

(Palchagi Sam Jang)
Blue Stripe Form

- Start in the Ready or "Joon Bi" stance
- Turn 90 degrees left into fighting stance
- Left hand down block, right hand middle punch
- Right leg round kick
- Left leg hook kick
- Turn 180 degrees right into reverse fighting stance
- Right hand down block, left hand middle punch
- Left leg round kick
- Right leg hook kick
- Turn 90 degrees left into fighting stance (KIHAP)
- Right leg round kick
- Turn left butterfly
- Left leg hook kick (KIHAP)
- Turn 90 degrees left into fighting stance
- Double round kick (front leg first)
- Turn left butterfly
- Left leg hook kick
- Turn 180 degrees right into reverse fighting stance
- Double round kick (front leg first)
- Turn right butterfly
- Right leg hook kick
- Turn 90 right into reverse fighting stance (KIHAP)
- Left leg round kick
- Turn right butterfly
- Right leg hook kick (KIHAP)
- When the Instructor says "Bah Ro", turn and face the Instructor.