

Taegeuk Sumjang



- 1) Pivot on right foot counterclockwise, stepping toward B with left foot into left walking stance, left low block
- 2) Rear (right) leg front snap kick, land right foot forward into right front stance, right middle punch, left reverse middle punch toward B
- 3) Pivot on left foot clockwise, step toward C with right foot into right walking stance, right low block
- 4) Rear (left) leg front snap kick, land left foot forward into left front stance, left middle punch, right reverse middle punch toward C
- 5) Pivot on right foot counterclockwise, step toward D with left foot into left walking stance, right inside knife hand strike
- 6) Step toward D with right foot into right walking stance, left inside knife hand strike
- 7) Pivot on right foot counterclockwise, step toward B with left foot into left back stance, left single knife hand block. Shift front (left) foot into left front stance, right reverse middle punch
- 8) Pivot on left foot clockwise, step toward C with right foot into right back stance, right single knife hand block. Shift front (right) foot into right front stance, left reverse middle punch
- 9) Pivot on right foot counterclockwise, step toward D with left foot into left walking stance, right inside block
- 10) Step toward D with right foot into right walking stance, left inside block
- 11) Pivot on right foot counterclockwise, step toward C with left foot into left walking stance, left low block
- 12) Rear (right) leg front snap kick, land right foot forward into right front stance, right middle punch, left reverse middle punch toward C
- 13) Pivot on left foot clockwise, step toward B with right foot into right walking stance, right low block
- 14) Rear (left) leg front snap kick, land left foot forward into left front stance, left middle punch, right reverse middle punch toward B
- 15) Pivot on right foot counterclockwise, step toward A with left foot into left walking stance, left low block, right reverse middle punch
- 16) Step toward A with right foot into right walking stance, right low block, left reverse middle punch

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17) Rear (left) front snap kick toward A, land left foot forward into left walking stance, left low block, right reverse middle punch toward A

18) Rear (right) leg front snap kick toward A, land right foot forward into right walking stance, right low block, left reverse middle punch toward A - Kihap

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