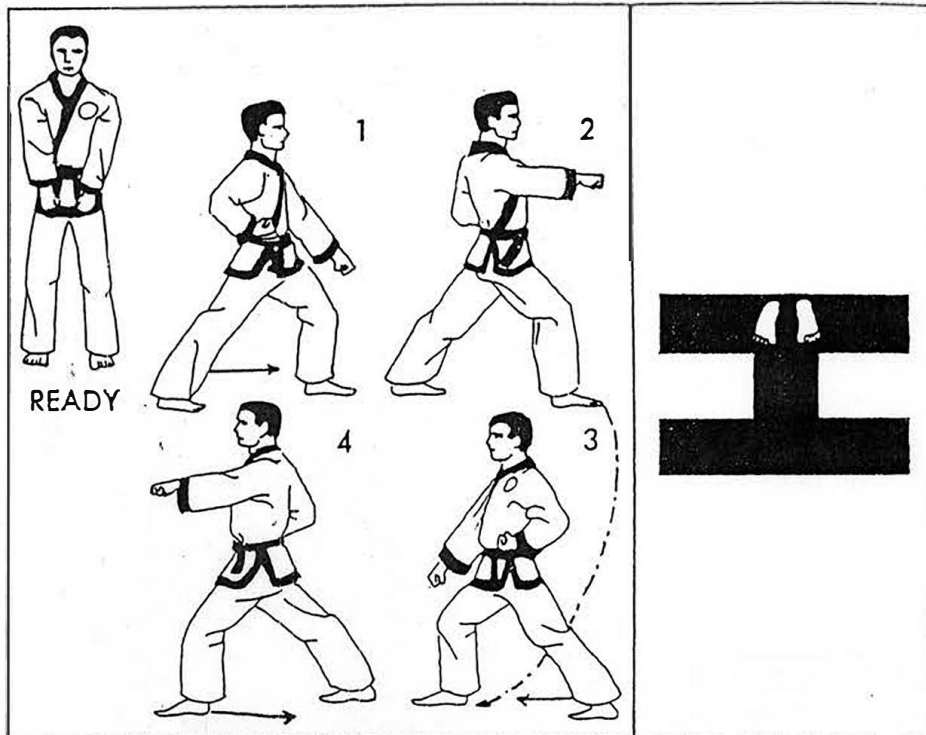
PAL-GWE 1



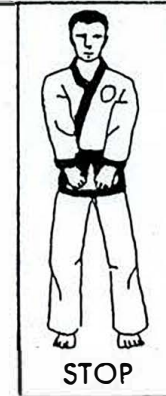
- | | |
|----------------------------|-----------------------------|
| 1. Low Block | 11. Knife Hand Middle Block |
| 2. Middle Block | 12. Middle Block |
| 3. Low Block | 13. Low Block |
| 4. Middle Block | 14. Knife Hand Strike |
| 5. Low Block | 15. Knife Hand Strike |
| 6. Middle Block | 16. Middle Punch & Yell |
| 7. Middle Block | 17. Low Block |
| 8. Middle Punch & Yell | 18. Middle Block |
| 9. Knife Hand Middle Block | 19. Low Block |
| 10. Middle Block | 20. Middle Block |



PAL-GWE 3



1. Low Block
2. Middle Punch
3. Low Block
4. Middle Punch
5. Low Block
6. High Block
7. High Block
8. High Punch and Yell
9. Knife-Hand Middle Block
10. Knife-Hand Middle Block
11. Knife-Hand Middle Block
12. Knife-Hand Middle Block
13. Outside Middle Block
14. Outside Middle Block
15. Inside Middle Block
16. Inside Middle Block
17. Inside Middle Block
18. Outside Middle Block
19. High Block
20. High Punch
21. High Block
22. High Punch and Yell



