

# Tae Guk Pal Jang

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

1. Joombi
2. Lf back stance double guarding block
3. Lf opens to front stance right punch
4. Jumping double front snap kick KIYAP! land Lf front stance left inside block double punch (r/l)
5. Rf front stance right punch
6. Lf 90° ccw 45° front stance mountain block
7. Lf opens to front stance tension upper cut (left hand to right shoulder, 8 sec count, no pop)
8. Lf crosses over Rf, Rf steps out 45° front stance mountain block
9. Rf opens to front stance tension upper cut (right hand to left shoulder, 8 sec count, no pop)
10. Rf 90° ccw back stance double knife hand block
11. Lf opens to front stance right punch
12. Rf front snap kick, step back Rf, step back Lf to Rf cat stance and right palm block
13. Lf 90° ccw cat stance double knife hand block
14. Lf front snap kick land front stance right punch and immediately pull back to Lf cat stance left palm block
15. Rf 180° cw cat stance double knife hand block
16. Rf front snap kick land front stance right punch and immediately pull back to Rf cat right palm block
17. Rf 90° cw back stance re-enforced down block
18. Left front snap kick, hold re-chamber, jumping right front snap kick KIYAP! land Rf front stance right inside block double punch (l/r)
19. Lf 90° ccw back stance single knife hand block
20. Lf opens to front stance right high section horizontal elbow strike, right horizontal back fist, left punch
21. Rf 180° cw back stance single knife hand block
22. Rf opens to front stance left high section horizontal elbow strike, left horizontal back fist, right punch
23. Lf steps back. Ba-rol