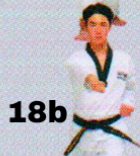
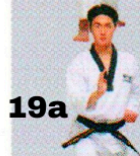


# Taegeuk Yook Jang #6



# Taegeuk Yook Jang #6

1. Turn left 90° into a front stance with your left foot forward and perform a left down block.
2. Perform a right foot front snap kick, landing back into a back stance with your left foot forward and perform a left forearm block.
3. Turn right 180° into a front stance with your right foot forward and perform a right down block.
4. Perform a left foot front snap kick, landing back into a back stance with your right foot forward and perform a right forearm block.
5. Turn left 90° into a front stance with your left foot forward and perform a right single knife block at your face height.
6. Perform a right foot roundhouse kick, land and immediately turn left 90° into a front stance with your left foot forward and perform a left forearm block at your face height followed by a right reverse punch.
7. Perform a right foot front snap kick, landing in a front stance with your right foot forward and perform a left reverse punch.
8. Turn right 180° into a front stance with your right foot forward and perform a right forearm block at your face height followed by a left reverse punch.
9. Perform a left foot front snap kick, landing in a front stance with your left foot forward and perform a right reverse punch.
10. Turn left 90° and step your left foot into a joonbi stance with your left arm crossed over your right arm and perform a double down block.
11. Step forward into a front stance with your right foot and perform a left single knife block at your face height.
12. Perform a left foot roundhouse kick with a kihap, land and immediately turn 270° to the right into a front stance with your right foot forward and and perform a right down block.
13. Perform a left foot front snap kick, landing back into a back stance with your right foot forward and perform a right forearm block.
14. Turn left 180° into a front stance with your left foot forward and perform a left down block.
15. Perform a right foot front snap kick, landing back into a back stance with your left foot forward and perform a left forearm block.
16. Turn 90° to the left and step your right foot back into a back stance with a double knife middle block.
17. Step your left foot back into a back stance with a double knife middle block.
18. Step your right foot back into a front stance and perform a left inside palm block followed by a right reverse punch.
19. Step your left foot back into a front stance and perform a right inside palm block followed by a left reverse punch.