

# Tae Guk Oh 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 front stance left down block
3. Wrist release, Lf steps up to “L” stance 2 arm windmill motion left hammer fist
4. Rf 90° cw front stance right down block
5. Wrist release, Rf steps up to “L” stance 2 arm windmill motion right hammer fist
6. Lf 90° ccw front stance left inside right inside
7. Rf front snap kick front stance right horizontal back fist left inside block
8. Lf front snap kick front stance left horizontal back fist right inside block
9. Rf front stance right horizontal back fist
10. Lf 270° ccw back stance single knife hand block
11. Rf front stance reinforced right elbow strike
12. Rf 180° cw back stance single knife hand block
13. Lf front stance reinforced left elbow strike
14. Lf 90° ccw front stance left down block right inside block
15. Rf front snap kick front stance right down block left inside block
16. Lf 90° ccw front stance left high block
17. Rf side kick with right horizontal hammer fist land front stance left elbow smash
18. Rf 180° cw front stance right high block
19. Lf side kick with left horizontal hammer fist land front stance right elbow smash
20. Lf 90° ccw front stance left down block right inside block
21. Rf front snap kick stomp down right twist stance right horizontal back fist. Kiyap!
22. Lf steps around. Ba rol.