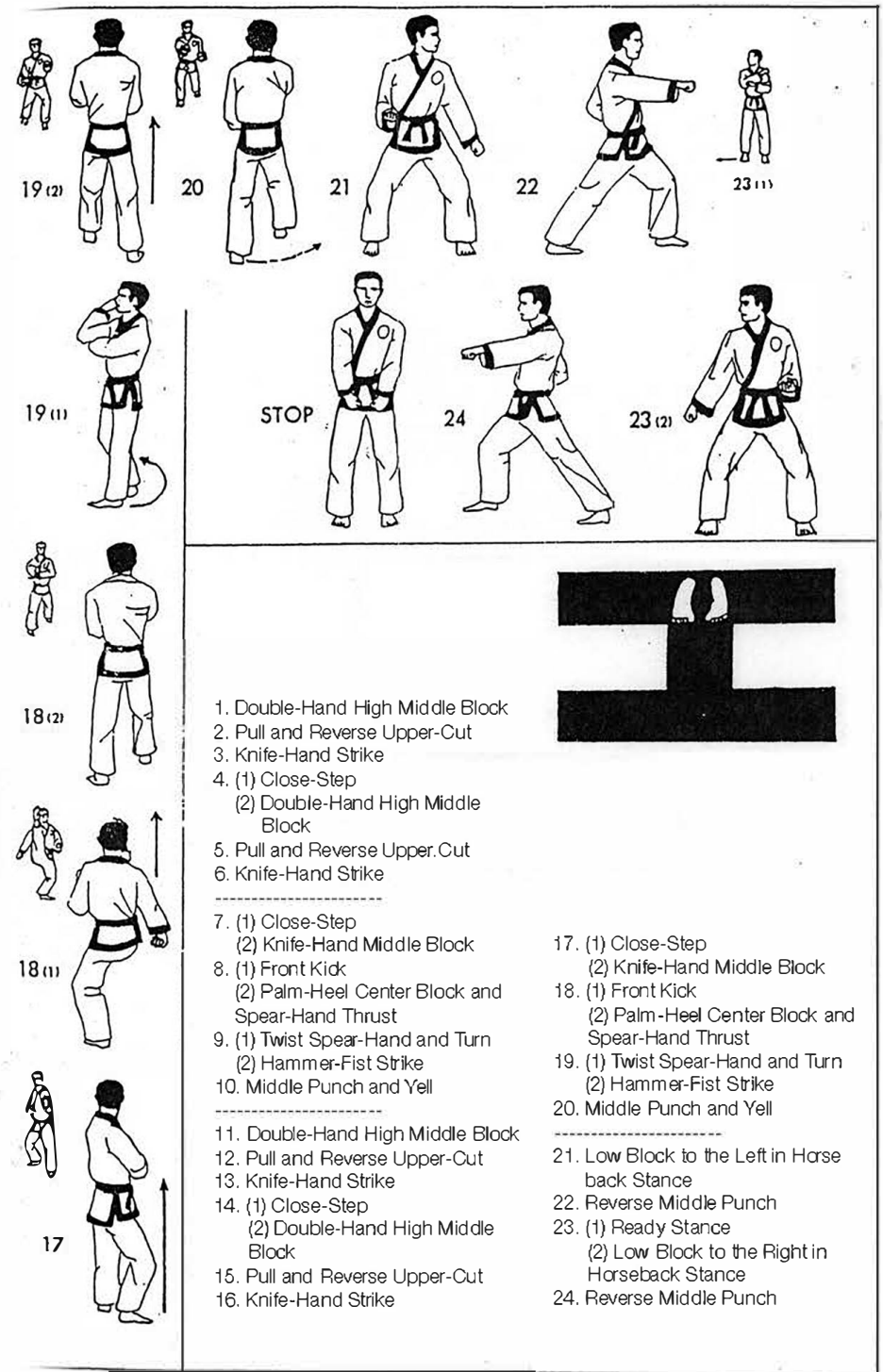
