

Taegeuk Oh Jang #5



4



3



1



2



20b

20a

19b

19a

14c

14b

14a

13b

13a

5a

5b

6a

6b

6c

7a

7b

7c

8



16b



16a



15



17



18a



18b



10



9



11



12

Taegeuk Oh Jang #5

1. Turn left 90° into a front stance with your left foot forward and perform a left down block.
2. Step your left foot back into an L stance with your left foot forward and perform a left vertical hammer fist strike.
3. Turn right 180° into a front stance with your right foot forward and perform a right down block.
4. Step your right foot back into an L stance with your right foot forward and perform a right vertical hammer fist strike.
5. Turn left 90° to the left into a front stance with your left foot forward and perform a left inside block followed by a right inside block.
6. Perform a right foot front snap kick, landing in a front stance with your right foot forward and perform a right back fist strike followed by a left inside block.
7. Perform a left foot front snap kick, landing in a front stance with your left foot forward and perform a left back fist strike followed by a right inside block.
8. Step into a front stance with your right foot forward and perform a right back fist strike.
9. Turn 270° to the left into a back stance with your left foot forward and perform a left outside knife hand block.
10. Step forward into a front stance with your right foot and perform a right supported elbow strike.
11. Turn 180° to the right into a back stance with your right foot forward and perform a right outside knife hand block.
12. Step forward into a front stance with your left foot and perform a left supported elbow strike.
13. Turn 90° to the left into a front stance with your left foot forward and perform a left down block followed by a right inside block.
14. Perform a right foot front snap kick, landing in a front stance with your right foot forward and perform a right down block followed by a left inside block.
15. Turn 90° to the left into a front stance with your left foot forward and perform a left high block.
16. Perform a right foot side kick, landing in a front stance with your right foot forward and perform a left smashing elbow strike.
17. Turn 180° to the right into a front stance with your right foot forward and perform a right high block.
18. Perform a left foot side kick, landing in a front stance with your left foot forward and perform a right smashing elbow strike.
19. Turn 90° to the left into a front stance with your left foot forward and perform a left down block followed by a right inside block.
20. Perform a right foot front snap kick, landing in a cross stance with your right foot forward and perform a right back fist strike.