

Taegeuk Samjang

(First half)

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