

Taegeuk Sajang

(First half)

- 1) Chamber for a left middle knifehand guarding block, then pick up your left foot and step 90-degrees to your left (counter clockwise) into a left back stance, left middle knifehand guarding block.
- 2) Chamber for a right spearhand strike, then left downward palm block, step forward with your right foot into a right front stance, right spearhand strike.
- 3) Pick up your right foot and spin 180-degrees backward (clockwise) into a right back stance, right middle knifehand guarding block. **You will chamber the middle knifehand guarding block in the direction that you were facing (opposite of the direction your are turning toward) as you begin to turn.
- 4) Chamber for a left spearhand strike, then right downward palm block, step forward with your left foot into a left front stance, left spearhand strike.
- 5) Chamber for a left open hand high block & a right knifehand strike 90-degrees to your right, then pick up your left foot and step 90-degrees to your left (counter clockwise) into a left front stance, left open hand high block, right high knife hand strike. This is called a psuedo strike.
- 6) Right leg snap kick, then land your right foot forward into a right front stance, left middle punch.
- 7) Left leg side kick, then land your left leg forward into a left back stance.
- 8) Right leg side kick, chamber for a right middle knifehand guarding block, then land your right leg forward into a right back stance, right middle knifehand guarding block – Kihop.