



Minnesota Taekwondo Center
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TAEGUK IL JANG

Joon-Bi(ready stance). **See-Chak**(begin).
Starting 'A' position.

| <u>NO.</u> | <u>DIRECTION</u> | <u>TECHNIQUE</u> | <u>STANCE</u> |
|------------|------------------|---|-----------------------|
| 1 | L – 1 | L – Low block | L – High front stance |
| 2 | L – 1 | R – Middle punch | R – High front stance |
| 3 | R – 1 | R – Low block | R – High front stance |
| 4 | R – 1 | L – Middle punch | L – High front stance |
| 5 | B | L – Low block | L – Front stance |
| 6 | B | R – Middle punch | same stance |
| 7 | R – 2 | L – Inside middle block | R – High front stance |
| 8 | R – 2 | R – Middle block | L – High front stance |
| 9 | L – 2 | R – Inside middle block | L – High front stance |
| 10 | L – 2 | L – Middle punch | R – High front stance |
| 11 | B | R – Low block | R – Front stance |
| 12 | B | L – Middle punch | same stance |
| 13 | L – 3 | L – High block | L – High front stance |
| 14 | L – 3 | (1) R – Front snap kick (2) R – Middle punch | R – High front stance |
| 15 | R – 3 | R - High block | R – High front stance |
| 16 | R – 3 | (1) L – Front snap kick (2) L – Middle punch | L – High front stance |
| 17 | A | L – Low block | L – Front stance |
| 18 | A | R – Middle punch - YELL! | R – Front stance |

Ba-Ro (return to ready stance).
“Cha-Ryut” (attention)/ “Kyung-Neh” (bow).

L = Left, R = Right