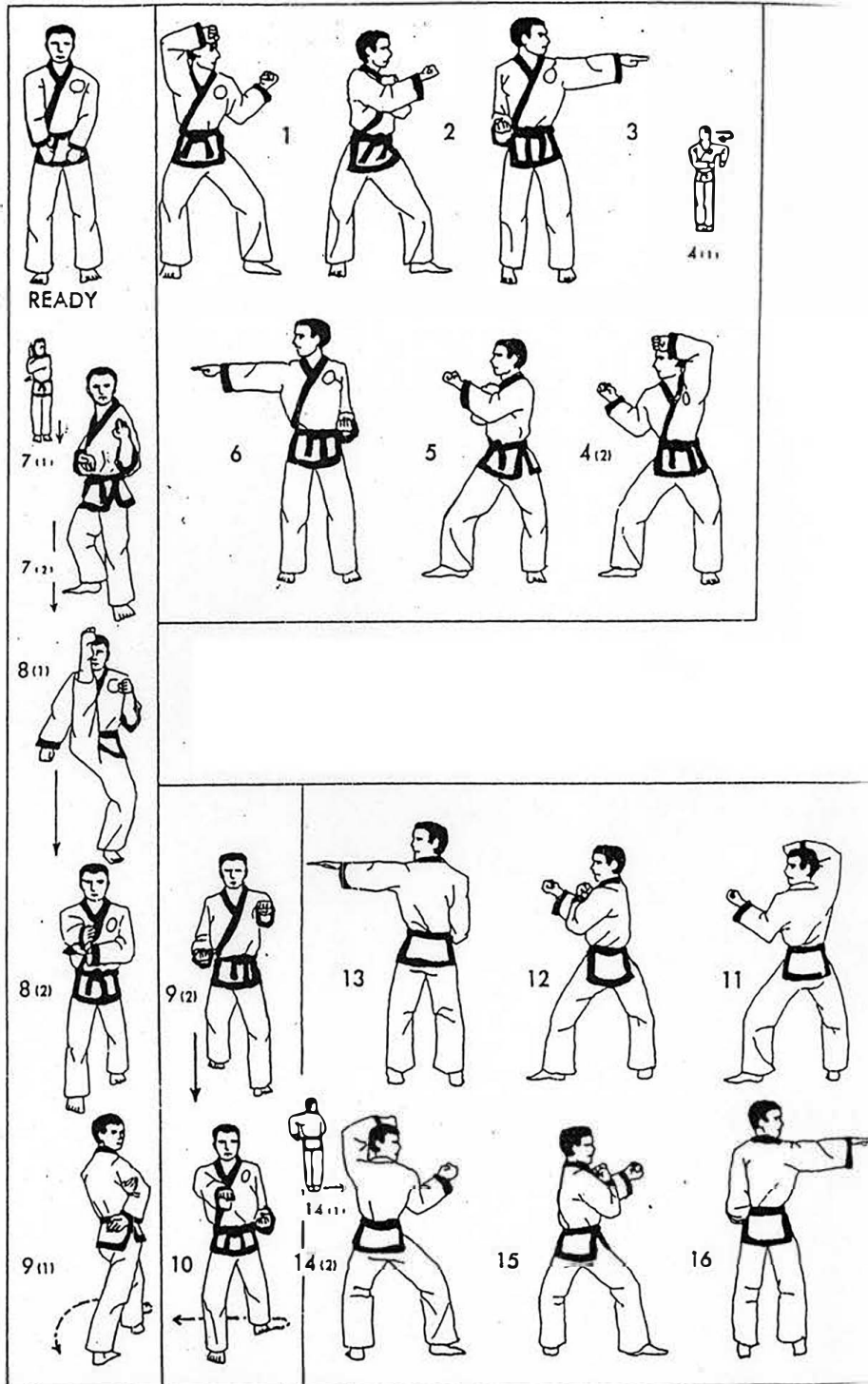
Palgwe Forms

