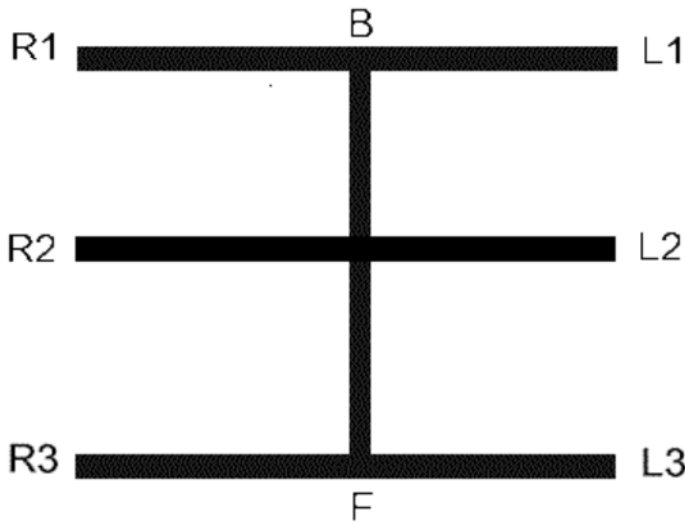






# Taegeuk Sam-jang



GRAPHIC	SEQ	MOVEMENT	STANCE	HAND TECHNIQUE
		Jumbi From Attention stance, move the left foot out to the (Ready) left. Hands out in front of you.	Ready Stance	Basic Hand Position
	1	Turn to the left; pivot on the right foot to face L1.	Left Forward Stance	Left Low Block
				
	2	Right foot Front Kick, placing the foot down in the direction of L1.	Right Forward Stance	Double (Right - Left) Body Punch



3 Pivot on the left foot; turning to face R1.

Right Forward Stance      Right Low Block



4 Left foot Front Kick, placing the foot down in the direction of R1.

Left Forward Stance      Double (Left - Right) Body Punch



5 Pivot on the right foot; turning to the left to face F

Left Walking Stance      Right Knife Hand Neck Strike



6 Step forward in direction F.

Right Walking Stance      Left Knife Hand Neck Strike





7 Without moving the right foot, step up with the left foot to face L2

Right Back Stance Left Single Knife Hand Block



8 Pivot on the right foot; moving left foot outward, still facing L2.

Left Forward Stance Right Body Punch



9 Pivot on the left foot; turn to face R2.

Left Back Stance Right Single Knife Hand Block



10 Pivot on the left foot; moving right foot outward, still facing R2.

Right Forward Stance Left Body Punch



11 Pivot on the right foot to face F.

Left Walking Stance Right Inside Block



12 Step forward in the direction of F.

Right Walking Stance Left Inside Block



13 Pivot on the right foot; turning to the left to face the direction of R3.

Left Forward Stance Left Low Block



14 Right foot Front Kick; placing the foot down in the direction of R3.

Right Forward Stance Double (Right - Left) Body Punch



15 Pivot on the left foot; turning to the right to face the direction of L3.

Right Forward Stance Right Low Block



16 Left foot Front Kick; placing the foot down in the direction of L3.

Left Forward Stance Double (Left - Right) Body Punch





17

Pivot on the right foot; turn to the left to face the direction of B.

Left Walking Stance

Left Low Block followed by Right Body Punch



18

Step forward in the direction of B.

Right Walking Stance

Right Low Block followed by Left Body Punch



19

Left foot Front Kick; placing the foot down in the direction of B.

Left Walking Stance

Left Low Block followed by Right Body Punch





20

Right foot Front Kick; placing the foot down in the direction of B.

Right Walking Stance

Right Low Block followed by Left Body Punch (Kiap)

Baro (Return to Ready)

Pivot on the right foot, turning to the left to face F.

Ready Stance

Basic Hand Position