

Pal-Gwe Chil Chung



GAN
(Top Stop)

Pal-Gwe Chil Chung (the 7th poomse) is represented by GAN, the symbol literally translated as "Top Stop". It is symbolic of the stability of the mountain. Fast actions have their place, but you should never act in too hasty a manner. Know when to press on, but even more importantly, know when to stop and consolidate your position.

"I am grounded in confidence. Inner peace is my nature in all circumstances. As the Top Stop, I am the link between Heaven and Earth. My connection is solid and my perspective is always broad."

Pal-Gwe Chil Chung

Ready position - Feet shoulder-width apart, fists in front

With left foot, step forward to Double Low Blocks to the sides (front stance)

Step to Front Kick right foot, setting down to Double Middle Block, palms inward (front stance)

Step to Front Kick left foot, setting down to High X Block (front stance)

Step to Traditional Side Kick right foot *KIUP*, setting down to double Knife-hand block, right arm forward (back stance)

Turn left 270° - Middle Block left arm (back stance)

Slide left foot to (front stance), Reverse Middle Punch right hand, then High Block left arm

Step to Traditional Side Kick right foot, setting down to Double Knife-hand Block (low), right arm forward (back stance)

Slide right foot to (front stance), Reverse Middle Punch left hand

Turn right 180° - Middle Block, right arm (back stance)

Slide right foot to (front stance), Reverse Middle Punch left hand, then High Block right arm

Step to Traditional Side Kick left foot, setting down to Double Knife-hand Block (low), left arm forward (back stance)

Slide left foot to (front stance), Reverse Middle Punch right hand

Turn left 90° - left foot forward, Low X Block (front stance), then High X Block, wrist break, and grab with left hand

Bringing right hand back to hip, then Reverse High Punch, right hand *KIUP*

Spin left, on left foot, 270° to Stomping Kick right foot, at shin height to the side, and Low Hammer Fist Strike to the side, right hand (deep side stance)

Turn left 90° - Outward Knife-hand Strike, left hand (front stance)

Wrap hand around with palm facing in

Step to Inside Crescent Kick, right foot to left palm, setting down to Elbow Strike, right arm to left palm (side stance)

Shuffle right, simultaneously turning left 90° to Low Block left hand, and Back Fist Strike behind head, right hand (back stance)

Shuffle backward to Double Knife-hand Block, left arm forward (back stance)

Slide left foot to Reverse Middle Punch, right hand (front stance) *KIUP*