

Taebaek

12
9 3
6

1. Turn to your left and step into a left back stance - twin lower forearm/knifehand blocks.
2. Right leg snap kick – land forward into a right front stance – middle punch – reverse middle punch.
3. Step with your right foot clockwise toward 3 into a right back stance - twin lower forearm/knifehand blocks.
4. Left leg snap kick – land forward into a left front stance – middle punch – reverse middle punch.
5. Turn to your left, stepping toward 12 into a left front stance - sudo strike.
6. Arc the right hand in front of the body - outside palm pushing block.
7. Step forward into a right front stance – reverse middle punch.
8. Arc the left hand in front of the body - outside palm pushing block.
9. Step forward into a left front stance – reverse middle punch.
10. Arc the right hand in front of the body - outside palm pushing block.
11. Step forward into a right front stance – reverse middle punch – Kihop.
12. Stepping with your left foot, turn $\frac{3}{4}$ counter-clockwise into a left back stance – twin forearm block (left outside/right high) – pull left hand to right shoulder – right uppercut.
13. Step into left horse stance toward 3 – middle side punch.
14. Chamber your left leg for a side kick & chamber both hands on right hip – left leg high side kick – land toward 3 into a left front stance – right elbow strike into left hand.
15. Chamber for a twin forearm block as you move your left foot behind your right foot, step toward 9 into a right back stance – twin forearm block (right outside/left high) – pull right hand to left shoulder – left uppercut.
16. Step into right horse stance toward 9 – middle side punch.
17. Chamber your right leg for a side kick & chamber both hands on left hip – right leg high side kick – land toward 9 into a right front stance – left elbow strike into right hand.
18. Move your right foot to your left while chambering a middle knifehand guarding block – step toward 6 into a left back stance – middle knifehand guarding block.
19. Left hand downward palm block and step toward 6 into a right front stance – right spearhand strike.
20. Move your left foot to your right (face 3) – right downward palm block – spin backward toward 6 into a left horse stance – left high backfist – step toward 6 into a right front stance – middle punch – Kihop.
21. Stepping with your left foot and chambering for a right low block, turn $\frac{3}{4}$ counter-clockwise into a left front stance – scissored forearm blocks (same as Ipjang – left hand low/right hand outside)
22. Right leg snap kick toward 9 – land forward into a right front stance - middle punch – reverse middle punch
23. Chamber for a left low block and step with your right foot clockwise toward 3 into a right front stance – scissored forearm blocks (right hand low/left hand outside)

24. Left leg snap kick toward 3 – land forward into a left front stance - middle punch – reverse middle punch.
25. Move your left foot to your right into ready position.