

# Pal-Gwe Oh Chung



SEON  
(Wind)

Pal-Gwe Oh Chung (the 5th poomse) is represented by SEON, the symbol for "Wind". The two aspects of wind are the fiercest storm winds of hurricanes and tornados, and the gentle breezes that caress and cool us. The actions of this poomse are sometimes gentle and humble as the breeze, but also fierce and forceful as the storm.

"I flow with natural movement. My influence seems gentle, yet when I wish, my power can transform the Earth."

## Pal-Gwe Oh Chung

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

Step backward with left foot - Windmill Block, right arm low, left arm middle (front stance)

Turn left 90° - Double Knife-hand Block Low, left arm forward (back stance)

Step to Double Knife-hand Block, right arm forward (back stance)

Step backward to Palm-down Center Block, left arm (short back stance)

Step to Middle Punch, right hand (front stance)

Turn right 180° - Double Knife-hand Block Low, right arm forward (back stance)

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

Step backward to Palm-down Center Block, right arm (short back stance)

Step to Middle Punch, left hand (front stance)

Turn left 90° - Windmill Block, left arm low, right arm middle (front stance)

Step to reinforced Middle Block right arm (front stance)

Step to reinforced Middle Block left arm (front stance)

Step to Spear-hand Strike right arm (front stance) \*KIUP\*

Turn left 270° - Middle Block left arm (front stance), then Middle Punch left arm, Middle Punch right arm

Turn right 90° bringing left foot to right foot in standing position, hands checked at right hip

Traditional Side Kick to the left - setting down with left arm extended and wrap hand around with open palm facing in (front stance) - then Elbow strike to left palm with right elbow

Step to Double Knife-hand Block, right arm forward (back stance)

Turn 180° - Middle Block right arm (front stance) - then Middle Punch left arm, Middle Punch right arm

Turn left 90° bringing left foot to right foot in standing position, hands checked at left hip

Traditional Side Kick to the right, setting down with right arm extended and wrap hand around with open palm facing in (front stance) - then Elbow strike to right palm with left elbow

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

Turn left 90° - Windmill Block, left arm low, right arm middle (front stance)

Step to Two Fisted Block Low, right arm forward (back stance)

Step to Two Fisted Block Low, left arm (back stance)

Step to Middle Punch, right hand (front stance) \*KIUP\*

Turn left 270° - Double Knife-hand Block Low, left arm forward (back stance)

Step forward to Double Knife-hand Block, right arm forward (back stance)

Step backward to Palm-down Center Block, left arm (short back stance)

Step forward to Middle Punch, right hand (front stance)

Turn right 180° - Double Knife-hand Block Low, right arm forward (back stance)

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

Step backward to Palm-down Center Block, right arm (short back stance)

Step forward to Middle Punch, left hand (front stance)