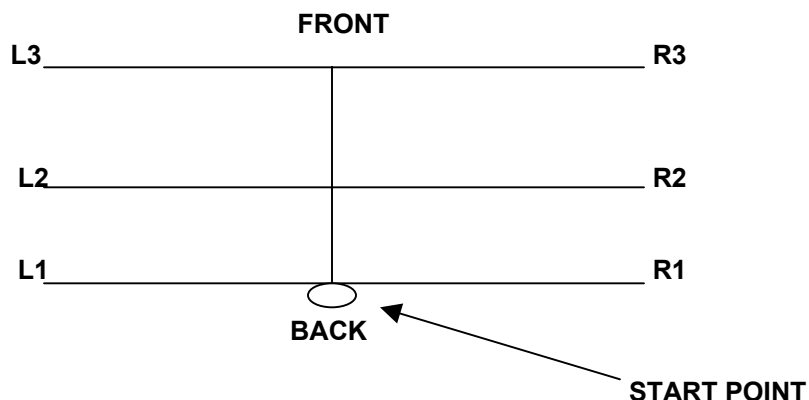


# TAE GUK OH JANG (FIVE)



## Joon bi facing the front

1. Look left and move left foot into a left front stance toward L-1 with a low block, then pull left foot back to ready stance and execute a left back fist toward L-1
2. Look right and move right foot into a right front stance toward R-1 with a low block, then pull left foot back to ready stance and execute a right back fist toward R-1
3. Move left foot into a left walking stance to the front with a left inside block, then a right inside block
4. Execute a right front kick to the front lowering foot down into a right front stance toward the front with a right back fist strike then a left inside block
5. Execute a left front kick to the front lowering foot down into a left front stance to the front with a left back fist strike then a right inside block
6. Step to the front into a right front stance with a right back fist strike
7. Look left, pivot on right foot counter-clockwise moving left foot toward R-3 into a left back stance with a left single knife hand block to R-3
8. Bring left open palm into right fist and step with right foot to R-3 into a right front stance with a right elbow strike (face)
9. Move right foot clockwise into a right back stance toward L-3 with a right single knife block to L-3
10. Bring right open palm into left fist and step with left foot to L-3 into a left front stance with a left elbow strike (face)
11. Look left and move left foot to the back into a left front stance with a left low block then a right inside block
12. Execute a right front kick to the back lowering foot down into a right front stance toward the back with a right low block then a left inside block

13. Look left, pivot on right foot and turn body left toward R-2 into a left front stance with a left high block
  14. Execute a right side kick to R-2 lowering foot into a right front stance toward R-2 with a left elbow strike to the right palm
  15. Look right, pivot on left foot and move right foot clockwise into a right front stance toward L-2 with a right high block to L-2
  16. Execute a left sidekick to L-2 lowering front foot into a left front stance toward L-2 with a right elbow strike to the left palm
  17. Look left, pivot on right foot and turn body counter-clockwise while pulling left foot into a left walking stance toward the back with a left low block then a right inside block
  18. Execute a right front kick to the back and before putting the kicking foot down, jump forward toward the back into a right cross-leg stance with a right back fist strike toward the back - KIAP!
- \* Pivot on right foot and turn body counter-clockwise to face the front in Joon bi stance

**ONE TEAM, ONE FIGHT !!**

