

Taegeuk Il Jang

1



Joonb

2



Pivot to your left into Left Walking Stance and bow back with left arm.

3



Step forward into Right Walking Stance front middle punch with the right arm.

4



Turn 180° to the right into Right Walking Stance and bow back with right arm.

5



Step forward into Left Walking Stance and middle punch with the left arm

6



Turn left and step forward with left foot into Left Front Stance. Left bow back.

7



Reverse right hand punch

8



Turn to the right by drawing your right leg forward as you turn into Right Walking Stance. Left Hand reverse inside back.

9



Step forward into Left Walking Stance and reverse middle punch with the right hand

10



Turn 180° to the left into Left Walking Stance pivoting on the right foot. Reverse inside back with the right hand.

11



Step forward into Right Walking Stance and reverse punch with the left hand.

12



Turn to the right pivoting on the left foot and moving the right foot forward into Right Front Stance. Right hand bow back

13



Reverse middle punch with the left fist.

14



Turn to the left and draw your left leg up and forward into Left Walking Stance. At the same time, left arm high back.

15



Front snap kick with the right leg step down and forward into Right Walking Stance.

16



Front middle punch with the right hand.

