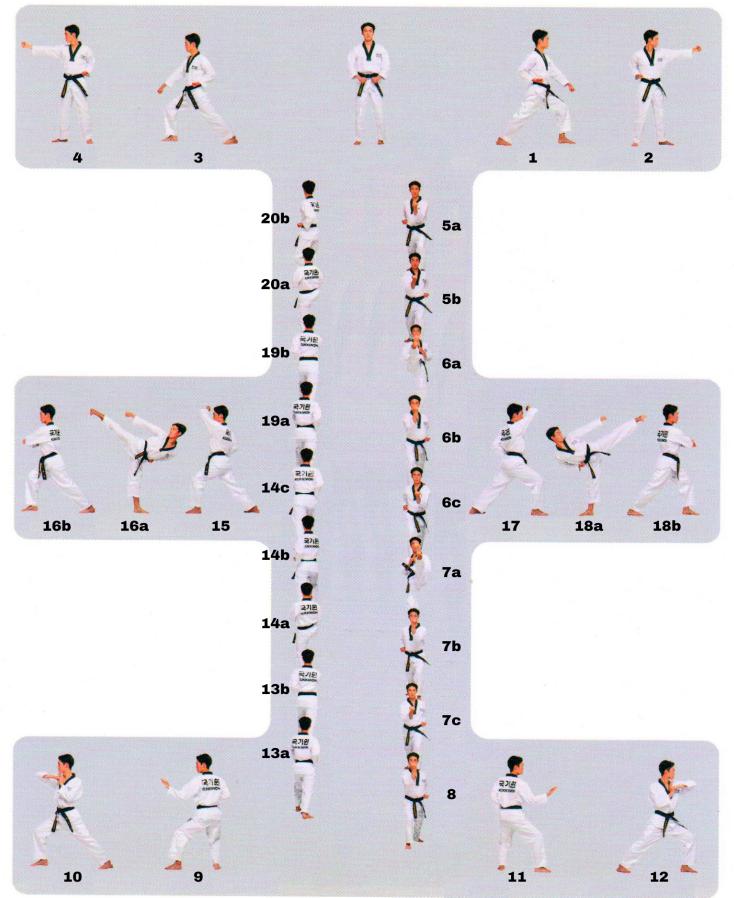
Taegeuk Oh Jang #5



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- 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 forward 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.