

TAEGEUK IL JANG (FORM #1)

1. Left foot walking stance 90 degrees to the left and left hand low block.
2. Right foot step forward into walking stance and right hand punch.
3. Right foot step back, turn 180 degrees to the right into walking stance and right hand low block.
4. Left foot step forward into walking stance and left hand punch.
5. Left foot slides into long stance 90 degrees to the left and left hand low block, then right hand punch.
6. Right foot walking stance 90 degrees to the right and left hand inside middle block.
7. Left foot step forward into walking stance and right hand punch.
8. Left foot step back, turn 180 degrees to the left into walking stance and right hand inside middle block.
9. Right foot step forward into walking stance and left hand punch.
10. Right foot slides into long stance 90 degrees to the right and right hand low block, then left hand punch.

11. Left foot walking stance 90 degrees to the left and left hand high block.
12. Right foot front kick, then goes into walking stance and right hand punch.
13. Right foot step back, turn 180 degrees to the right into walking stance and right hand high block.
14. Left foot front kick, then goes into walking stance and left hand punch.
15. Left foot slides into long stance 90 degrees to the right and left hand low block.
16. Right foot slides forward into long stance and right hand punch with a yell.

Parro