



HAMILTON-FAIRFIELD TAEKWONDO

12a Donald Drive, Fairfield, OH 45014

Taegeuk Sam Jang



Ready



Turn West, left leg forward walking stance perform left arm lower block



Front kick, right leg



Long stance, right mid-section punch



Maintain stance, left mid-section punch



Full turn, right leg forward walking stance, lower block



Front kick, left leg



Long stance, left mid-section punch



Maintain stance, right mid-section punch



Turn North, left leg walking stance, knife hand strike to neck



Right leg walking stance, knife hand strike to neck



Turn West, back stance, mid section outer knife hand block



Slide left foot forward into long stance, right mid section punch



Full turn, back stance, mid section outer knife hand block



Slide right foot forward into long stance, left mid section punch



Turn North, walking stance, inner middle block



Move forward, walking stance, inner middle block



Turn East, walking stance, lower block



Front kick, right leg

Continued on Back Page



HAMILTON-FAIRFIELD TAEKWONDO

12a Donald Drive, Fairfield, OH 45014

Taegeuk Sam Jang



Long stance, right mid section punch



Maintain stance, left mid section punch



Full turn, walking stance, lower block



Front kick, left leg



Long stance, left mid section punch



Maintain stance, right mid section punch



Turn South, walking stance, lower block



Maintain stance, right mid section punch



Step forward, walking stance, lower block



Maintain stance, left mid section punch



Front kick, left leg



Walking stance, lower block



Maintain stance, right mid section punch



Front kick, right leg



Walking stance, lower block



Maintain stance, left mid section punch