

Taegeuk Iljang

(Second half)

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