One of the defining attributes of the Palgwe forms is the absence of the walking stance seen in the Taeguk and Pumsae forms. In the southern style, a walking stance could be considered a shortened variant of the forward stance or long stance. Whilst the northern style has a stance called a 'walking stance', it is the equivalent of the southern style forward stance; the northern style has no stance of the same shape as the southern style walking stance. It is in this respect, and others, that the Palgwe forms are very similar to the forms of the northern style.

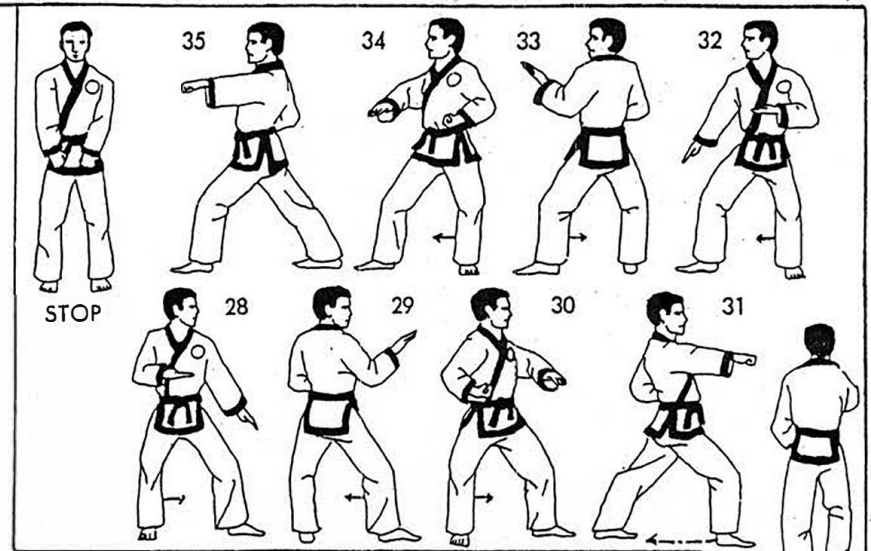
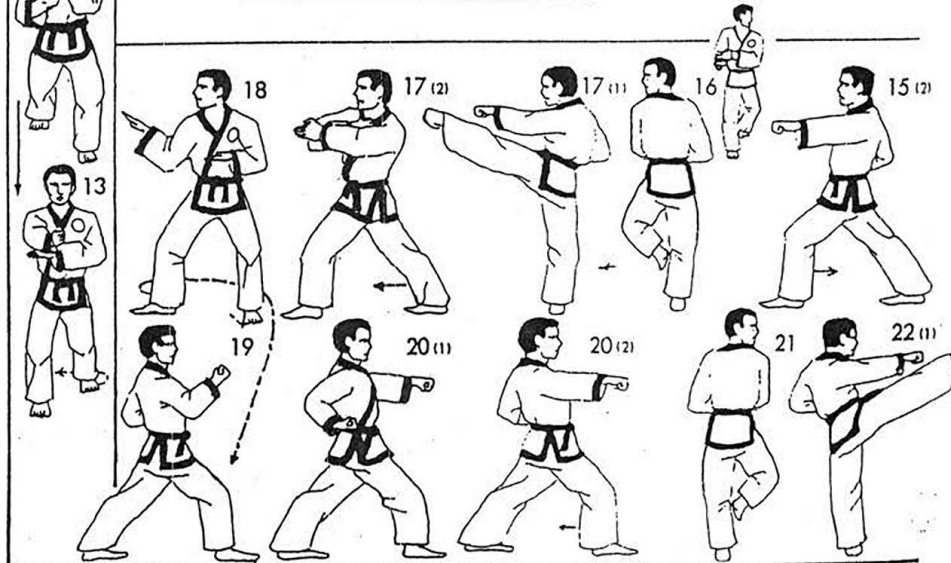
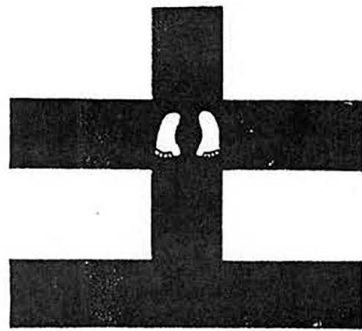
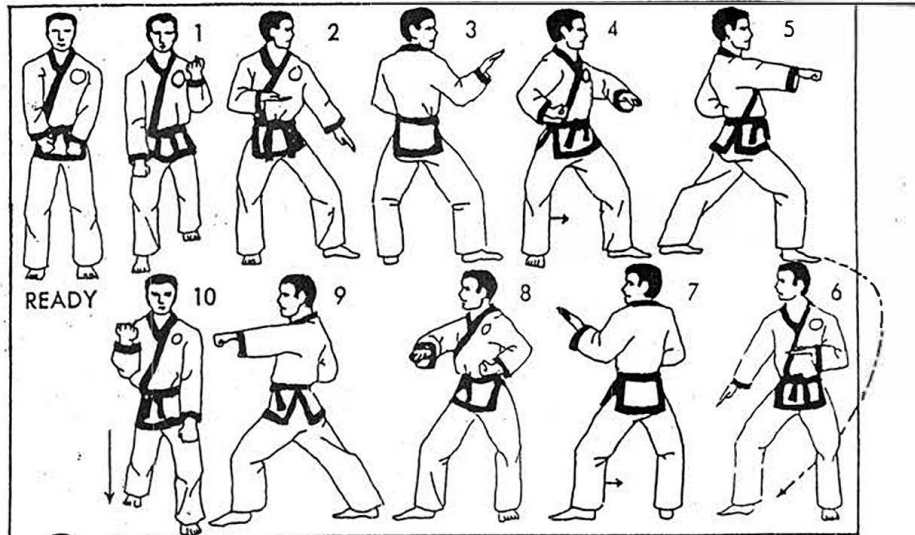
Furthermore, there are numerous combinations seen in the Palgwe forms which look very similar to combinations from northern forms.



