

Tae Guk Sa 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 back stance double knife hand block
3. Rf front stance right spear hand strike
4. Rf 180° cw back stance double knife hand block
5. Lf front stance left spear hand strike
6. Lf 90° ccw front stance “fireball”
7. Rf front snap kick front stance left punch
8. Lf side kick, Rf side kick land right back stance double knife hand block
9. Lf 90° ccw back stance left outside forearm block
10. Rf front snap kick land back in back stance right inside block
11. Pivot 180° ccw back stance right outside forearm block
12. Lf front snap kick land back in back stance left inside block
13. Lf 90° ccw front stance “fireball”
14. Rf front snap kick front stance right horizontal back fist
15. Lf 90° ccw walking stance left inside block right punch
16. Rf 180° cw walking stance right inside block left punch
17. Lf 90° ccw front stance left inside block double punch (rl)
18. Rf front stance right inside block double punch (lr). Kiyap!
19. Lf steps around, Ba rol