

TAEGEUK SAM JANG (FORM #3)

1. Left foot walking stance 90 degrees to the left and left hand low block.
2. Right foot front kick, then long stance and double punch.
3. Right foot step back, turn 180 degrees to the right into walking stance and right hand low block.
4. Left foot front kick, then long stance and double punch.
5. Left foot walking stance 90 degrees to the left and right hand inside neck chop.
6. Right foot step forward into walking stance and left hand inside neck chop.
7. Left foot back stance 90 degrees to the left with arms crossed in front (left hand open and in front, right hand in fist and behind) and left hand single-hand chest block.
8. Left foot slides into long stance and right hand reverse punch.
9. Turn 180 degrees to the right into back stance hands crossed in front of chest (right hand in front and open hand, left hand behind and in fist) and right single hand chest block.
10. Right foot slide into long stance and left hand reverse punch
11. Left foot walking stance 90 degrees to the left and right hand inside middle block.
12. Right foot step forward into walking stance and left hand inside middle block.

13. Left foot walking stance 270 degrees to the left and left hand low block.
14. Right foot front kick, then long stance and double punch.
15. Right foot step back, Turn 180 degrees to the right into walking stance and right hand low block.
16. Left foot front kick, then long stance and double punch.
17. Left foot walking stance 90 degrees to the left and left hand low block, then right hand punch.
18. Right foot step forward into walking stance and right hand low block, then left hand punch.
19. Left foot front kick, then walking stance and left hand low block, then right hand punch.
20. Right foot front kick, then walking stance and right hand low block, then left hand punch with a yell.

Parro