



## TAEGUK SA JANG

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

NO.	DIRECTION	TECHNIQUE	STANCE
1	L – 1	L – Double Knife-Hand Middle Block	R – Back stance
2	L – 1	R – Spear-Hand Middle Thrust	R – Front stance
3	R – 1	R – Double Knife-Hand Middle Block	L – Back stance
4	R – 1	L – Spear-Hand Middle Thrust	L – Front stance
5	B	L – Knife-Hand High Block	
		R – Knife-Hand Neck Strike (same time)	L – Front stance
6	B	(1) R – Front Snap Kick	
		(2) L – Middle Punch	R – Front stance
7	B	(1) L – Side Kick, * 7 & 8 continuous motion	
8	B	(1) R – Side Kick, (2) R – Double Knife-Hand Middle Block	L – Back stance
9	R – 3	L – Arm Middle Block (palm outside)	R – Back stance
10	R – 3	(1) R – Front Snap Kick	
		(2) R – Inside Middle block	R – Back stance
11	L – 3	R – Arm Middle Block (palm outside)	L – Back stance
12	L – 3	(1) L – Front Snap Kick	
		(2) L – Inside Middle Block	L – Back stance
13	A	L – Knife-Hand High Block	
		R – Knife-Hand Neck Strike (same time)	L – Front stance
14	A	(1) R – Front Snap Kick	
		(2) R – Back Fist Strike	R – Front stance
15	R – 2	L – Inside Middle Block	L – High Front stance
		* 15 & 16 continuous motion	
16	R – 2	R – Middle punch	Same stance as 15
17	L – 2	R – Inside Middle Block	R – High Front stance
		*17 & 18 continuous motion	
18	L – 2	L – Middle punch	Same stance as 17
19	A	(1) L – Inside Middle Block	L – Front stance
		(2) R – Middle Punch	Same stance
		(3) L – Middle Punch	Same stance
20	A	(1) R – Inside Middle Block	R – Front stance
		(2) L – Middle Punch	Same stance
		(3) R – Middle Punch – YELL!	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