



Minnesota Taekwondo Center  
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## TAEGUK SAM JANG

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

<b>NO.</b>	<b>DIRECTION</b>	<b>TECHNIQUE</b>	<b>STANCE</b>
1	L – 1	L – Low block	L – High front stance
2	L – 1	(1) R – Front snap kick (2) R – Middle Punch (3) L – Middle punch	R – Front stance Same stance
3	R – 1	R – Low block	R – High front stance
4	R – 1	(1) L – Front snap kick (2) L – Middle punch (3) R – Middle punch	L – Front stance Same stance
5	B	R – Inside knife-hand strike	L – High front stance
6	B	L – Inside knife-hand strike	R – High front stance
7	L – 2	L – Knife-hand middle block	R – Back stance
8	L – 2	R – Middle punch	L – Front stance
9	R – 2	R – Knife-hand middle block	L – Back stance
10	R – 2	L – Middle punch	R – Front stance
11	B	R – Inside middle block	L – High front stance
12	B	L – Inside middle block	R – High front stance
13	R – 3	L – Low block	L – High front stance
14	R – 3	(1) R – Front snap kick (2) R – Middle punch (3) L – Middle punch	L – Front stance Same stance
15	L – 3	R – Low block	R – High front stance
16	L – 3	(1) L – Front snap kick (2) L – Middle punch (3) R – Middle punch	L – Front stance
17	A	(1) L – Low block (2) R – Middle punch	L – High front stance Same stance
18	A	(1) R – Low block (2) L – Middle punch	R – High front stance Same stance
19	A	(1) L – Front snap kick (2) L – Low block	L – High front stance
20	A	(3) R – Middle punch(1) (1) R – Front snap kick (2) R – Low block (3) L – Middle punch – YELL!	Same stance R – High front stance Same stance

**Ba-Ro** (return to ready stance). Left foot moves to left side, facing ‘B’.  
 “Cha-Ryut” (attention), “Kyung-Neh” (bow).

L = Left, R = Right