

POOMSE: TAE-GEUK SA-JANG



4) Step forward
front stance
body thrust



3) 180° turn right
pivot on left foot
back stance
double knifehand
body block



Ready Stance



1) 90° turn left
back stance
double knifehand
body block



2) Step forward
front stance
body thrust



5) 90° turn left
pivot on right foot
front stance
face block/
inside neck hit



6) Right leg
front kick



7) Land in
front stance
left hand
body punch



8) Left leg
side kick



9) Right leg
side kick



10) Land in
back stance
double knifehand
body block



13) Return to same
back stance
right hand
inside body block



12) Right leg
front kick



11) 270° turn left
pivot on right foot
back stance
forearm block



14) 180° turn right
pivot on left foot
back stance
forearm block



15) Left leg
front kick



16) Return to same
back stance
left hand
inside body block



17) 90° turn left
pivot on right foot
front stance
face block/inside neck hit



18) Right leg
front kick



19) Land in
front stance
right hand
backfist



21)Right hand body punch



20)90° turn left pivot on right foot walking stance inside body block



22)180° turn right pivot on left foot walking stance inside body block



23)Left hand body punch



24)90° turn left pivot on right foot front stance inside body block



25)Right hand body punch



26)Left hand body punch



27)Step forward front stance inside body block



28)Left hand body punch



29)Right hand body punch Ki-hap



180° turn left pivot on right foot Finish Position