

# POOMSE: TAE-GEUK OH-JANG



6) Inside body block



5) Step forward front stance inside body block



4) Slide right leg in feet shoulder width hammer fist



3) Turn right pivot on left foot front stance down block



Ready Stance



1) 90° turn left pivot on right foot front stance down block



2) Slide left leg in feet shoulder width hammer fist



7) Front kick



8) Land in front stance back fist



9) Inside body block



10) Front kick



11) Land in front stance back fist



12) Inside body block



13) Step forward front stance back fist



15) Step forward front stance reinforced elbow hit



14) 270° turn left pivot on right foot back stance knife hand body block



16) 180° turn right pivot on left foot back stance knife hand body block



17) Step forward front stance reinforced elbow hit



18) 90° turn left pivot on right foot front stance down block



19) Inside body block



20) Front kick



21) Land in front stance down block



22) Inside body block



25) Land in front stance left elbow smash



24) Side kick



23) 90° turn left pivot on right foot front stance face block



26) 180° turn right pivot on left foot front stance face block



27) Side kick



28) Land in front stance right elbow smash



29) 90° turn left pivot on right foot front stance down block



30) Inside body block



31) Front kick



32) Jumping back fist Ki-hap



Turn left pivot on right foot Finish Position