

# Taegeuk Iljang

## (First half)

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