

# Pal-Gwe Pal Chung



GON  
(Earth)

Pal-Gwe Pal Chung (the 8th poomse) is represented by GON, the symbol for "Earth". As the source of all life, it gives of its limitless energy. This poomse is the last step on the path to becoming a "Dan" holder. Now is the time to draw upon that energy, and better utilize the fundamentals of Tae Kwon Do to be one with that energy.

"I am open to all insights that come from within heaven and earth. My body is balanced and grounded; Earth's energy flows through me and strengthens me."

## Pal-Gwe Pal Chung

---

---

### Ready Position

Turn left 90° - Low Block left arm (front stance)

Slide left foot and disengage left arm from grab by bringing it inward and up, then Hammer Fist Strike left hand (back stance)

Step to Middle Punch right hand (front stance)

Turn right 180° - Low Block right arm (front stance)

Slide right foot and disengage right arm from grab by bringing it inward and up, then Hammer Fist Strike right hand (back stance)

Step to Middle Punch left hand (front stance)

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

Step to Spear-hand Strike right hand (front stance)

Turn left 360°, pulling Spear-hand behind and coming down with a Hammer Fist Strike, left hand (back stance)

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

Turn left 270° - Outward Knife-hand Strike, left hand (back stance)

Slide left foot to (short side stance at 45° angle), disengage left arm from grab by bringing it inward across the chest to right shoulder with palm up

Slide left foot to (deep side stance), straight line Elbow Strike, left arm

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

Turn right 90° - hands checked at left hip (side stance)

Bring left foot to right and move to Outward Knife-hand Strike, right hand (back stance)

Slide right foot to (short side stance at 45° angle), disengage right arm from grab by bringing it inward across the chest to left shoulder with palm up

Slide right foot to (deep side stance), straight line Elbow Strike, right arm

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

Turn left 90° - sliding right foot to (deep side stance), hands checked at right hip

Pivot right 90°, bringing right foot to left, swinging hands out and re-checking on right hip

Traditional Side Kick to the side, left foot

Leave arm out, wrap hand around with palm facing in, and set down into an Elbow Strike, right arm (front stance)

Turn right 90°, hands checked at left hip (side stance)

Traditional Side Kick to the side, right foot

Leave arm out, wrap hand around with palm facing in, and set down into an Elbow Strike, left arm (front stance)

Turn left 180° - Double Lapel Block, palms out, left foot forward (front stance), then pull fists back to hips, Double Uppercut to the floating ribs

Step to Double Lapel Block, palms out, right foot forward (front stance), then pull fists back to hips, Double Uppercut to the floating ribs

Step to Inward Knife-hand block, left arm

## Pal-Gwe Pal Chung

---

---

With tension, wrap left hand to trap

Spin right 270° - Elbow Strike to the rear, right arm (deep side stance)

Turn left 90°, pulling left foot back to right, hands flat in front

Lean left and explode into an Elbow Release, bringing elbows out at shoulder height, hands in front, palms down (deep side stance)

Shuffle right to Elbow Strike to the rear, right arm, and hook punch with left hand over right shoulder (deep side stance)

Shuffle left to Elbow Strike to the rear, left arm, and hook punch with right hand over left shoulder (deep side stance) \*KIUP\*