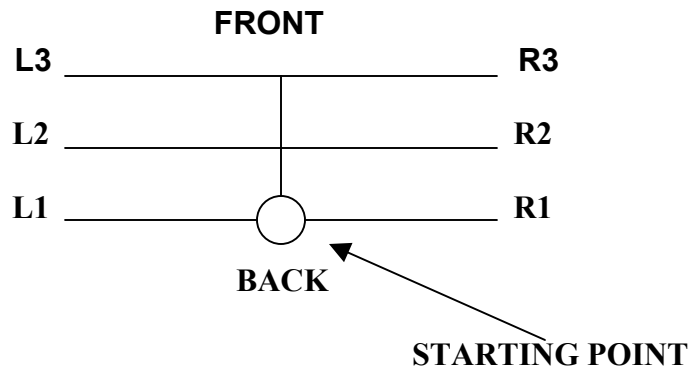


TAE GUK SA JANG (FOUR)



Joon bi facing the front

1. Look left and move left foot toward L-1 into a left back stance with a double knife-hand block
2. Step toward L-1 into a right front stance with a left open palm down block and a right middle knife-hand jab
3. Look right and move right foot clockwise toward R-1 into a right back stance with a double knife-hand block
4. Step toward R-1 into a left front stance with a right open palm down block and a left middle knife-hand jab
5. Look left and move left foot counter-clockwise toward the front into a left front stance with a left open palm high block and a right inverted knife-hand strike toward the front
6. Execute a right front kick, lowering foot down into a right front stance and execute a left reverse punch toward the front
7. Execute a left sidekick to the front and a right side kick to the front lowering the right foot down into a right back stance with a double knife-hand block toward the front
8. Look left and move left foot counter-clockwise to face R-3 into a left back stance with a left palm outside block toward R-3
9. Execute a right front kick to R-3, bringing the kicking foot back to the left back stance and execute a right inside block to R-3
10. Look right and turn body clockwise into a right back stance toward L-3 with a right palm outside block toward L-3

- 11.** Execute a left front kick to L-3, bringing the kicking foot back into the right back stance and execute a left inside block
- 12.** Look left and move left foot clockwise into a left walking stance toward the back and execute a left open palm high block and a right inverted knife-hand strike toward the back
- 13.** Execute a right front kick toward the back, lowering foot down into a right front stance with a right back fist
- 14.** Look left and turn body toward R-2 into a left walking stance with a left inside block and right reverse punch
- 15.** Look right and turn body toward L-2 into a right walking stance with a right inside block and a left reverse punch
- 16.** Look left and move left foot counter-clockwise toward the back into a left front stance with a left inside block, right reverse punch and left center punch
- 17.** Step right foot toward the back into a right front stance with a right inside block, left reverse punch and right center punch - KIAP!

* Pivot on right foot moving left foot counter-clockwise to face the front in Joon bi stance

ONE TEAM, ONE FIGHT !!

