

TAEGEUK SA JANG (FORM #4)

1. Left foot back stance 90 degrees to the left and left hand double hand chest block.
2. Left hand down block, then right foot slides into long stance and right hand spear hand and left open-hand under right elbow.
3. Right foot step back, turn 180 degrees to the right and back stance and right hand double hand chest block.
4. Right hand down block, then left foot slide into long stance and left hand spear hand and right hand open hand under left elbow.
5. Left foot slide into long stance 90 degrees to the left and left hand open high block and right hand inside neck chop.
6. Right foot front kick then long stance and left hand reverse punch.
7. Left foot side kick, then step forward, right foot side kick, then step forward, then back stance and right hand double hand chest block.
8. Left foot back stance 270 degrees to the left and left hand outside middle block.

9. Right foot front kick, then return into back stance, then right hand inside middle block.
10. Turn 180 degrees to the right into back stance and right hand outside middle block.
11. Left foot front kick, then return into back stance, then left hand inside middle block.
12. Left foot slide into long stance 90 degrees to the left and left hand open high block and right hand inside neck chop.
13. Right foot front kick, then long stance and right hand back fist.
14. Left foot walking stance 90 degrees to the left and left hand inside middle block, then right hand reverse punch.
15. Turn 180 degrees to the right into walking stance and right hand inside middle block, then left hand reverse punch.
16. Left foot slide into long stance 90 degrees to the left and left hand inside middle block, then double punch.
17. Right foot slide into long stance and right hand inside middle block, then double punch (yell with the second punch).

Parro