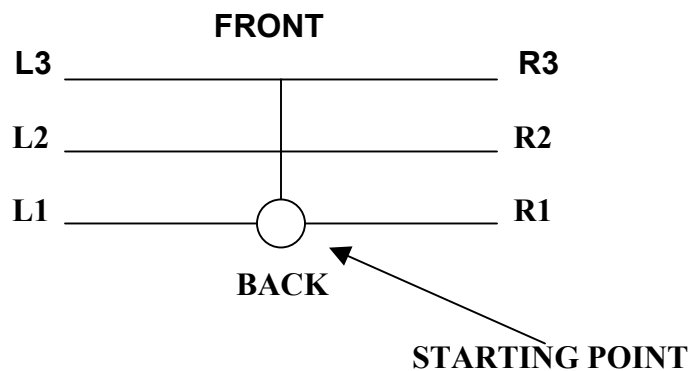


TAE GUK SAM JANG (THREE)



Joon bi facing the front

1. Look left and move left foot toward L-1 into a left walking stance with a left low block
2. Execute a right front kick to L-1 setting right foot down into a right front stance with a right and left center punch
3. Look right and move right foot clockwise toward R-1 into a right front stance with a right low block
4. Execute a left front kick to R-1 setting left foot down into a left front stance with a left and right center punch
5. Look left and move left foot counter-clockwise toward the front into a left walking stance with a right inverted knife-hand strike
6. Step toward the front into a right walking stance with a left inverted knife-hand strike
7. Look left and move left foot toward L-2 into a left back stance with a left outside knife-hand block. Shift from back stance to left front stance with a right reverse punch toward L-2
8. Look right and move right foot into a right back stance toward R-2 with a right outside knife-hand block. Shift from back stance to right front stance with a left reverse punch toward R-2
9. Look left and move left foot toward the front into a left walking stance with a right inside block
10. Step right foot toward the front into a right walking stance with a left inside block
11. Look left, pivot on right foot and move left foot counter-clockwise (270 degrees) into a left walking stance toward R-3 with a left low block
12. Execute a right front kick toward R-3 setting right foot down into a right front stance toward R-3 with a right and left center punch
13. Look right and move right foot clockwise (180 degrees) into a right walking stance toward L-3 with a right down block

14. Execute a left front kick toward L-3 setting left foot down into a left front stance toward L-3 with a left and right center punch
 15. Look left and move left foot toward the back into a left walking stance with a left down block and right reverse punch
 16. Step right foot toward the back into a right walking stance with a right down block and left reverse punch
 17. Execute a left front kick setting foot down into a left front stance toward the back with a left down block and right reverse punch
 18. Execute a right front kick setting foot down into a right front stance toward the back with a right down block and a left reverse punch - KIAP!
- * Pivot on right foot, moving left foot counter-clockwise to face the front in Joon bi stance

ONE TEAM, ONE FIGHT !!

