

POOMSE: TAE-GEUK PAL-JANG



Ready Stance



1) Step forward back stance sparring motion



2) Step out left foot front stance right body punch



3) Left leg jumping front kick Ki-hap



4) Land in front stance left hand inside body block



5) Right hand body punch



6) Left hand body punch



9) Turn body left pivot on both feet front stance uppercut punch



8) 270° turn left pivot on right foot reverse front stance low/high block



7) Step forward front stance body punch



10) 180° turn right left steps over right & right steps into reverse front stance low/high block



11) Turn body right pivot on both feet front stance uppercut punch



12) 270° turn left pivot on left foot back stance double knifehand body block



13) Left leg steps out front stance body punch



14) Right leg front kick



15) After kick step back with right leg, then step back with left leg into tiger stance inside palm block



16) 90° turn left pivot on right foot tiger stance double knifehand body block



17) Left leg front kick



18) Land in front stance right hand body punch



19) Left foot slides backward into tiger stance inside palm block



26) After kick chamber left foot to right knee, right leg jumping front kick Ki-hap



25) Left leg front kick



24) 90° turn right pivot on left foot back stance low sparring motion



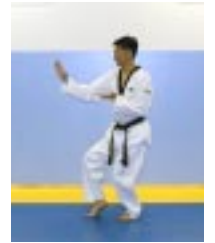
23) Right foot slides backward into tiger stance inside palm block



22) Land in front stance left hand body punch



21) Right leg front kick



20) 180° turn right pivot on left foot tiger stance double knifehand body block



27) Land in front stance right hand inside body block



28) Left hand body punch



29) Right hand body punch



30) 270° turn left pivot on right foot back stance single knifehand body block



31) Left leg steps out front stance right elbow hit



32) Right hand back fist



33) Left hand body punch



90° turn left right foot up to Finish Position



37) Right hand body punch



36) Left hand back fist



35) Right leg steps out front stance left elbow hit



34) 180° turn right pivot on left foot back stance single knifehand body block