

TAEGEUK OH JANG #5

TURN LEFT 90 LEFT LONG STANCE LEFT LOW BLOCK TO LEFT KNEE  
DRAW LEFT FOOT TO RIGHT LEFT HAMMER FIST TO TOP OF HEAD AT  
LEFT SIDE

TURN RIGHT 180 RIGHT LONG STANCE RIGHT LOW BLOCK TO RIGHT  
KNEE. DRAW RIGHT FOOT TO LEFT RIGHT HAMMER FIST TO TOP OF  
HEAD AT RIGHT SIDE.

STEP FORWARD IN TO LEFT LONG STANCE LEFT / RIGHT MIDDLE  
OUTSIDE BLOCKS.

RIGHT FRONT SNAP KICK STEP DOWN INTO RIGHT LONG STANCE RIGHT  
BACK FIST LEFT MIDDLE OUTSIDE BLOCK.

LEFT FRONT SNAP KICK STEP DOWN INTO A LEFT LONG STANCE LEFT  
BACK FIST RIGHT MIDDLE OUTSIDE BLOCK.

STEP FORWARD INTO A RIGHT LONG STANCE RIGHT BACK FIST ( YELL )

TURN LEFT 270 LEFT BACK STANCE LEFT SINGLE KNIFE HAND BLOCK  
STEP FORWARD INTO A RIGHT LONG STANCE RIGHT ELBOW STRIKE

TURN RIGHT 180 RIGHT BACK STANCE RIGHT SINGLE KNIFE HAND  
BLOCK. STEP FORWARD INTO LEFT LONG STANCE LEFT ELBOW STRIKE

TURN LEFT 90 LEFT LONG STANCE LEFT LOW BLOCK RIGHT MIDDLE  
OUTSIDE BLOCK RIGHT FRONT SNAP KICK LANDING IN A RIGHT LONG  
STANCE RIGHT LOW BLOCK LEFT MIDDLE OUTSIDE BLOCK

TURN LEFT 90 LEFT LONG STANCE LEFT HIGH BLOCK  
RIGHT SIDE KICK STEP DOWN IN TO A RIGHT LONG STANCE  
RIGHT ELBOW SMASH

TURN RIGHT 180 RIGHT LONG STANCE RIGHT HIGH BLOCK  
LEFT SIDE KICK STEP DOWN INTO A LEFT LONG STANCE  
LEFT ELBOW SMASH

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

RIGHT FRONT SNAP KICK JUMP FORWARD OFF OF THE LEFT FOOT  
LANDING IN A DIAMOND STANCE WITH A RIGHT BACK FIST ( YELL )

