

Tae Guk Yuk 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. Rf front snap kick, land back in back stance left outside forearm block
4. Rf 180° cw front stance right down block
5. Lf front snap kick, land back in back stance right outside forearm block
6. Lf 90° ccw front stance right high section single knife hand block with upper body rotation
7. Rf high section turning kick land 90° ccw horse stance, Lf front stance left high outside forearm block right punch
8. Rf front snap kick front stance left punch
9. Rf 180° cw front stance right high outside forearm block left punch
10. Lf front snap kick front stance right punch
11. Lf 90° ccw to natural stance tension (5 count) double down block (crossing at chest, no pop)
12. Rf front stance left high section single knife hand block with upper body rotation
13. Lf high section turning kick KIYAP land 90° cw horse stance, Rf 180° cw front stance right down block
14. Lf front snap kick, land back in back stance right outside forearm block
15. Lf 180° ccw front stance left down block
16. Rf front snap kick, land back in back stance, left outside forearm block
17. Rf 90° ccw back stance double knife hand block
18. Lf steps back, double knife hand block
19. Rf steps back, front stance, left palm block, right punch
20. Lf steps back, front stance, right palm block, left punch
21. Rf steps back. Ba rol.