PAL-GWE 4



PAL-GWE 5

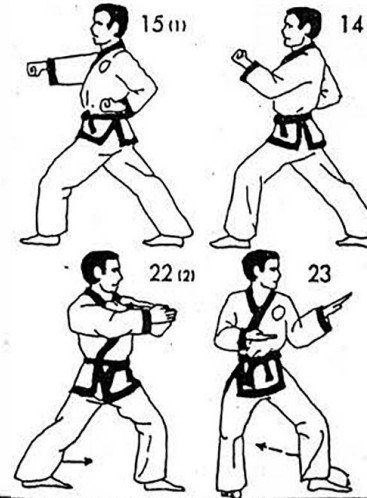


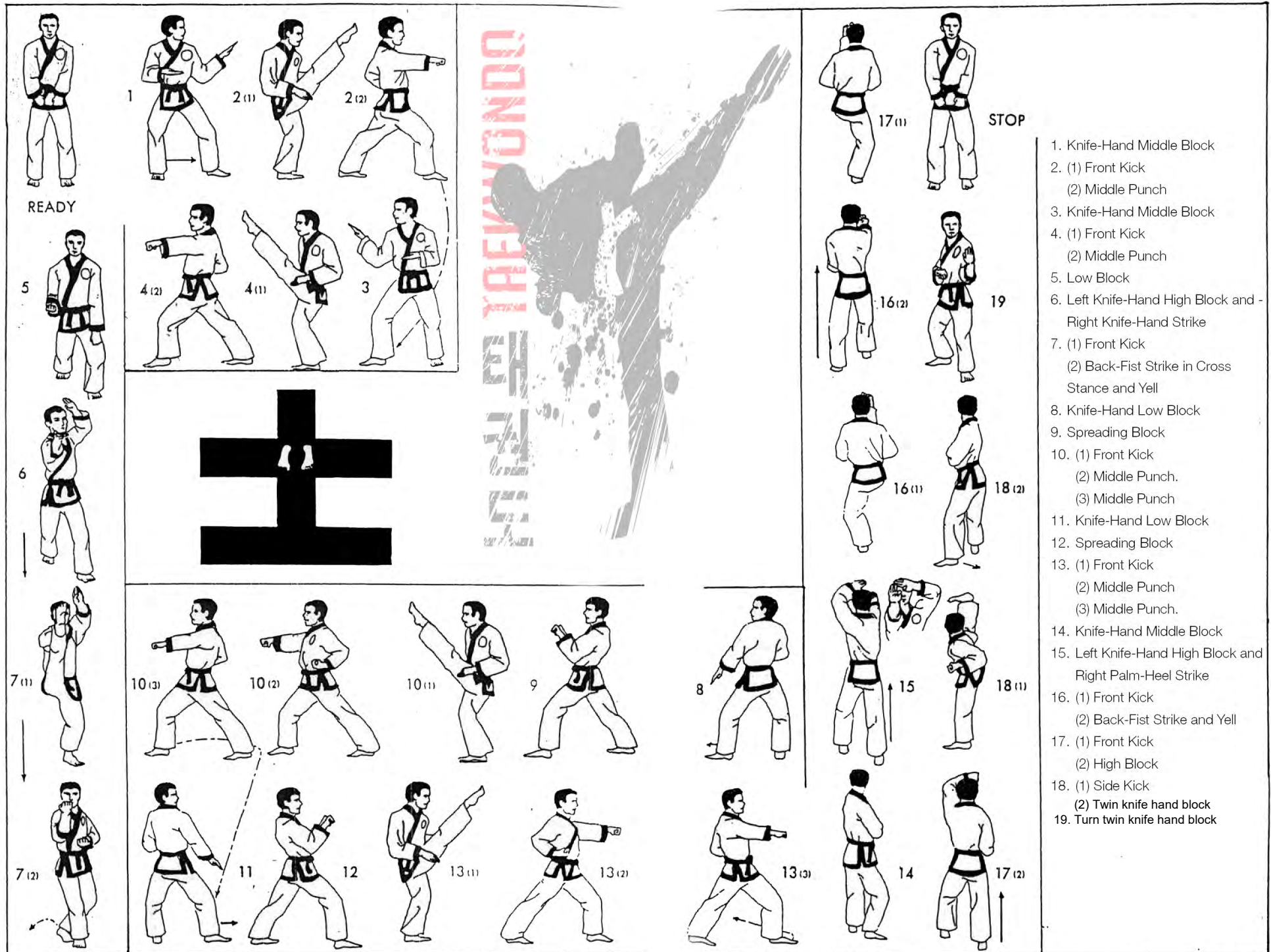
1. Scissors Block
2. Knife-Hand low Block
3. Knife-Hand Middle Block
4. Palm-Heel Center Block
5. Middle Punch
6. Knife-Hand Low Block
7. Knife-Hand Middle Block
8. Palm-Heel Center Block
9. Middle Punch
10. Scissors Block
11. Double-Hand Middle Block
12. Double-Hand Middle Block
13. Spear-Hand Thrust and Yell

