

Pal-Gwe Yuk Chung



GAM
(Water)

Pal-Gwe Yuk Chung (the 6th poomse) is represented by GAM, the symbol for "Water". Water is symbolized by the principles of calm, patience, and perseverance. Water always seeks its way to the sea, overcoming all obstacles in its way by finding a path around, or patiently wearing them down over time. You can overcome the difficulties in training, and in life, through patience, perseverance, and self-confidence.

"I bring life where I travel. I am persevering; I will follow through regardless, and I will overcome every obstacle or challenge and continue onward."

Pal-Gwe Yuk Chung

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

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

Step to Front Kick right foot, with hands checked at right hip, setting down to Middle Punch right hand (front stance)

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

Step to Front Kick left foot, with hands checked at left hip, setting down to Middle Punch left hand (front stance)

Turn left 90° - Low Block left arm (front stance), then Inward Knife-hand Strike right hand, with Outward Palm block at temple, left hand

Step to Front Kick right foot, Bringing right foot back to knee, and jump forward to reinforced Back Fist Strike right hand (reverse T-Stance) *KIUP*

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

Sliding left foot to (front stance), Double Lapel Block, palms out

Step to Front Kick right foot, hands checked at right hip, setting down to Middle Punch right hand, then Middle Punch left hand (front stance)

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

Slide right foot to (front stance), Double Lapel Block, palms out

Step to Front Kick left foot, hands checked at left hip, setting down to Middle Punch left hand, then Middle Punch right hand

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

Slide left foot to (front stance), execute a Knife Hand High Block with the left hand simultaneously with a Reverse Palm Heel Strike right hand.

Step to Front Kick right foot, setting down to Back Fist Strike right hand (front stance) *KIUP*

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

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

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