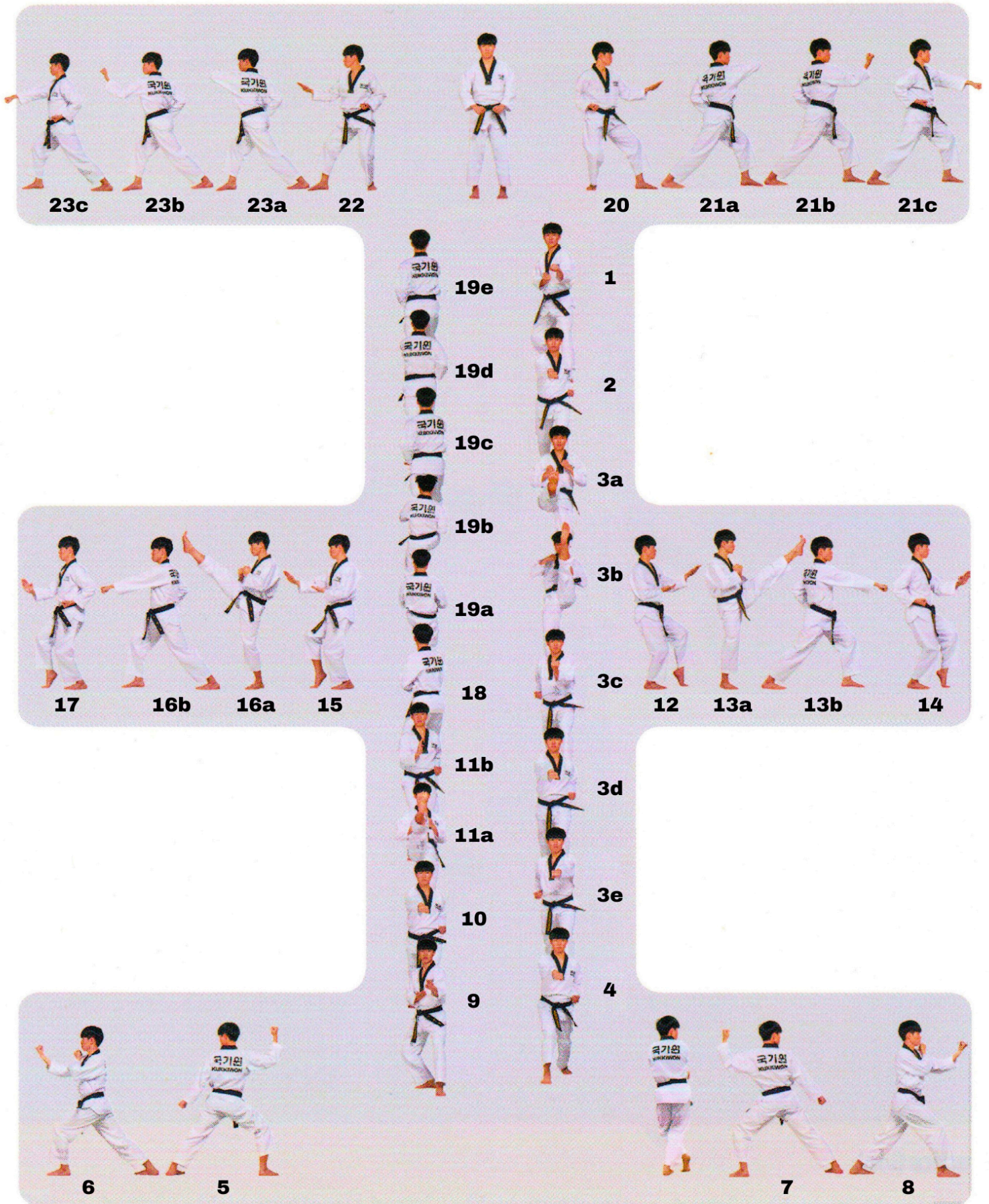


Taegeuk Pal Jang #8



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1. Step directly forward into a back stance with your left foot forward and perform a supported forearm middle block.
2. Slide forward into a front stance with your left foot forward and perform a right middle punch.
3. Perform a double front snap kick, starting with your right foot, with a kihap. Land into a front stance with your left foot forward and perform a left inside block followed by a double punch.
4. Step forward into a front stance with your right foot forward and perform a right middle punch.
5. Turn left 270° to the left into a reverse front stance with your left foot forward and perform a left single mountain block.
6. Slide into a front stance with your left foot forward and perform a right pulling uppercut strike.
7. Turn 180° to the right and perform a cross step with your left leg to step into a reverse front stance with your right foot forward and perform a right single mountain block.
8. Slide into a front stance with your right foot forward and perform a left pulling uppercut strike.
9. Turn left 270° and step with your right foot to end up in a back stance with your left foot forward and perform a left double knife middle block.
10. Slide forward into a front stance with your left foot forward and perform a right middle punch.
11. Perform a right foot front snap kick, and step back twice to end up in a tiger stance with your right foot forward and perform a right inside palm block.
12. Turn left 90° into a tiger stance with your left foot forward and perform a left double knife middle block.
13. Perform a lead leg front snap kick with your left foot and land into a front stance with your left leg forward. Perform a right middle punch.
14. Slide your left foot back into a tiger stance and perform a left inside palm block.
15. Turn right 180° into a tiger stance with your right foot forward and perform a right double knife middle block.
16. Perform a lead leg front snap kick with your right foot and land into a front stance with your right leg forward. Perform a left middle punch.
17. Slide your right foot back into a tiger stance and perform a right inside palm block.
18. Turn right 90° into a back stance with your right foot forward and perform a right supported down block.
19. Perform a double front snap kick, starting with your left foot, with a kihap. Land into a front stance with your right foot forward and perform a right inside block followed by a double punch.
20. Turn left 270° into a back stance with your left foot forward and perform and left single knife middle block
21. Slide your left foot forward into a front stance and perform a right horizontal elbow strike, a right back fist strike and a left middle punch.
22. Turn right 270° into a back stance with your right foot forward and perform and right single knife middle block
23. Slide your right foot forward into a front stance and perform a left horizontal elbow strike, a left back fist strike and a right middle punch.