



Minnesota Taekwondo Center  
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## TAEGUK OH JANG

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

<b>NO.</b>	<b>DIRECTION</b>	<b>TECHNIQUE</b>	<b>STANCE</b>
1	L – 1	L – Low Block	L – Front stance
2	L – 1	L – Downward Hammer Fist Strike	High Stance
3	R – 1	R – Low Block	R – Front stance
4	R – 1	R – Downward Hammer Fist Strike	High Stance
5	B	(1) L – Inside Middle Block (2) R – Inside Middle Block	L – Front Stance Same stance
6	B	(1) R – Front Snap Kick (2) R – Inside Vertical Back Fist Strike to Face (3) L – Inside Middle Block	R – Front stance Same stance
7	B	(1) L – Inside Vertical Back Fist Strike to Face (2) L – Back Fist Strike to Face (3) R – Inside Middle Block	L – Front Stance
8	B	R – Back Fist Strike to Face	R – Front Stance
9	R – 3	L – Single Knife-Hand Middle Block	L – Back Stance
10.	R – 3	R – Guided Elbow Strike	R – Front Stance
11.	L – 3	R – Single Knife-Hand Middle Block	R – Back Stance
12.	L – 3	L – Guided Elbow Strike	L – Front Stance
13	A	(1) L – Low Block (2) R – Inside Middle Block	L – Front Stance Same stance
14	A	(1) R – Front Snap Kick (2) R – Low Block (3) L – Inside Middle Block	R – Front Stance Same stance
15	R – 2	L – High Block	L – Front Stance
16	R – 2	(1) R – Side Kick & R – Punch (same time) (2) L – Full Elbow Strike	R – Front Stance
17	L – 2	R – High Block	R – Front Stance
18	L – 2	(1) L – Side Kick & L – Punch (same time) (2) R – Full Elbow Strike	L – Front Stance
19	A	(1) L – Low Block (2) R – Inside Middle Block	L – Front Stance
20	A	(1) R – Front Snap Kick (2) R – Back Fist Strike to Face – YELL! At same time Right stomp,	R – Cross stance

**Ba-Ro** (return to ready stance). Turn your body to left side, facing "B".  
“Cha-Ryut” (Attention), “Kyung-Neh” (bow).

L = Left, R = Right