

Tae Guk Il 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 walking stance right punch
4. Rf 180° cw walking stance, right arm down block
5. Lf walking stance left punch
6. Lf 90° ccw front stance, left arm down block, right arm punch
7. Rf 90° cw walking stance left arm inside block
8. Left arm aim, lf walking stance right arm punch
9. Lf 180° ccw walking stance right arm inside block
10. Right arm aim, rf walking stance left arm punch
11. Rf 90° cw front stance right down block left arm punch
12. Lf 90° ccw walking stance left high (umbrella) block
13. Rf front snap kick land forward walking stance right punch
14. Rf 180° cw walking stance high block
15. Lf front snap kick land forward walking stance left punch
16. Lf 90° cw front stance left arm down block
17. Rf front stance right punch Kiyap!
18. Lf steps around Ba rol