

## TAEGEUK OH JANG (FORM #5)

1. Left foot slide into narrow long stance 90 degrees to the left and left hand low block.
2. Left foot narrow street stance 90 degrees to the right and left hand circle counter clockwise into side hammer fist.
3. Right foot slide into narrow long stance 90 degrees to the right and right hand low block.
4. Right foot narrow street stance 90 degrees to the left and right hand circle clockwise into side hammer fist.
5. Left foot slide into long stance and left hand inside middle block, then right hand inside middle block.
6. Right foot front kick, then right foot long stance and right hand back fist, then left hand inside middle block.
7. Left foot front kick, then long stance and left hand back fist, then right hand inside middle block.
8. Right foot slide into long stance and right hand back fist.
9. Left foot back stance 270 degrees to the left and left hand single hand chest block.
10. Slap left hand to right fist, then right foot slide into long stance and right elbow strike.
11. Right foot step back, turn 180 degrees to the right into back stance and right hand single hand chest block.

12. Slap right hand to left fist, then left foot slide into long stance and left elbow strike.
13. Left foot slide into long stance 90 degrees to the left and left hand low block, then right hand inside middle block.
14. Right foot front kick, then long stance and right hand low block, then left hand inside middle block.
15. Left foot slide into long stance 90 degrees to the left and left hand high block.
16. Right foot side kick and right hand punch, then long stance and left elbow strike into right palm.
17. Right foot step back, turn 180 degrees to the right, then slide into long stance and right hand high block.
18. Left foot side kick and left hand punch, then long stance and right elbow strike into left palm.
19. Left foot slide into long stance 90 degrees to the left and left hand low block, then right hand inside middle block.
20. Right foot front kick, leap forward into crane stance right back fist with a yell.

Parro