

# POOMSE: TAE-GEUK SAM-JANG



Ready Stance



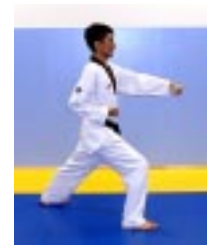
1) 90° turn left pivot on right foot walking stance down block



2) Front kick



3) Land in front stance body punch



4) Body punch



10) Step forward walking stance inside neck hit



9) 90° turn left pivot on right foot walking stance inside neck hit



8) Body punch



7) Land in front stance body punch



6) Front kick



5) 180° turn right pivot on left foot walking stance down block



16) Step forward walking stance inside body block



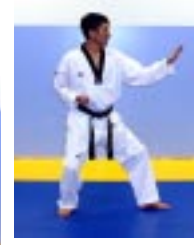
15) 90° turn left pivot on right foot walking stance inside body block



14) Step outward pivot on left foot front stance body punch



13) 180° turn right pivot on left foot back stance knifehand body block



11) 90° turn left pivot on right foot back stance knifehand body block



12) Step outward pivot on right foot front stance body punch



20) Body punch



19) Land in front stance body punch



18) Front kick



17) 270° turn left pivot on right foot walking stance down block



21)180° turn right  
pivot on left foot  
walking stance  
down block



22)Front kick



23)Land in  
front stance  
body punch



24)Body punch



25)90° turn left  
pivot on right foot  
walking stance  
down block



26)Body punch



27)Step forward  
walking stance  
down block



28)Body punch



29)Front kick



30)Land in  
front stance  
down block



31)Body punch



32)Front kick



33)Land in  
front stance  
down block



34)Body punch  
Ki-hap



Turn 180° left  
pivot on right foot  
Finish position