14. Outside Middle Block
15. Double Middle Punch
16. Crane Stance
17. (1) Side Kick
(2) Elbow Strike
18. Knife-Hand Middle Block
19. Outside Middle Block
20. Double Middle Punch
21. Crane Stance
22. (1) Side Kick
(2) Elbow Strike
23. Knife-Hand Middle Block

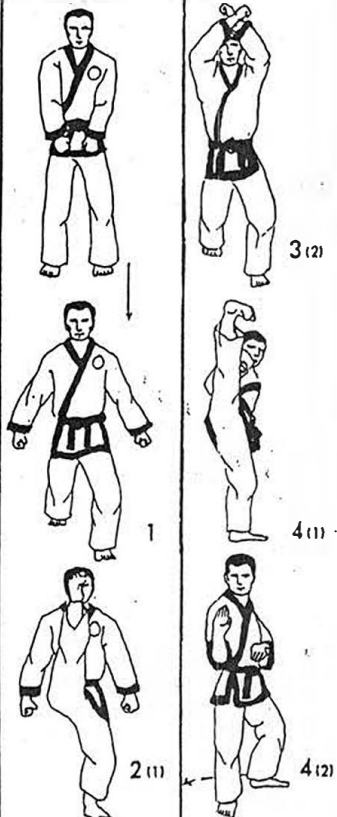
24. Scissors Block
25. Double-Hand Low Block (Palm Down)
26. Double-Hand Low Block (Palm Down)
27. Middle Punch and Yell

28. Knife-Hand Low Block
29. Knife-Hand Middle Block
30. Palm-Heel Center Block
31. Middle Punch
32. Knife-Hand Low Block
33. Knife-Hand Middle Block
34. Palm-Heel Center Block
35. Middle Punch



