

Tae Guk Sam 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 snap kick front stance double (rl) punch
4. Rf 180° cw walking stance, right arm down block
5. Lf front snap kick front stance double (lr) punch
6. Lf 90° ccw walking stance, right arm single knife hand strike
7. Rf walking stance left arm single knife hand strike
8. Lf 90° ccw back stance left single knife hand block, lf slides open to front stance right punch
9. Rf 180° cw back stance right single knife hand block, rf slides open front stance left punch
10. Lf 90° ccw walking stance right inside block
11. Rf walking stance left inside block
12. Lf 270° ccw walking stance down block
13. Rf front snap kick front stance double (rl) punch
14. Rf 180° cw walking stance right down block
15. Lf front snap kick front stance double (lr) punch
16. Lf 90° ccw walking stance left arm down block right arm punch
17. Rf walking stance right down block left punch
18. Lf front snap kick land forward walking stance left down block right punch
19. Rf front snap kick land forward walking stance right down block left punch. Kiyap!
20. Lf steps around, Ba rol