

(Palchagi Ee Jang)
Orange Stripe Form

- Start in the Ready or "Joon Bi" stance
- Turn Left 90 degrees into fighting stance
- Right leg side kick
- Left leg back kick
- Turn 180 degrees right into reverse fighting stance
- Left leg side kick
- Right leg back kick
- Turn 90 degrees left into fighting stance (KIHAP)
- Right leg round kick
- Turn left butterfly
- Left leg back kick (KIHAP)
- Turn 90 degrees left into fighting stance
- Right leg front hook kick
- Step behind, right foot side kick
- Turn 180 degrees right into reverse fighting stance
- Left leg front hook kick
- Step behind, left leg side kick
- Turn 90 degrees right into reverse fighting stance (KIHAP)
- Left leg round kick,
- Turn right butterfly
- Right leg back kick (KIHAP)
- When the Instructor says "Bah Ro", turn and face the Instructor.