

TAEGEUK SAM JANG #3

TURN LEFT 90 LEFT HIGH STANCE LEFT LOW BLOCK  
RIGHT FRONT SNAP KICK LAND IN RIGHT LONG STANCE  
RIGHT / LEFT MIDDLE PUNCH

TURN RIGHT 180 RIGHT HIGH STANCE RIGHT LOW BLOCK  
LEFT FRONT SNAP KICK LAND IN LEFT LONG STANCE  
LEFT / RIGHT MIDDLE PUNCH

TURN LEFT 90 LEFT HIGH STANCE RIGHT KNIFE HAND TO NECK  
STEP STRAIGHT RIGHT HIGH STANCE LEFT KNIFE HAND TO NECK

TURN LEFT 90 LEFT BACK STANCE LEFT SINGLE KNIFE BLOCK  
SHIFT INTO A LEFT LONG STANCE RIGHT MIDDLE PUNCH

TURN 180 ( NO CHAMBER ) RIGHT BACK STANCE RIGHT SINGLE KNIFE  
BLOCK  
SHIFT INTO A RIGHT LONG STANCE LEFT MIDDLE PUNCH

TURN LEFT 90 LEFT HIGH STANCE RIGHT MIDDLE OUTSIDE BLOCK  
STEP STRAIGHT RIGHT HIGH STANCE LEFT MIDDLE OUTSIDE BLOCK

TURN LEFT 270 LEFT HIGH STANCE LEFT LOW BLOCK  
RIGHT FRONT SNAP KICK LAND IN RIGHT LONG STANCE  
RIGHT / LEFT MIDDLE PUNCH

TURN RIGHT 180 RIGHT HIGH STANCE RIGHT LOW BLOCK  
LEFT FRONT SNAP KICK LAND IN LEFT LONG STANCE  
LEFT / RIGHT MIDDLE PUNCH

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

STEP STRAIGHT RIGHT HIGH STANCE RIGHT LOW BLOCK LEFT MIDDLE  
PUNCH

LEFT FRONT SNAP KICK LAND IN LEFT HIGH STANCE LEFT LOW BLOCK  
RIGHT MIDDLE PUNCH

RIGHT FRONT SNAP KICK LAND IN RIGHT HIGH STANCE RIGHT LOW  
BLOCK LEFT MIDDLE PUNCH ( YELL )