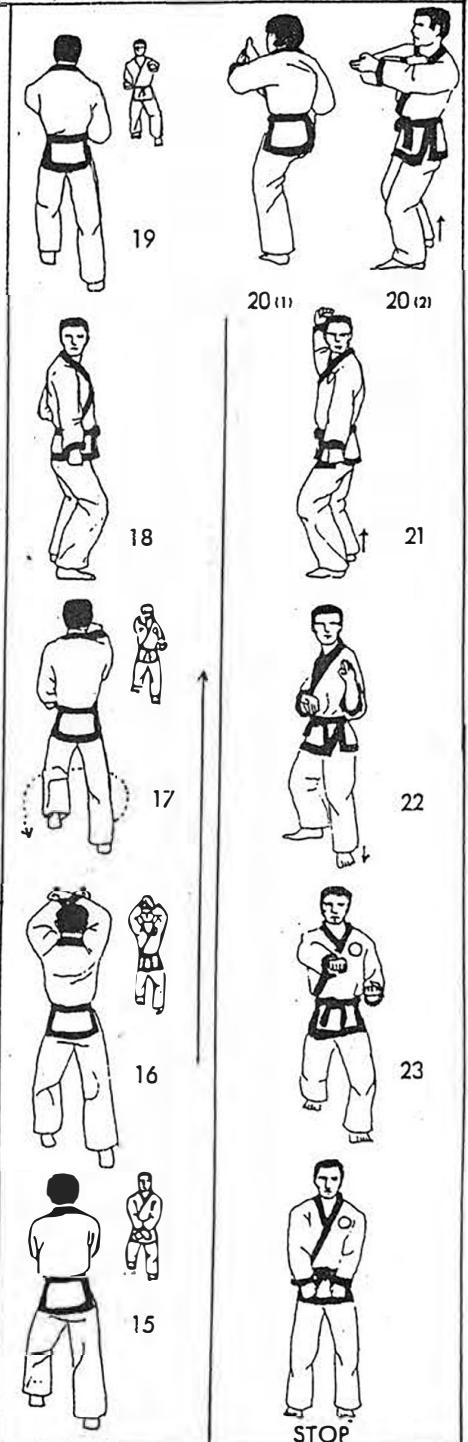
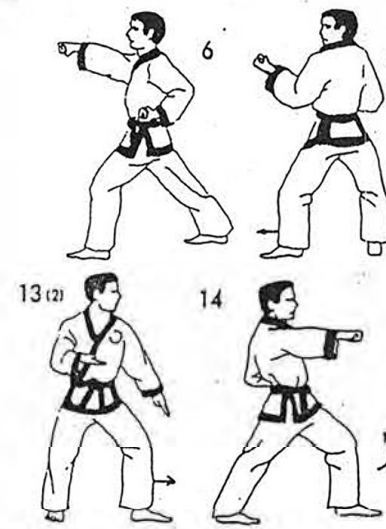
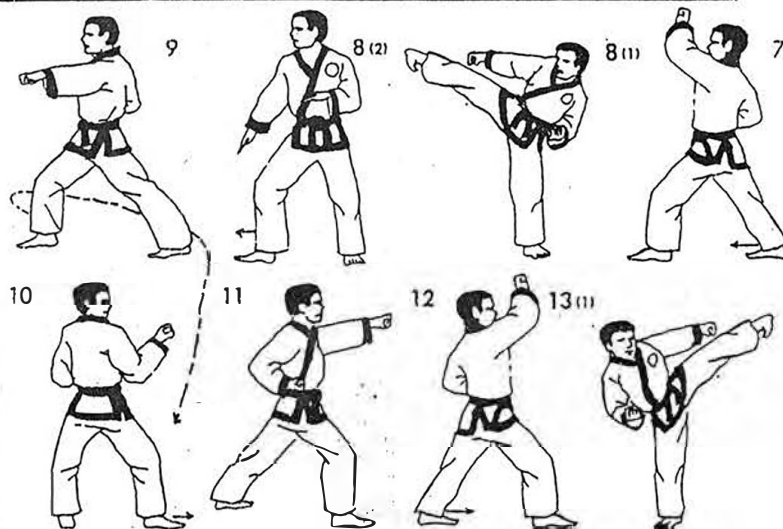


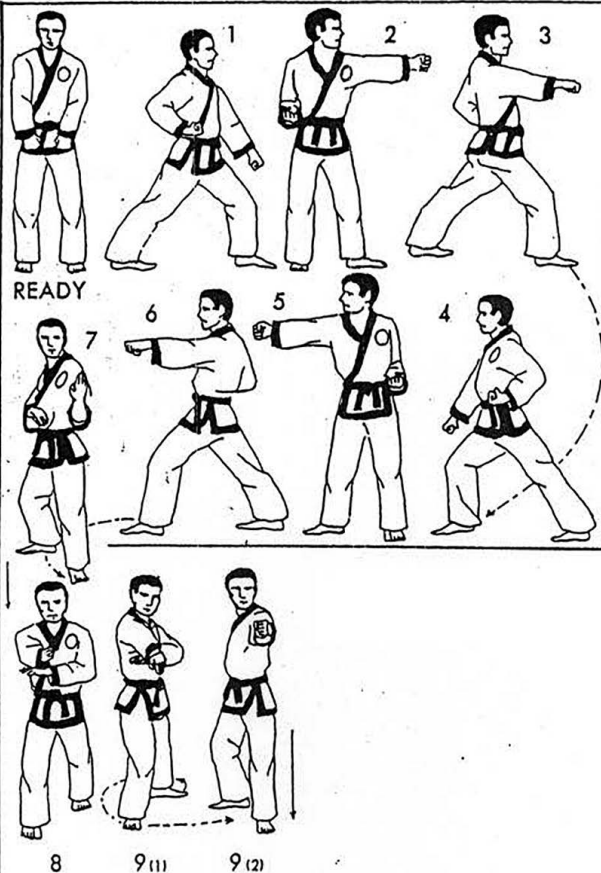
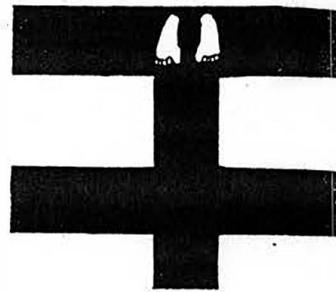
READY



