

Taegeuk Ijang

(Second half)

- 1) Step forward with your left foot into a left walking stance, left high block.
- 2) Step forward with your right foot into a right walking stance, right high block.
- 3) Chamber a right inside block, then pick up your left foot and spin backward 270 degrees (counterclockwise) and step with your left foot into a left walking stance, right inside block.
- 4) Chamber a left inside block, then pick up your right foot and spin 180-degrees (clockwise) backward into a right walking stance, left inside block.
- 5) Chamber 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.
- 6) Right leg snap kick, then land into a right walking stance, right middle punch.
- 7) Left leg snap kick, then land into a left walking stance, left middle punch.
- 8) Right leg snap kick, then land into a right walking stance, right middle punch – Kihap.
- 9) Pick up your left foot and spin backward (counterclockwise) 180-degrees to Junbi facing the front.