

# Taegeuk Paljang



- 1) Step forward toward D with your left foot into a left foot forward back stance, left double support block, shift into a left front stance, right reverse punch
- 2) Jump left leg snap kick toward D - Kihap (use your right leg to start your jump), land with your left leg forward into a left front stance, left inside block, right reverse punch, left middle punch
- 3) Step forward with your right foot into a right front stance, right middle punch.
- 4) 3/4 turn counterclockwise, mountain stance toward C, left low block, right backfist toward B
- 5) Shift your left foot into a left front stance, reach out with your left hand to grab the attacker's head, slowly pull your left hand in toward your chest, concentrated right uppercut
- 6) Move your left foot in front of your right foot, step toward B with your right foot into a mountain stance, right low block, left backfist toward C
- 7) Shift your right foot into a right front stance, reach out with your right hand to grab the attacker's head, slowly pull your right hand in toward your chest, concentrated left uppercut
- 8) Pivot on your left foot 3/4 turn counterclockwise, middle knifehand guarding block toward D
- 9) Shift your left foot into a left front stance, right reverse middle punch
- 10) Rear (right) leg front snap kick toward D, land right foot next to left foot, step backward with left foot into a left foot back cat stance, right inside palm block
- 11) Pivot on right foot 1/4 turn counterclockwise, step toward B with left foot into a left foot forward cat stance, middle knifehand guarding block
- 12) Front (left) leg snap kick toward B, land left leg forward into left front stance, right reverse middle punch, slide left foot backward into left foot forward cat stance, left inside palm block
- 13) Pivot on your left foot 1/2 turn clockwise, step toward C with your right foot into a right foot forward cat stance, middle knifehand guarding block
- 14) Front (right) leg snap kick toward C, land right leg forward into right front stance, left reverse middle punch, slide right foot backward into right foot forward cat stance, right inside palm block

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- 15)** Pivot on your left foot 1/4 turn clockwise, step toward A with your right foot into a right foot forward back stance, low closed-hand guarding block
- 16)** Rear (left) leg front snap kick toward A (do not drop your left leg after kicking), jump right leg snap kick toward A, land right foot forward into a right front stance, right inside block, left reverse middle punch, right middle punch
- 17)** Pivot on your right foot 3/4 turn counterclockwise, step toward B with your left foot into a left leg forward back stance, left knife hand block
- 18)** Shift your left foot into a left front stance, right elbow strike, right backfist, left reverse middle punch
- 19)** Pivot on your left foot 1/2 turn clockwise, step toward C with your right foot into a right foot forward back stance, right knifehand block
- 20)** Shift your right foot into a right front stance, left elbow strike, left backfist, right reverse middle punch
- 21)** Step forward with your right foot to junbi facing D