

TAEGEUK YUK JANG (FORM #6)

1. Left foot slide into long stance 90 degrees to the left and left hand low block.
2. Right foot front kick, then return into back stance and left hand outside middle block.
3. Turn 180 degrees to the right slide into long stance and right hand low block.
4. Left foot front kick, return into back stance and right hand outside middle block.
5. Left foot slide into long stance 90 degrees to the left and right hand open outside high block.
6. Right foot round house kick, then street stance 90 degrees to the left, then left foot slide into long stance and left hand outside middle lock, then right hand punch.
7. Right foot front kick, then long stance and left hand reverse punch.
8. Right foot step back, turn 180 degrees to the right into long stance and right hand outside middle block, then left hand punch.
9. Left foot front kick, then long stance and right hand reverse punch.
10. Left foot street stance 90 degrees to the left and hands crossed in front of chest then slowly bring both hands down to low block (count of five seconds).
11. Right foot slide into long stance and left hand open outside high block.

12. Left foot round house kick with a yell, then walking stance 90 degrees to the right, then right foot steps back, then slide into long stance 180 degrees to the right and right hand low block.
13. Left foot front kick, then return into back stance and right hand outside middle block.
14. Turn 180 degrees to the left into long stance and left hand low block.
15. Right foot front kick then return to back stance and left hand outside middle block.
16. Right foot moves 90 degrees to the left and left foot back stance and double hand chest block.
17. Left foot step back into back stance and double hand chest block.
18. Right foot slide back into long stance and left hand down block, then right hand reverse punch.
19. Left foot slide back into long stance and right hand down block, then left hand reverse punch.

Parro