

## TAEGEUK PAL JANG (FORM #8)

1. Step forward into back stance and double-fist chest block.
2. Left foot slide into long stance and right hand reverse punch.
3. Left jumping front kick with a yell, then long stance and left hand inside middle block, then double punch.
4. Right foot slide into long stance and right hand punch.
5. Left foot moves 270 degrees to the left, right foot long stance and cross your hands in front of your chest, slowly bring your right hand into outside middle block and your left hand into low block behind you and look behind you. (Mountain Block)
6. Turn 180 degrees to the left into long stance and left hand open palm (like you are grabbing someone's head) and right hand in fist at your right shoulder, then left hand closes and right hand slowly high uppercut.
7. Left foot crosses in front of right foot to your right side and both hands crossed above head then right foot step back with left foot long stance and bring your hands in front of chest (still crossed), then slowly bring left hand into outside middle block and right hand low block behind you and look behind you. (Mountain Block)
8. Turn 180 degrees to the right into long stance and right hand open palm (like you are grabbing someone's head) and left hand in fist at the left shoulder, then right hand closes and left hand high upper cut.
9. Move right foot to the left 90 degrees and left back stance and double hand knife chest block.
10. Left foot slide into long stance and right hand reverse punch.

11. Right foot front kick, then step back twice, then tiger stance and right hand down block.
12. Left foot tiger stance 90 degrees to the left and double knife hand chest block.
13. Left foot front kick, then long stance and right hand reverse punch, then left foot return into tiger stance and left hand down block.
14. Turn 180 degrees to the right into tiger stance and double knife hand chest block.
15. Right foot front kick, then long stance and left hand reverse punch, then right foot return into tiger stance and right hand down block.
16. Right foot back stance 90 degrees to the right and double fist low block.
17. Left foot front kick (don't put your foot down), then right foot jumping front kick with a yell, then long stance and right hand inside middle block, then double punch.
18. Left foot back stance 270 degrees to the left and single knife hand chest block.
19. Left foot slide into long stance and right elbow strike, then right hand back fist, then left hand punch.
20. Turn 180 degrees to the right into back stance and right single knife hand chest block.
21. Right foot slide into long stance and left elbow strike then left hand back fist, then right hand punch.

Parro