



Minnesota Taekwondo Center  
1895 Rice Street, Roseville, MN 55113 / 651-487-0700  
www.mntaekwondocenter.com

## TAEGUK YOOK JANG

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

NO.	DIRECTION	TECHNIQUE	STANCE
1	L – 1	L – Low Block	L – Front Stance
2	L – 1	(1) R – Front Snap Kick, Right foot step back (2) L – Outside Middle Block (palm outside)	R – Back stance
3	R – 1	R – Low Block	R – Front stance
4	R – 1	(1) L – Front Snap Kick, Left foot step back (2) R – Outside Middle Block (palm outside)	L – Back Stance
5	B	R – Ridge to Knife-Hand Outside Circle High Block	L – Front Stance
6	B	R – Round Kick	
7	L – 2	(1) L – Outside High Block (palm outside) (2) R – Reverse Middle Punch	L – Front Stance
8	L – 2	(1) R – Front Snap Kick (2) L – Reverse Middle Punch	R – Front Stance
9	R – 2	(1) R – Outside High Block (palm outside) (2) L – Reverse Middle Punch	R – Front stance
10	R – 2	(1) L – Front Snap Kick (2) R – Reverse Middle Punch	L – Front Stance
11	B	Spread Low Block to the sides in slow motion, facing 'B' direction	Ready Stance
12	B	L – Ridge to Knife-Hand Outside Circle High Block	R – Front Stance
13	B	L – Round Kick and YELL! Turn Left foot back	
14	L – 3	R – Low Block	R – Front Stance
15	L – 3	(1) L – Front Snap Kick, Left foot step back (2) R – Outside Middle Block (palm outside)	L – Back Stance
16	R – 3	L – Low Block	L – Front Stance
17	R – 3	(1) R – Front Snap Kick, Right foot step back (2) L – Outside Middle Block (palm outside) *Right foot step center line	R – Back Stance
18	B	L – Double Knife-Hand Middle Block *Left foot step back	R – Back Stance
19	B	R – Double Knife-Hand Middle Block *Right foot step back	L – Back Stance
20	B	L – Palm Center Block *20 & 21 continuous motion	L – Front Stance
21	B	R – Reverse Middle Punch *Left foot step back	Same Stance
22	B	R – Palm Center Block *22 & 23 continuous motion	R – Front Stance
23	B	L – Reverse Middle Punch	Same stance

**Ba-Ro** (return to ready stance). Right foot moves backward, facing 'B'.  
“Cha-Ryut” (attention), “Kyung-Neh” (bow).  
L = Left, R = Right