

Taegeuk Ijang



- 1) Pivot on right foot counterclockwise, step toward B with left foot into left walking stance, left low block
- 2) Step forward toward B with right foot into right front stance, right middle punch
- 3) Pivot on left foot clockwise, step toward C with right foot into right walking stance, right low block
- 4) Step forward toward C with left foot into left front stance, left middle punch
- 5) Pivot on right foot counterclockwise, step toward D with left foot into left walking stance, right inside block
- 6) Step toward D with right foot into right walking stance, left inside block
- 7) Pivot on right foot counterclockwise, step toward B with left foot into left walking stance, left low block
- 8) Rear (right) leg front snap kick toward B, land right foot forward into right front stance, right high punch toward B
- 9) Pivot on left foot clockwise, step toward C with right foot into right walking stance, right low block
- 10) Rear (left) leg front snap kick toward C, land left foot forward into left front stance, left high punch toward C
- 11) Pivot on right foot counterclockwise, step toward D with left foot into left walking stance, left high block
- 12) Step forward toward D with right foot into right walking stance, right high block
- 13) Pivot on right foot counterclockwise, step toward C with left foot into left walking stance, right inside block
- 14) Pivot on left foot clockwise, step toward B with right foot into right walking stance, left inside block
- 15) Pivot on right foot counterclockwise, step toward A with left foot into left walking stance, left low block
- 16) Rear (right) leg front snap kick toward A, land right foot forward into right walking stance, right middle punch toward A
- 17) Rear (left) leg front snap kick toward A, land left foot forward into left walking stance, left middle punch toward A
- 18) Rear (right) leg front snap kick toward A, land right foot forward into right walking stance, right middle punch toward A - Kihop
- 19) Pivot on right foot counterclockwise moving left foot to junbi facing D