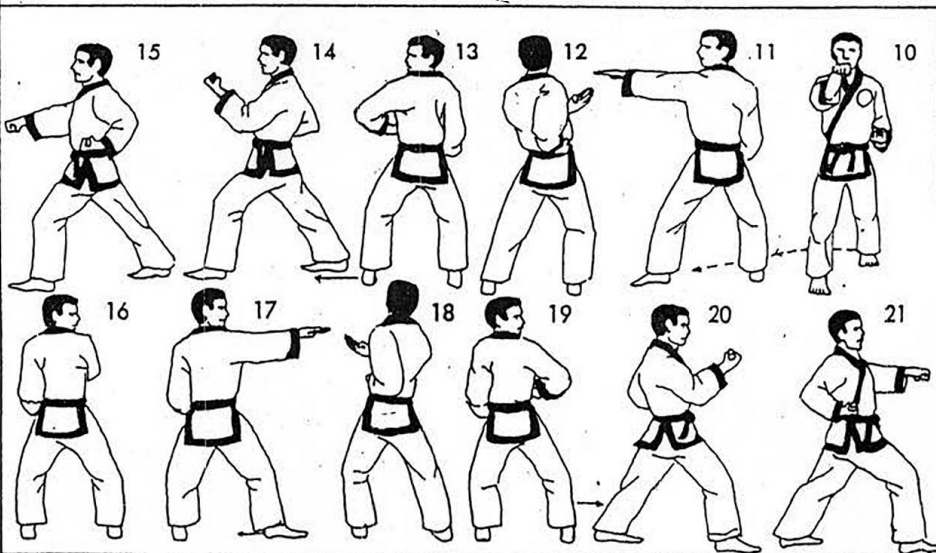
1. Spread low Block
2. (1) Front Kick
(2) Double Outside Block
3. (1) Front Kick
(2) Double-Fist High X Block
4. (1) Side Kick
(2) Knife-Hand Middle Block
5. Outside Middle Block
6. Reverse High Punch
7. High Block
8. (1) Side Kick
(2) Knife-Hand low Block
9. Reverse Middle Punch
10. Outside Middle Block
11. Reverse High Punch
12. High Block

13. (1) Side Kick
(2) Knife-Hand low Block
14. Reverse Middle Punch
15. Double-Fist Low X Block
16. Double-Fist High X Block
17. Grab, High Punch and Yell
18. Low Block-to the Front in Horseback Stance
19. Knife-Hand Strike
20. (1) Crescent Kick.
(2) Elbow Strike
21. High Side Block-Low Block in Horseback Stance
22. Knife-Hand Middle Block
23. Reverse Middle Punch and Yell





1. Low Block
2. Pull Free and Hammer-Fist Strike
3. Middle Punch
4. Low Block
5. Pull Free and Hammer-Fist Strike
6. Middle Punch
7. Knife-Hand Middle Block
8. Spear-Hand Strike
9. (1) Twist Spear-Hand and Turn
(2) Back-Fist Strike
10. High Punch and Yell
11. Knife-Hand Strike
12. Twist and Pull Free
13. Elbow Strike in Horse Stance
14. Outside Middle Block



15. Reverse Middle Punch
16. Turn to the left in Horse Stance
17. Knife-Hand Strike
18. Twist and Pull Free
19. Elbow Strike in Horse Stance
20. Outside Middle Block
21. Reverse Middle Punch
22. Turn to Center in Horse Stance
23. Crane Stance
24. (1) Side Kick
(2) Elbow Strike
25. Turn to Front in Horse Stance
26. Crane Stance
27. (1) Side Kick
(2) Elbow Strike
28. (1) Spreading Block
(2) Double Middle Upper-Cut
29. (1) Spreading Block
(2) Double Middle Upper-Cut
30. Knife-Hand Strike
31. Spin and Backward Elbow Strike in Horse Stance
32. Turn to Front in Normal Stance
33. Double Elbow Release in Horse Stance
34. Backward Right Elbow Strike and Over-the-Shoulder left High Hook Punch
35. Backward left Elbow Strike and Over-the-Shoulder Right High Hook Punch and Yell

