

Pal-Gwe Sa Chung



JIN
(Thunder)

Pal-Gwe Sa Chung (the 4th poomse) is represented by JIN, the symbol for "Thunder". Thunder and lightning are a frightful natural phenomenon; but if you calm yourself and act bravely in the face of fear and danger, you can overcome that fear in yourself and be better prepared to deal with any danger.

"I am powerful. My power flows from nature. The power that flows through me is pure. The power of nature and I are one."

Pal-Gwe Sa Chung

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

Look left; bring right foot to left foot, check hands at right hip
Move left to Middle Block, left arm and High Block, right arm (back stance), then Reverse Upper-cut, right hand
Outward Knife-hand Strike, left hand (short side stance)

Look right; bring left foot to right foot, check hands at left hip
Move right to Middle Block, right arm and High Block, left arm (back stance) - then Reverse Upper-cut, left hand
Outward Knife-hand Strike, right hand (short side stance)

Turn left 90° - Double Knife-hand Block, left arm forward (back stance)
Step to Front Kick, right foot - setting down to downward Palm Block, left hand and Spear-hand Strike, right hand (front stance)
Wrist grab with right hand and turn left 360° to Side Hammer-fist Strike, left hand (front stance)
Step to Middle Punch, left hand (front stance) *KIUP*

Turn left 180° to standing position looking left; feet together, hands checked at right hip
Move left to Middle Block, left arm and High Block, right arm (back stance), then Reverse Uppercut right hand
Outward Knife-hand Strike, left hand (short side stance)

Look right; bring left foot to right foot, check hands at left hip
Move right to Middle Block, right arm and High Block, left arm (back stance) - then Reverse Uppercut left hand
Outward Knife-hand Strike, right hand (short side stance)

Turn left 90° - Double Knife-hand Block, left arm forward (back stance)
Step to Front Kick, right foot - setting down to downward Palm Block, left hand and Spear-hand Strike, right hand (front stance)
Move right hand to Passing Palm Block, palm outward protecting right temple while turning left 360° to Side Hammer-fist Strike, left hand (front stance)
Step to Middle Punch, right hand (front stance) *KIUP*

Turn left 180° - Low Block to the side, left arm (deep side stance)
Slide left foot to (front stance), Reverse Middle Punch, right hand

Turn right 90°, bringing left foot to right foot, then slide right to Low Block to the side, right arm (deep side stance)
Slide right foot to (front stance), Reverse Middle Punch, left hand