

(Palchagi Oh Jang)
Brown Stripe Form

- Start in the Ready or "Joon Bi" stance
- Turn 90 degrees left into fighting stance
- Left leg zip round kick
- Right leg back kick
- Right leg step round kick
- Left leg back kick
- Turn 180 degrees right into reverse fighting stance
- Right leg zip round kick
- Left leg back kick
- Left leg step round kick
- Right leg back kick
- Turn 90 degrees into fighting stance (KIHAP)
- Right leg low/high round kicks
- Step turn, right leg back kick
- Jump away, left leg jump back kick (KIHAP)
- Turn 90 degrees left into fighting stance
- Right leg jump round kick
- Left leg axe kick
- Right leg full turn hook kick
- Turn 180 degrees right into reverse fighting stance
- Left leg jump round kick
- Right leg axe kick
- Left foot full turn hook kick
- Turn 90 degrees right into reverse fighting stance (KIHAP)
- Back foot slide forward double round kick (start with right foot first)
- Step turn, left leg back kick
- Jump away, right leg jump back kick (KIHAP)
- When the Instructor says "Bah Ro", turn and face the Instructor.