

Tae Guk Ee Jang

Lf = Left Foot, Rf = Right Foot, cw = clockwise, ccw = counter clockwise
Punches are middle section unless otherwise noted

1. Joombi
2. Lf 90° ccw walking stance, left arm down block
3. Rf front stance right punch
4. Rf 180° cw walking stance, right arm down block
5. Lf front stance left punch
6. Lf 90° ccw walking stance, right arm inside (telephone) block
7. Rf walking stance left arm inside block
8. Lf 90° ccw walking stance left arm down block
9. Rf front snap kick land forward front stance right high section punch
10. Rf 180° cw walking stance right down block
11. Lf front snap kick land forward front stance left high section punch
12. Lf 90° ccw walking stance left high (umbrella) block
13. Rf walking stance right high block
14. Lf 270° ccw (moving behind and around right leg) walking stance right inside block
15. Rf 180° cw (like a “normal” turning around) walking stance left inside block
16. Lf 90° ccw walking stance left arm down block
17. Rf front snap kick land forward walking stance right punch
18. Lf front snap kick land forward walking stance left punch
19. Rf front snap kick land forward walking stance right punch. Kiyap!
20. Lf steps around, Ba rol