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| **ILL PAHL-KUMCHI MOOROOP SERIES** |

 FIRST ELBOW / KNEE SERIES

###  START IN A FIGHTING STANCE. KI-HAP WITH EACH TECHNIQUE!

# HA-NA. FRONT HORIZONTAL FRONT ELBOW

 (SKIPPING IN)

# DUL. FRONT HORIZONTAL BACK ELBOW

 (SKIPPING IN)

# SET. FRONT / BACK DOWNWARD VERTICAL ELBOW

# NET. FRONT / BACK UPWARD VERTICAL ELBOW

# TA-SOT. FRONT FORWARD ELBOW THRUST

 (SKIPPING IN, SUPPORTED)

# YA-SOT. BACK HIGH HORIZONTAL BACK ELBOW

# IL-GOP. BACK REAR ELBOW THRUST

 (SKIPPING BACK)

# YOL-DOL. FRONT VERTICAL KNEE

(SKIPPING IN)

# AH-HOP. BACK VERTICAL KNEE

(GRAB, PULL IN)

# YOL. BACK HORIZONTAL KNEE

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### SCHWARTZ’S SCHOOL OF TAE-KWON-DO

Established 1993 Scottdale, PA

10/2003

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| **YEE PAHL-KUMCHI MOOROOP SERIES** |

 SECOND ELBOW / KNEE SERIES

# HA-NA. BACK UPWARD BACK ELBOW

#  (FREE FLOWING OR SUPPORTED)

# DUL. BACK SPINNING HORIZONTAL BACK ELBOW

 (X-STANCE OR STEP-THRU)

# SET. FRONT HORIZONTAL FRONT ELBOW /

#  BACK SPINNING HORIZONTAL BACK ELBOW

(X-STANCE OR STEP-THRU)

# NET. FRONT HORIZONTAL FRONT ELBOW /

#  BACK UPWARD VERTICAL ELBOW (HIP SHIFT OR STEP-THRU)

# TA-SOT. BACK HORIZONTAL KNEE THRUST

(LOW TARGETS)

# YA-SOT. BACK VERTICAL KNEE (GRAB, PULL, LOAD & HOLD)

# PLANT FORWARD **HORIZONTAL FRONT ELBOW**

# IL-GOP. BACK VERTICAL KNEE BLITZ

#  (GRAB, PULL IN, PLANTING FORWARD)

# YOL-DOL. BACK ANGULAR KNEE (TO THE BODY)

#  BACK DOWNWARD VERTICAL ELBOW

#  (PLANTING BACK OR STEPPING FORWARD)

# AH-HOP. FRONT VERTICAL KNEE (GRAB, PULL)  **/**

#  BACK  **JUMPING SCISSORS VERTICAL KNEE**

# YOL. FRONT JUMPING SCISSORS VERTICAL KNEE

 (FROM REGULAR FIGHTING STANCE)

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### SCHWARTZ’S SCHOOL OF TAE-KWON-DO

Established 1993 Scottdale, PA

1/2022