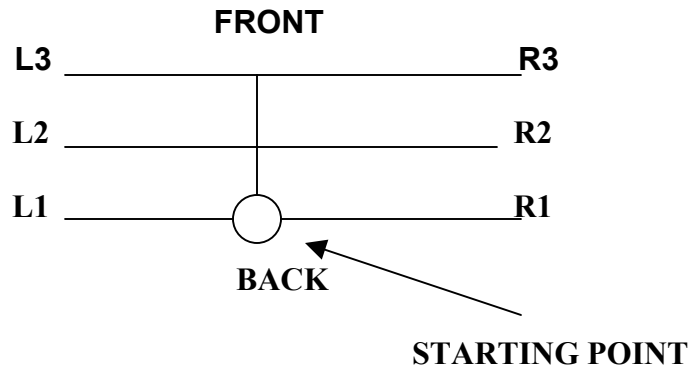


TAE GUK PAL JANG (8)



Joon bi facing the front

1. Move left foot forward into a left back stance toward the front with a left hand outward guarding block. Shift to a front stance with a right reverse punch to the front
2. Execute a left jumping front kick (KIAP!) landing in a left front stance and execute a left inside block then a right/left punch to the front
3. Step forward into a right front stance with a right center punch to the front
4. Look left, pivot on right foot and move left foot counter-clockwise 90 degrees into a low left back stance toward R-3 with a right overhead fist/left low block (single mountain block)
5. Shift into a left front stance, bring left fist into shoulder while executing a right uppercut to R-3
6. Look right, step left foot across behind the right foot toward L-3 and move right foot out into a low back stance toward L-3 with a left overhead fist/right low block (single mountain block)
7. Shift into a right front stance, bring right fist into shoulder while executing a left uppercut to L-3
8. Pivot on left foot while moving right foot 90 degrees counter-clockwise into a back stance toward the front with a double knife-hand block. (Yangsonalmaki) Shift into a left front stance with a right reverse punch to the front
9. Execute a right front kick and bring the right foot back behind the left foot in a left tiger stance with a right palm across block
10. Pivot 90 degrees counter-clockwise into a left tiger stance toward L-2 with a double knife-hand block
11. Execute a left snap kick toward L-2 lowering kicking foot into a left front stance with a right reverse punch to L-2. Pull left foot back into a left tiger stance with a left palm across block toward L-2

- 12.** Pivot 180 degrees clockwise into a right tiger stance toward R-2 with a double knife-hand block
- 13.** Execute a right snap kick toward R-2 lowering kicking foot into a right front stance with a left reverse punch to R-2. Pull right foot back into a right tiger stance with a right palm across block toward R-2
- 14.** Move right foot 90 degrees clockwise toward the back into a right back stance with a double fist low block
- 15.** Execute a left front snap kick followed by a right jumping front kick toward the back (KIAP!) landing in a right front stance with a right inside block then a left/right punch toward the back
- 16.** Look left and pivot on right foot, moving left foot toward L-1 into a left back stance with a left knife-hand block. Shift into a left front stance toward L-1 with a right elbow strike, right back fist and a left center punch
- 17.** Look right and moving right foot clockwise toward R-1 into a right back stance with a right knife-hand block. Shift into a right front stance toward R-1 with a left elbow strike, left back fist and a right center punch
- * Move left foot to right foot to face the front in Joon bi stance

ONE TEAM, ONE FIGHT !!!

