

TAEGEUK PAL JANG #8

STEP STRAIGHT OUT WITH LEFT FOOT INTO A LEFT BACK STANCE
DOUBLE FIST.

SHIFT INTO A LEFT LONG STANCE RIGHT MIDDLE PUNCH.

DOUBLE FRONT JUMP SNAP KICK (RIGHT / LEFT)
LAND IN LEFT LONG STANCE LEFT MIDDLE OUT TO IN BLOCK
RIGHT / LEFT MIDDLE PUNCH

STEP STRAIGHT INTO A RIGHT LONG STANCE RIGHT MIDDLE PUNCH
(YELL)

TURN LEFT 180 CHAMBER BOTH FEET TOGETHER RIGHT FIST OVER TOP OF
LEFT AT CENTER OF CHEST

SLIDE LEFT FOOT OUT LONG BOTH FEET FACING RIGHT ON 45 HALF
MOUNTAIN BLOCK

TURN LEFT 90 INTO LEFT LONG STANCE REACH UP WITH LEFT HAND
AND GRAB PULL LEFT HAND DOWN WHILE RIGHT HAND IS DOING AN
UPPER CUT RIGHT ELBOW UNDER LEFT FORE ARM

TURN RIGHT AND RECHAMBER BOTH FEET TOGETHER AGAIN WITH LEFT
FIST OVER RIGHT AT CHEST LEVEL

SLIDE RIGHT FOOT OUT LONG BOTH FEET FACING LEFT ON A 45 HALF
MOUNTAIN BLOCK

TURN RIGHT 90 INTO A RIGHT LONG STANCE
REACH UP WITH RIGHT HAND AND GRAB PULL DOWN WITH RIGHT
HAND AND DO A LEFT UPPER CUT WITH LEFT HAND LEFT ELBOW UNDER
RIGHT FORE ARM

TURN RIGHT 270 INTO A LEFT BACK STANCE DOUBLE KNIFE HAND BLOCK

SHIFT INTO A LEFT LONG STANCE RIGHT MIDDLE PUNCH RIGHT FRONT
SNAP KICK RETURNING THE KICKING FOOT BACK TO POSITION

STEP BACK WITH LEFT FOOT AND THEN BACK WITH LEFT FOOT INTO A
RIGHT CAT STANCE RIGHT PALM PERRY BLOCK

TURN LEFT 90 TO LEFT CAT STANCE DOUBLE KNIFE HAND BLOCK

LEFT FRONT SNAP KICK PUT LEFT FOOT DOWN INTO A LEFT LONG STANCE RIGHT MIDDLE PUNCH

DRAW LEFT FOOT BACK UP INTO A LEFT CAT STANCE LEFT LOW PERRY BLOCK

TURN RIGHT 180 INTO A RIGHT CAT STANCE DOUBLE KNIFE HAND BLOCK RIGHT FRONT SNAP KICK PUT FOOT DOWN INTO A RIGHT LONG STANCE LEFT MIDDLE PUNCH

DRAW RIGHT FOOT BACK UP INTO A RIGHT CAT STANCE RIGHT LOW PERRY BLOCK

TURN RIGHT 90 INTO RIGHT BACK STANCE DOUBLE LOW PUNCHES JUMP LEFT / RIGHT SNAP KICK LAND IN RIGHT LONG STANCE RIGHT MIDDLE OUTSIDE BLOCK LEFT / RIGHT PUNCH

TURN 270 FEET COME TOGETHER AND HANDS CHAMBER FOR A LEFT SINGLE KNIFE HAND BLOCK. SHIFT INTO A LEFT BACK STANCE LEFT SINGLE KNIFE HAND BLOCK SHIFT TO A LEFT LONG STANCE RIGHT ELBOW STRIKE RIGHT BACK FIST LEFT MIDDLE PUNCH

TURN 90 TO RIGHT AND RE CHAMBER FOR RIGHT SINGLE KNIFE HAND BLOCK. SHIFT TO RIGHT BACK STANCE RIGHT SINGLE KNIFE HAND BLOCK SHIFT INTO A RIGHT LONG STANCE LEFT ELBOW STRIKE LEFT BACK FIST RIGHT MIDDLE PUNCH (YELL)
RETURN WITH RIGHT FOOT