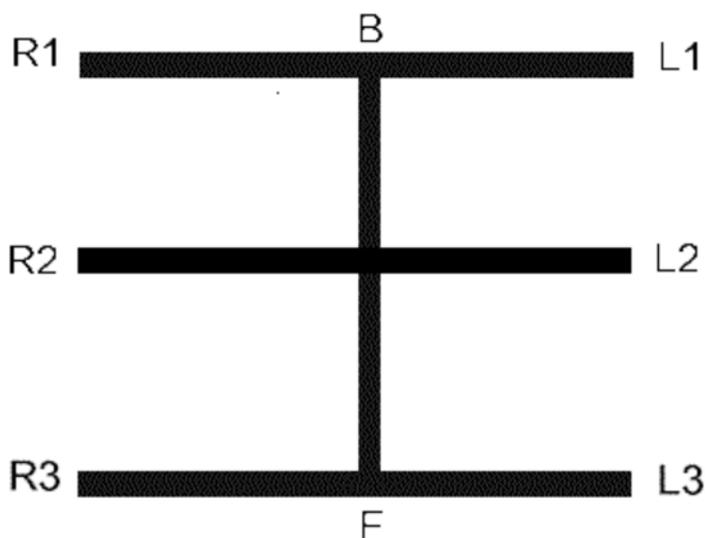


Taegeuk E-jang



GRAPHIC	SEQ	MOVEMENT	STANCE	HAND TECHNIQUE
		Jumbi From Attention stance, move the left foot out to the (Ready) left. Hands out in front of you.	Ready Stance	Basic Hand Position
	1	Turn to the left; pivot on the right foot to face L1.	Left Walking Stance	Left Low Block
	2	Step forward in the direction of L1.	Right Forward Stance	Reverse Punch
	3	Turn to the right pivoting on the left foot to face R1.	Right Walking Stance	Right Low Block



4 Step forward in the direction of R1.

Left
Forward
Stance Reverse
Punch



5 Turn on the ball of the right foot to the left, placing the foot in the direction of F.

Left
Walking
Stance Right Inside
Block



6 Step forward in the direction of F.

Right
Walking
Stance Left Inside
Block



7 Turn to the left; pivoting on the right foot; placing the left foot in the direction of L2.

Left
Walking
Stance Low Block



8 Front kick with the right foot, placing the foot down in the direction of L2.

Right
Forward
Stance Walking
Face Punch



9 Turn to the right; pivot on the left foot to face R2.

Right
Walking
Stance Low Block





- 10 Front kick with the left foot, placing the foot down in the direction of R2.

Left
Forward
Stance Walking
Face Punch



- 11 Turn to the left; pivot on the right foot to face direction F.

Left
Walking
Stance High Block



- 12 Step forward in the direction of F.

Right
Walking
Stance High Block



- 13 Turn left pivoting on the right foot; placing the left foot in the direction of R3

Left
Walking
Stance Right Inside
Block



- 14 Turn to the right on the left foot; placing the right in the direction of L3.

Right
Walking
Stance Left Inside
Block



- 15 Turn to the left; pivoting on the right foot to face direction B

Left
Walking
Stance Low Block



16

Front kick with the right foot; place the right foot down towards the direction of B.

Right Walking Stance

Walking Punch



17

Front kick with the left foot; place the left foot down towards the direction of B.

Left Walking Stance

Walking Punch



18

Front kick with the right foot; place the right foot down towards the direction of B.

Right Walking Stance

Walking Punch (Kiap)



Baro (Return to Ready)

Pivot on the right foot, turning to the left to face F.

Ready Stance

Basic Hand Position