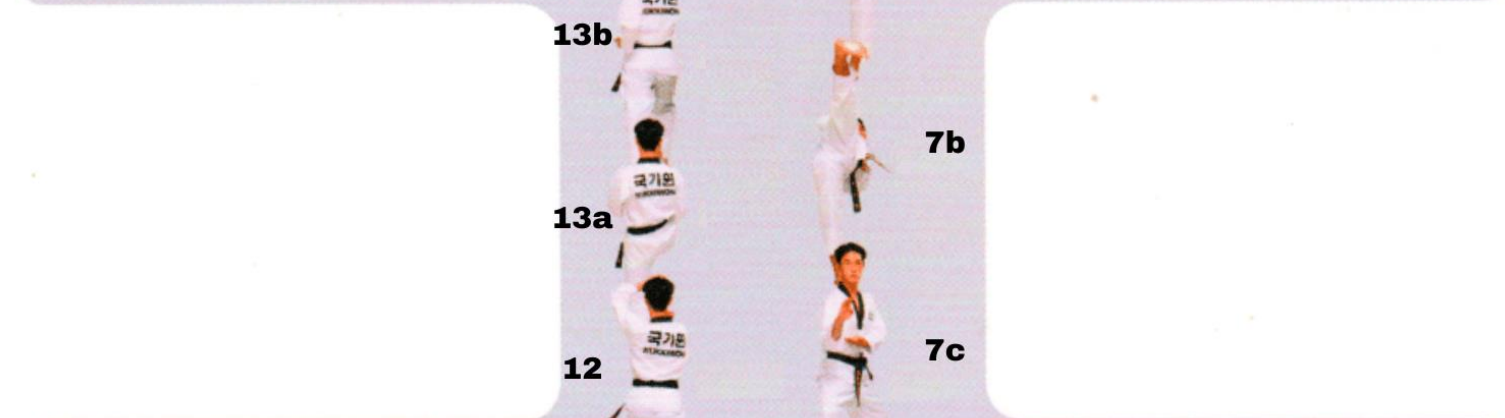
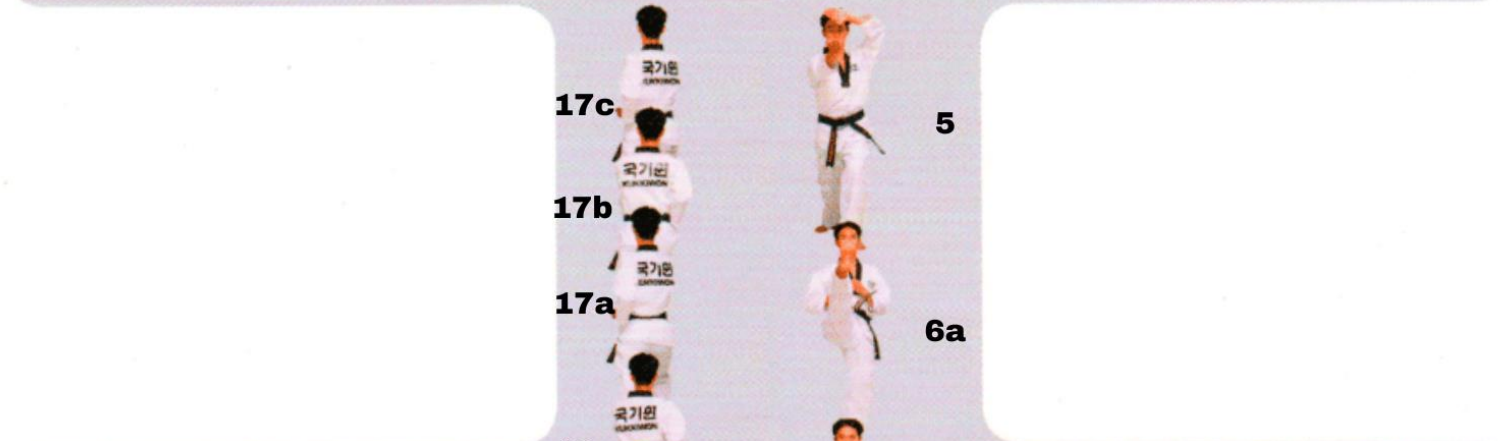


Taegeuk Sah Jang #4



Taegeuk Sah Jang #4

1. Turn left 90° into a back stance with your left foot forward and perform a left double knife middle block.
2. Step forward into a front stance with your right foot forward and perform a right supported spear hand strike.
3. Turn right 180° into a back stance with your right foot forward and perform a right double knife middle block.
4. Step forward into a front stance with your left foot forward and perform a left supported spear hand strike.
5. Turn left 90° to the left into a front stance with your left foot forward and perform a left swallow neck attack.
6. Perform a right foot front snap kick, landing in a front stance with your right foot forward and perform a left punch.
7. Perform a left side kick followed by a right side kick, landing into a back stance with your right foot forward and perform a right double knife middle block.
8. Turn 270° to the left into a back stance with your left foot forward and perform a left outside forearm block.
9. Perform a right foot front snap kick, landing back into a back stance with your left foot forward and perform a right inside block.
10. Turn 180° to the right into a back stance with your right foot forward and perform a right outside forearm block.
11. Perform a left foot front snap kick, landing back into a back stance with your right foot forward and perform a left inside block.
12. Turn left 90° to the left into a front stance with your left foot forward and perform a left swallow neck attack.
13. Perform a right foot front snap kick, landing in a front stance with your right foot forward and perform a right backfist strike.
14. Turn left 90° to the left into a walking stance with your left foot forward and perform a left inside block followed by a right punch.
15. Turn 180° to the right into a walking stance with your right foot forward and perform a right inside block followed by a left punch.
16. 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/left double punch.
17. Step forward into a front stance with your right foot forward and perform a right inside block followed by a left/right double punch with a kihap.