



TAEGUK PAL JANG

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

NO.	DIRECTION	TECHNIQUE	STANCE
1	B	(1) L – Double Arm Outside Middle block, (L – Fist palm down, R – Fist palm up)	R – Back stance
		(2) R – Reverse Middle punch	L – Front stance
2	B	(1) L – Jump Front kick and YELL!	
		(2) L – Inside Middle block	L – Front stance
		(3) Double Middle punch (R, L)	Same stance
3	B	R – Middle punch	R – Front stance
4	R – 3	R – Single Mountain block	R – Front Side stance
5	R – 3	R – Fist uppercut as you pull L – Fist slowly in toward R – shoulder	L – Front stance
6	L – 3	(1) R – Back Fist at L – side shoulder, same time, L – Arm across stomach with L – Fist	L – Step, L – Cross stance
7	L – 3	L – Single Mountain block	L – Front Side stance
8	L – 3	L – Fist uppercut as you pull R – Fist slowly in toward L – shoulder	R – Front stance
9	B	R – Step toward 'A' facing 'B' L – Double Knife-Hand Middle block	R – Back stance
10	B	R – Reverse Middle punch	L – Front stance
11	B	(1) R – Front Snap kick, R – Step back, L – Step back (2) R – Palm Down Middle block	L – Tiger stance
12	L – 2	L – Double Knife-Hand Middle block	R – Tiger stance
13	L – 2	(1) L – Front Snap kick (2) R – Reverse Middle punch	L – Front stance
14	L – 2	L – Palm Inside Middle block	R – Tiger stance
15	R – 2	R – Double Knife-Hand Middle block	L – Tiger stance
16	R – 2	(1) R – Front Snap kick (2) L – Reverse Middle punch	R – Front stance
17	R – 2	R – Palm Inside Middle block	L – Tiger stance
18	A	R – Double Arm Low block (R – Hand Palm down, L – Hand Palm up)	L – Back stance
19	A	(1) L – Front Snap kick (momentary pause) (2) R – Jump Front kick (YELL) (3) R – Inside Middle block (4) Double Middle punch (L, R)	R – Front stance Same stance
20	L – 1	L – Single Knife-Hand Middle block	R – Back stance
21	L – 1	R – Elbow strike	L – Front stance
		*20 & 21 continuous motion	
22	L – 1	(1) R – Back Fist strike (2) L – Middle punch	Same stance as 20 Same stance as 20
23	R – 1	R – Single Knife-Hand Middle block	L – Back stance
24	R – 1	L – Elbow strike	R – Front stance
		*23 & 24 continuous motion	
25	R – 1	(1) L – Back Fist strike (2) R – Middle punch	Same stance as 23 Same stance as 23

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