



HAMILTON-FAIRFIELD TAEKWONDO

12a Donald Drive, Fairfield, OH 45014

Taegeuk Sar Jang



Ready



Turn West, back stance, double knife hand block



Move forward right leg long stance - downward palm block with left arm and spear hand strike with right



Turn East, back stance, double knife hand block



Move forward left leg long stance perform downward palm block with right arm & left spear hand strike



Turn North left leg long stance - left arm upper knife hand block & right arm knife hand strike to neck



Front kick with right leg



Kicking leg comes down into long stance perform reverse mid section punch



Left leg side kick



Right leg side kick



Back stance, double knife hand block



Turn 270 degrees (facing East), back stance perform outer forearm block



Front kick right leg



Kicking leg comes back into back stance, perform inner forearm block with right arm



Turn West, back stance perform outer forearm block



Front kick left leg



Kicking leg comes back into back stance, inner forearm block left arm



Turn South left leg long stance - left arm upper knife hand block and right arm knife hand strike to neck



Front kick right leg

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Kicking leg comes down into long stance perform right arm inner block



Turn East, left leg forward walking stance perform left arm outer forearm block



Right arm mid section reverse punch



Turn west, right leg forward walking stance - right arm outer forearm block



Left arm mid section reverse punch



Turn South, left leg forward long stance perform inner block with left arm



Right arm (reverse) mid section punch



Left arm (obverse) mid section punch



Move forward right leg in long stance perform inner block with right arm



Left arm (reverse) mid section punch



Right arm (obverse) mid section punch