

Taegeuk Ipjang



- 1) Pivot on right foot counterclockwise, step toward B with left foot into left front stance, left low block
- 2) Rear (right) leg front snap kick toward B, land right leg backward into left foot forward back stance, left outside forearm block
- 3) Pivot on left foot clockwise, step toward C with right foot into right front stance, right low block
- 4) Rear (left) leg front snap kick toward C, land left leg backward into right leg forward back stance, right outside forearm block
- 5) Pivot on right foot counterclockwise, step toward D with left foot into left front stance, right middle knife hand block
- 6) Rear (right) leg roundhouse kick toward D, land right leg forward
- 7) Pivot on right foot counterclockwise, step toward B with left foot into left front stance, left outside forearm block, right reverse middle punch
- 8) Rear (right) leg front snap kick toward B, land right leg forward into right front stance, left reverse middle punch
- 9) Pivot on left foot clockwise, step toward C with right foot into right front stance, right outside forearm block, left reverse middle punch
- 10) Rear (left) leg front snap kick toward C, land left foot forward into left front stance, right reverse middle punch
- 11) Pivot on right foot counterclockwise, step with left foot into junbi stance facing D, concentrated double low (wedge) block to sides
- 12) Step toward D with right foot into right front stance, left middle knife hand block
- 13) Rear (left) leg roundhouse kick toward D -Kihap, land left foot forward, pivot on left foot clockwise, step toward B with right foot into right front stance, right low block
- 14) Rear (left) leg front snap kick toward B, land left leg backward into right leg forward back stance, right outside forearm block
- 15) Pivot on right foot counterclockwise, step toward C with left foot into left front stance, left low block
- 16) Rear (right) leg front snap kick toward C, land right leg backward into left foot forward back stance, left outside forearm block
- 17) Pivot on left foot counterclockwise, step toward A with right foot into left leg forward back stance, left knife hand guarding block

Taegeuk Ipjang



- 18) Step backward with left foot toward A into right leg forward back stance, right knife hand guarding block
- 19) Step backward toward A with right foot into left front stance, left downward palm block, right reverse middle punch
- 20) Step backward toward A with left foot into right front stance, right downward palm block, left reverse middle punch - Kihap
- 21) Step forward with left foot to junbi facing D