

TAEGEUK ILL JANG #1

TURN 90 TO LEFT HIGH STANCE LEFT LOW BLOCK

STEP STRAIGHT WITH RIGHT FOOT RIGHT HIGH STANCE
RIGHT MIDDLE PUNCH

TURN RIGHT 180 WITH RIGHT FOOT INTO RIGHT HIGH STANCE
RIGHT LOW BLOCK STEP STRAIGHT LEFT HIGH STANCE
LEFT MIDDLE PUNCH

TURN LEFT 90 LEFT LONG STANCE
LEFT LOW BLOCK RIGHT MIDDLE PUNCH

CHAMBER RIGHT FOR LEFT MIDDLE OUTSIDE BLOCK
DRAW RIGHT FOOT TO LEFT INTO A RIGHT HIGH STANCE
LEFT MIDDLE OUTSIDE BLOCK

STEP STRAIGHT WITH LEFT FOOT INTO LEFT HIGH STANCE
RIGHT MIDDLE PUNCH

TURN LEFT WITH LEFT FOOT 180 INTO LEFT HIGH STANCE
RIGHT MIDDLE BLOCK

STEP STRAIGHT WITH RIGHT FOOT TO RIGHT HIGH STANCE
LEFT MIDDLE PUNCH

TURN RIGHT 90 WITH RIGHT FOOT INTO RIGHT LONG STANCE
RIGHT LOW BLOCK LEFT MIDDLE PUNCH

DRAW LEFT FOOT TO RIGHT TURNING 90 TO THE LEFT INTO A LEFT HIGH
STANCE LEFT HIGH BLOCK RIGHT FRONT SNAP KICK INTO RIGHT HIGH
STANCE
RIGHT MIDDLE PUNCH

TURN RIGHT 180 WITH RIGHT FOOT INTO A RIGHT HIGH STANCE
RIGHT HIGH BLOCK LEFT FRONT SNAP KICK STEP DOWN INTO A
LEFT HIGH STANCE LEFT MIDDLE PUNCH

TURN TO REAR STEPPING WITH LEFT FOOT INTO A LEFT LONG STANCE
LEFT LOW BLOCK STEP STRAIGHT WITH RIGHT FOOT INTO A RIGHT
LONG STANCE RIGHT MIDDLE PUNCH (YELL)