



Minnesota Taekwondo Center
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TAEGUK YI JANG

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

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

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

L = Left, R = Right