

POOMSE: TAE-GEUK YE-JANG



4) Step forward front stance body punch



3) 180° turn right pivot on left foot walking stance low block



Ready Stance



1) 90° turn left pivot on right foot walking stance low block



2) Step forward front stance body punch



5) 90° turn left pivot on right foot walking stance inside body block



6) Step forward walking stance inside body block



12) Land in front stance



11) Left leg front kick



10) 180° turn right pivot on left foot walking stance low block



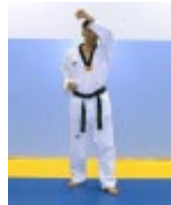
7) 90° turn left pivot on right foot walking stance low block



8) Right leg front kick



9) Land in front stance face punch



13) 90° turn left pivot on right foot walking stance face block



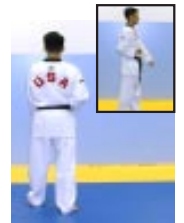
14) Step forward walking stance face block



15) 270° turn left pivot on right foot walking stance inside body block



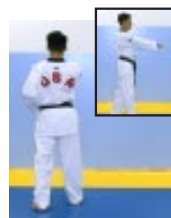
16) 180° turn right pivot on left foot walking stance inside body block



17) 90° turn left pivot on right foot walking stance low block



18) Right leg front kick



19) Land in walking stance right hand body punch



20) Left leg front kick



21) Land in walking stance left hand body punch



22) Right leg front kick



23) Land in walking stance right hand body punch Ki-hap



180° turn left pivot on right foot Finish Position