

# Taegeuk Sajang



- 1) Pivot on right foot counterclockwise, step toward B with your left foot into left foot forward back stance, left knifehand guarding block
- 2) Step forward toward B with right foot into right front stance, right spear hand strike
- 3) Pivot on left foot clockwise, step toward C with right foot into right foot forward back stance, right knife hand guarding block
- 4) Step forward toward C with left foot into left front stance, left spear hand strike
- 5) Pivot on right foot counterclockwise, step toward D with left foot into left front stance, left open hand high block, right high knife hand strike(psuedo strike)
- 6) Rear (right) leg front snap kick toward D, land right foot forward into right front stance, left middle reverse punch
- 7) Rear (left) leg side kick toward D, land left leg forward into left leg forward back stance
- 8) Rear (right) leg side kick toward D, land right forward into right leg forward back stance, right knife hand guarding block
- 9) Pivot on right foot counterclockwise, step toward C with left foot into left foot forward back stance, left forearm block
- 10) Rear (right) leg front snap kick toward C, land foot backward into left leg forward back stance, right inside block
- 11) Pivot on left foot clockwise, step toward B with right foot into right foot forward back stance, right forearm block
- 12) Rear (left) leg front snap kick toward B, land foot backward into right leg forward back stance, left inside block
- 13) Pivot on right foot counterclockwise, step toward A with left foot into left front stance, left open hand high block, right high knife hand strike(psuedo strike)
- 14) Rear (right) leg front snap kick toward A, land right foot forward into right front stance, right backfist
- 15) Pivot on right foot counterclockwise, step toward C with left foot into left walking stance, left inside block, right reverse middle punch
- 16) Pivot on left foot clockwise, step toward B with right foot into right walking stance, right inside block, left reverse middle punch
- 17) Pivot in right foot counterclockwise, step toward A with left foot into left front stance, left inside block, right middle reverse punch, left middle punch

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**18)** Step toward A with right foot into right front stance, right inside block, left middle reverse punch, right middle punch - Kihap

**19)** Pivot on right foot counterclockwise moving left foot to junbi facing D