

POOMSE: TAE-GEUK IL-JANG



4) Step forward walking stance body punch



3) 180° turn right pivot on left foot walking stance down block



Ready Stance



1) 90° turn left pivot on right foot walking stance down block



2) Step forward walking stance body punch



8) Step forward walking stance body punch



7) 90° turn right pivot on left foot walking stance inside body block



5) 90° turn left pivot on right foot front stance down block



6) Body punch



9) 180° turn left pivot on right foot walking stance inside body block



10) Step forward walking stance body punch



11) 90° turn right pivot on left foot front stance down block



12) Body punch



13) 90° turn left pivot on right foot walking stance face block



14) Front kick



15) Land in walking stance body punch



180° turn left to pivot on right foot Finish Position



20) Step forward front stance body punch - kihap



19) 90° turn right pivot on right foot front stance down block



18) Land in walking stance body punch



17) Front kick



16) 180° turn right pivot on left foot walking stance face block