

POOMSE: TAE-GEUK YUKE-JANG

On certain motions when changing directions your feet must first come together. This will happen by sliding your left foot to your right foot (* denotes this motion) or by sliding your right foot to your left foot (** denotes this motion).



6) Step back with kicking leg into back stance forearm block



5) Left leg front kick



4) 180° turn right pivot on left foot front stance low block



Ready Stance



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



2) Right leg front kick



3) Step back with kicking leg into back stance forearm block



7) 90° turn left pivot on right foot front stance outside high block



8) Right leg round house kick



9) **90° turn left pivot on right foot front stance high forearm block



10) Right hand body punch



11) Right leg front kick



12) Land in front stance left hand body punch



19) Left leg round house kick Ki-hap



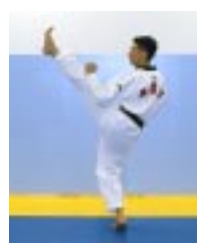
18) Step forward front stance outside high block



17) 90° turn left pivot on right foot double side block



16) Land in front stance right hand body punch



15) Left leg front kick



14) Left hand body punch



13) 180° turn right pivot on left foot front stance high forearm block



25) Step back with kicking leg into back stance forearm block



24) Right leg front kick



23) 180° turn left pivot on right foot front stance low block



20) *270° turn right pivot on left foot front stance low block



21) Left leg front kick



22) Step back with kicking leg into back stance forearm block



26)90° turn left
pivot on left foot
back stance
double knifehand
body block



27)Step backward
back stance
double knifehand
body block



28)Step backward
front stance
left hand
inside palm block



29)Right hand
body punch



30)Step backward
front stance
right hand
inside palm block



31)Left hand
body punch



Left leg up
Finish Position