

Taegeuk Ijang

(First half)

- 1) Chamber for a left low block, then pick up your left foot and step 90-degrees to your left (counter clockwise) into a left walking stance, left low block.
- 2) Step forward with your right foot into a right front stance, right middle punch.
- 3) Chamber for a right low block, then pick your right foot up and step backward 180-degrees (clockwise) into a right walking stance, right low block.
- 4) Step forward with your left foot into a left front stance, left middle punch.
- 5) Chamber for a right inside block, then pick your left foot up and step 90-degrees to your left (counter clockwise) into a left walking stance, right inside block.
- 6) Chamber a left inside block, then step forward with your right foot into a right walking stance, left inside block.
- 7) Chamber a left low block, then pick up your left foot and step 90-degrees to your left (counter clockwise) into a into left walking stance, left low block.
- 8) Right leg snap kick, then land forward into a right front stance, right high punch.
- 9) Chamber a right low block, then pick up your right foot and step 180-degrees backward (clockwise) into a right walking stance, right low block.
- 10) Left leg snap kick, then land forward into a left front stance, left high punch.
- 11) Pick up your left foot and step 90-degrees backward (counter clockwise) to Junbi facing the front.