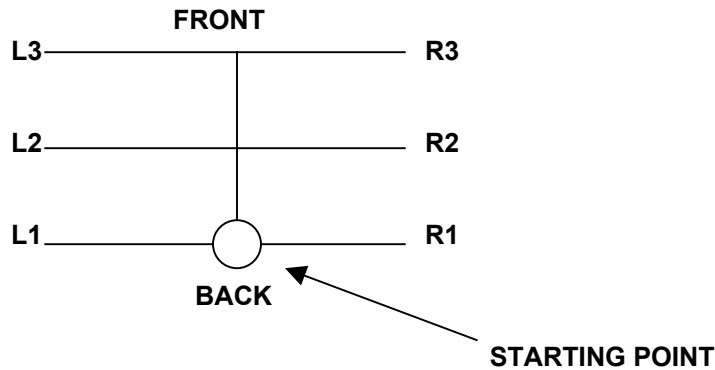


# TAE GUK IL JANG (ONE)



## 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. Step right foot forward toward L-1 into a right walking stance and execute a right center punch
3. Look right and move right foot clockwise to face R-1 in a right front stance with a right down block
4. Step left foot forward toward R-1 into a left front stance and execute a left center punch
5. Look left and move left foot counter-clockwise into a left front stance toward the front and execute a left low block/right reverse punch
6. Look right and move right foot clockwise into a right walking stance toward R-2 with a left inside block
7. Step left foot forward toward R-2 into a left walking stance and execute a right reverse punch
8. Look left and move left foot counter-clockwise into a left walking stance toward L-2 with a right inside block
9. Step right foot forward toward L-2 into a right walking stance and execute a left reverse punch
10. Look right and move right foot clockwise into a right front stance toward the front and execute a right low block/left reverse punch
11. Look left and move left foot counter-clockwise into a left walking stance toward L-3 with a left high block
12. Execute a right front kick toward L-3, setting kicking foot down into a right walking stance with a right center punch
13. Look right and move right foot clockwise toward R-3 into a right walking stance with a right high block

**14.** Execute a left front kick toward R-3, setting kicking foot down toward R-3 into a left walking stance with a left center punch

**15.** Look right and move left foot clockwise into a left front stance toward the back and execute a left low block

**16.** Step forward toward the back into a right front stance with a right center punch - KIAP!

\* Move left foot back counter-clockwise to face the front in Joon bi stance

**ONE TEAM, ONE FIGHT !!**

