

# Pal Sac Da

## Chumbi

\*\*\*Form begins after bow with Left hand wrapped over right fist.

1. Prepare hands to left side of body while raising up onto toes.
2. Jump into stance with left foot diagonally behind right foot with right augmented back fist.
3. Step 180 degrees into left forward stance with triple block.
4. Pivot 180 degrees into right forward stance with triple block.
5. Pull right foot back to even while jerking right down and away from opponent.
6. Turn 90 degrees to right forward stance with triple block.
7. Pivot to left into saddle leg stance with hands chambered to right hip.
8. Left knife hand push to front to right reverse punch.
9. Right middle block.
10. Left Reverse punch.
11. Left Middle block
12. Step forward to right back stance (left foot steps forward first) with double knife hand blocks.
13. Step forward to left back stance with double knife hand blocks.
14. Step forward to right back stance with double knife hand blocks.
15. Step backward to left back stance with double knife hand blocks.
16. Right middle block.
17. Double palm block forward.
18. Right side snap kick to opponents head recoiling and landing 180 degrees into left back stance with double knife hand blocks.
19. Switch stance to double knife hand blocks.
20. Pull right foot to even stance raising both hands vertical delivering double side front backlists.
21. Step forward with right foot with double close punch landing in side middle attack to the right.
22. Turn 180 stepping over low kick into saddle leg stance with right lower sweeping block.
23. Extend left open hand to left side at solar plexus level.
24. Turn 180 degrees with right power kick to left open hand landing in saddle leg stance with right elbow strike to opponents head.
25. Right low bottom Fist.
26. Roll left hand bottom fist to right hand bottom fist.
27. Chamber hands to left stepping 90 degrees into right forward stance with double front punches left over right.
28. Pull back into even stance with hands chambered to the right.
29. Left power kick to opponents head landing in left forward stance with double front punches right over left.
30. Pull back into even stance with hands chambered to the left.

31. Right power kick to opponents head landing in right forward stance with double front punches left over right.
32. Pivot left foot backwards 180 into left forward stance with right middle block.
33. Shift to right forward stance with left middle block.
34. Step 45 degrees into right back stance (left foot steps first) with double knife hand strikes.
35. Step 90 degrees into left back stance (right foot steps first) with double knife hand strikes.
36. Pull left foot to bow.