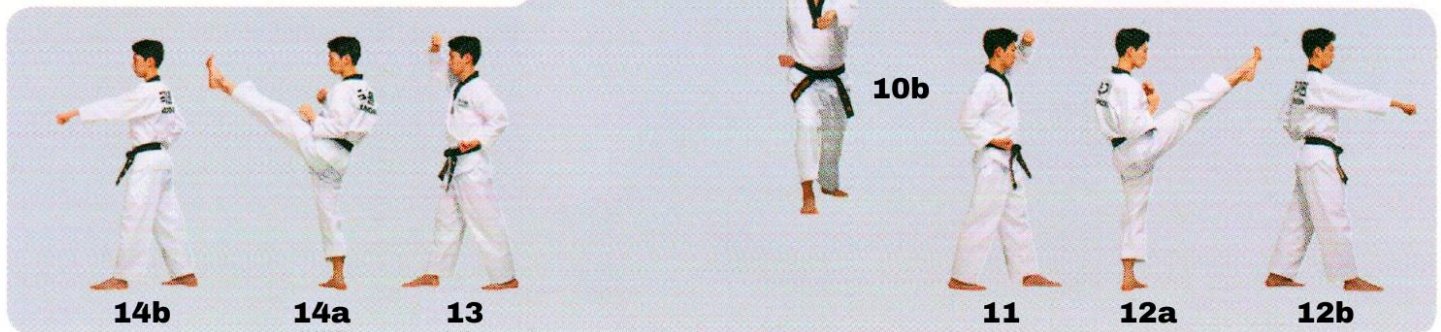
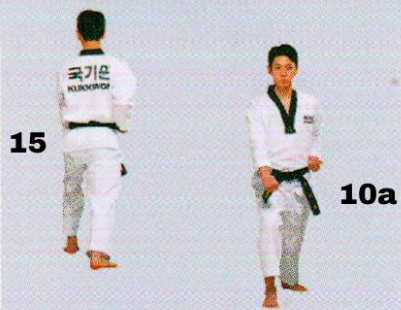
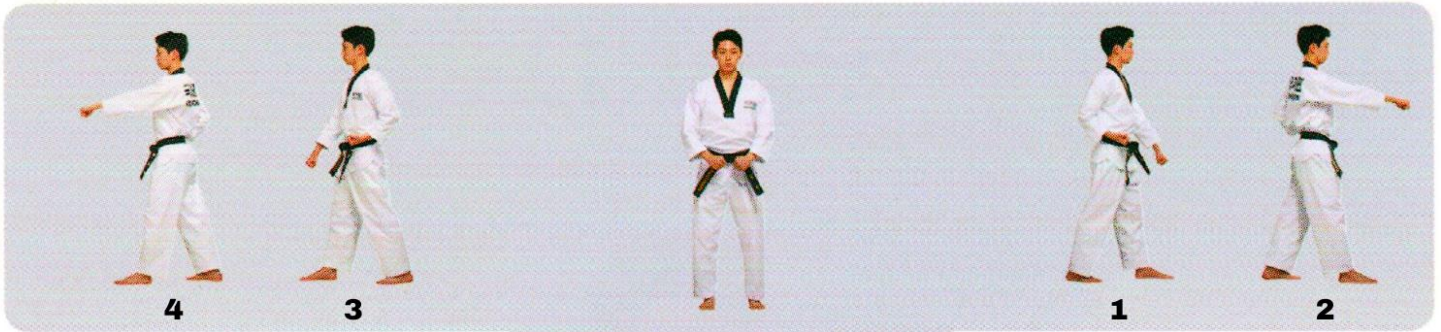


Taegeuk Il Jang #1



Taegeuk II Jang #1

1. Turn left 90° into a walking stance with your left foot forward and perform a left down block.
2. Step forward into a walking stance with your right foot forward and perform a right middle punch.
3. Turn right 180° into a walking stance with your right foot forward and perform a right down block.
4. Step forward into a walking stance with your left foot forward and perform a left middle punch.
5. Turn left 90° into a front stance with your left foot forward and perform a left down block and a right middle punch.
6. Turn right 90° into a walking stance with your right foot forward and perform a left inside block.
7. Step forward into a walking stance with your left foot forward and perform a right hand middle punch.
8. Turn left 180° into a walking stance with your left foot forward and perform a right inside block.
9. Step forward into a walking stance with your right foot forward and perform a left hand middle punch.
10. Turn right 90° into a front stance with your right foot forward and perform a right down block and a left middle punch.
11. Turn left 90° into a walking stance with your left foot forward and perform a left high block.
12. Perform a right front snap kick, step down into a walking stance with your right foot forward and perform a right middle punch.
13. Turn right 180° into a walking stance with your right foot forward and perform a right high block.
14. Perform a left front snap kick, step down into a walking stance with your left foot forward and perform a left middle punch.
15. Turn right 90° into a front stance with your left foot forward and perform a left low block.
16. Step forward into a front stance with your right foot forward and perform a right middle punch with a kihap.