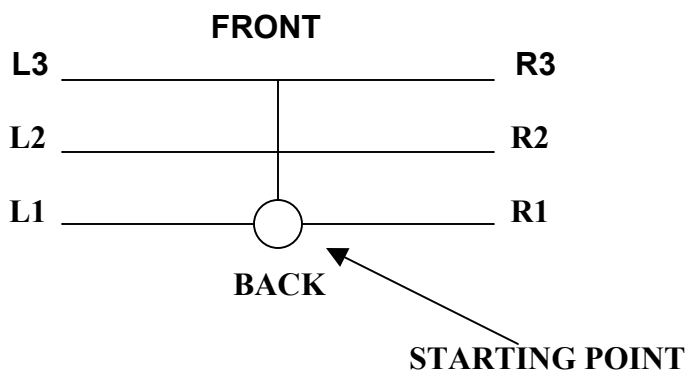


TAE GUK YUK JANG (6)



Joon bi facing the front

1. Look left and move left foot into a left front stance toward L-1 with a left low block
2. Execute a right front kick to L-1, bring kicking foot back to it's starting position but in a back stance and execute a left outer-forearm block to L-1
3. Look right and turn body clockwise to R-1 into a right front stance with a down block to R-1
4. Execute a left front kick to R-1, bring kicking foot back to it's starting position but in a back stance and execute a right outer-forearm block to R-1
5. Move left foot in a counter-clockwise motion out to the front into a left front stance - making power with a high right knife-hand to the front
6. Execute a right roundhouse kick to the knife-hand, turn body left as lowering the right foot behind the left foot into a left front stance toward L-2 with a left outer-forearm block, then a right reverse punch
7. Execute a right front kick lowering foot down into a right front stance with a left reverse punch toward L-2
8. Look right, pivot on left foot and move right foot clockwise toward R-2 into a right front stance with a right outer-forearm block, then a left reverse punch
9. Execute a left front kick lowering kicking foot into a left front stance with a right reverse punch to R-2
10. Bring left foot back to a ready stance toward the front and make power crossing forearms with fists, and snapping out into twin low blocks to each side

11. Step toward the front with right foot into a right front stance making power with a high left knife-hand to the front
 12. Execute a left roundhouse kick to the knife-hand (KIAP!) lowering the kicking foot to the right foot, look right, pivot on the left foot and turn clockwise toward L-3 into a right front stance with a right low block
 13. Execute a left front kick to L-3 and bring kicking foot back to starting position but in a back stance with a right outer-forearm block to L-3
 14. Look left and turn body counter-clockwise toward R-3 into a left front stance with a left low block to R-3
 15. Execute a right front kick to R-3, and bring kicking foot back to starting position but in a back stance with a left outer-forearm block to R-3
 16. Pivot on left foot and move right foot to the back into a left back stance facing the front with a double knife-hand block to the front
 17. Step back with the left foot into a right back stance facing the front with a double knife-hand block to the front
 18. Step back with the right foot into a left front stance with a left palm cross block then a right reverse punch to the front
 19. Step back with the left foot into a right front stance with a right palm cross block then a left reverse punch to the front
- * Move left foot to the right to face the front in Joon bi stance

ONE TEAM, ONE FIGHT !!

