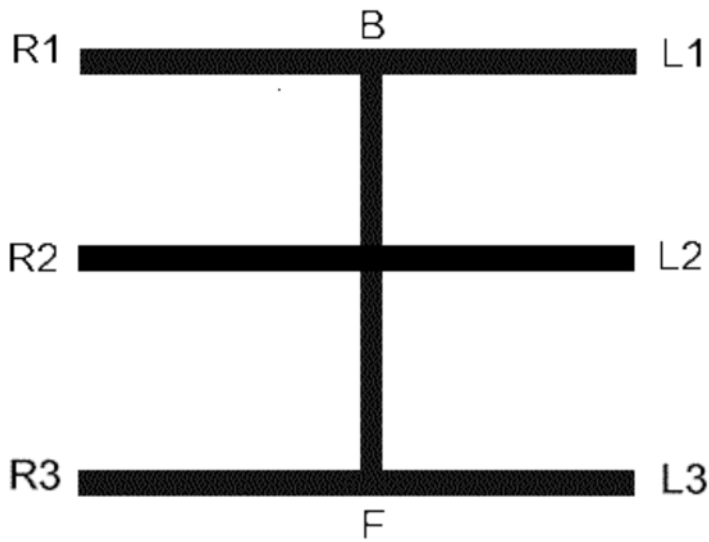






# Taegeuk Il-jang



| 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 Walking 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  
Walking  
Stance      Reverse  
Punch



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

Left  
Forward  
Stance      Low Block



6 No change.

Left  
Forward  
Stance      Walking  
Punch



7 Turn to the right; pivoting on the left foot; placing the right foot in the direction of R2.

Right  
Walking  
Stance      Left Inside  
Block



8 Step Forward in direction R2.

Left  
Walking  
Stance      Walking  
Punch









9 Turn to the left; pivot on the right foot to face L2.

Left  
Walking  
Stance      Right Inside  
Block



10 Step forward in the direction of L2.

Right  
Walking  
Stance      Walking  
Punch

|   |           |   |   |
|---|-----------|---|---|
|    | <p>11</p> | <p>Turn to the right; pivot on the left foot to face direction F.</p>                         | <p>Right Forward Stance Low Block</p>     |
|    | <p>12</p> | <p>No change.</p>   | <p>Right Forward Stance Walking Punch</p> |
|    | <p>13</p> | <p>Turn left pivoting on the right foot; placing the left foot in the direction of L3</p>     | <p>Left Walking Stance High Block</p>     |
|   | <p>14</p> | <p>Front kick with the right foot; place the right foot down towards the direction of L3.</p> | <p>Right Walking Stance Reverse Punch</p> |
|  | <p>15</p> | <p>Turn to the right; pivoting on the left foot to face direction R3</p>                      | <p>Right Walking Stance High Block</p>    |
|  | <p>16</p> | <p>Front kick with the right foot; place the right foot down towards the direction of R3.</p> | <p>Left Walking Stance Reverse Punch</p>  |



17 Turn to the right pivoting on the right foot, placing the left foot in the direction of B

Left Forward Stance Left Low Block



18 Step forward in the direction of B.

Right Forward Stance Reverse Punch (Kiap)



Baro (Return to Ready) Pivot on the right foot, turning to the left to face F.

Ready Stance Basic Hand Position