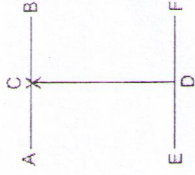


# Palgwe 2

## 팔괘 2장



**Ready stance**

1. Front stance[L], Face block[L]
2. Front Kick[R], Front stance[R], Body punch[R]
3. Front stance[R], Face block[R]
4. Front kick[R], Front stance[L], Body punch[L]
5. Back stance[R], low knife hand block

6. Back stance[L], Knife hand body block
7. Front stance[L], Face block[L]
8. Front stance[R], Body punch[R] - Yell
9. Front stance[L], Face block[L]
10. Front kick[R], Front stance[R], Body punch[R]

11. Front stance[R], Face block[R]
12. Front kick[L], Front stance[L], Body punch[L]
13. Back stance[R], low augmented block
14. Back stance[L], Augment body block[L]
15. Back stance[R], Outside inside body block[L]
16. Front stance[R], Body punch[R] - Yell

17. Front stance[L], Face block[L]
  18. Front Kick[R], Front stance[R], Body punch[R]
  19. Front stance[R], Face block[R]
  20. Front kick[R], Front stance[L], Body punch[L]
- Ready stance**

**PalGwe Ee Jang- Concept of joyfulness (Tac)**  
 It's movements are applied when the practitioner is in a gentle, yet strong state of mind.