



HAMILTON-FAIRFIELD TAEKWONDO

12a Donald Drive, Fairfield, OH 45014

Taegeuk O Jang



Ready



Turn West left leg forward long stance, perform lower block



Pull back left leg next to right, perform downward hammer fist



Turn East right leg forward long stance, perform lower block



Pull back right leg next to right, perform downward hammer fist



Turn North, left leg forward long stance perform left arm inner block



Hold stance perform right arm inner block



Right leg front kick



Right leg forward long stance perform right arm backfist strike



Hold stance, left arm inner block



Left leg front kick



Left leg forward long stance perform left arm backfist strike



Hold stance, right arm inner block



Move forward right leg long stance perform backfist strike



Turn 270 degrees (face East) back stance outer knife hand block



Move forward right leg long stance perform high elbow strike



Turning clockwise 180 degrees on left foot (face West), right leg forward back stance perform outer knife hand block



Move forward left leg long stance perform high elbow strike



Turn South, left leg forward long stance perform left arm lower block

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Hold stance perform right arm inner block



Right leg front kick



Bring down right leg into long stance perform lower block



Hold stance perform left arm inner block



Turn East left leg forward long stance perform left arm upper block



Right leg side kick



Right leg comes down forward in long stance - mid section elbow strike



Turn West right leg forward long stance - upper block



Left leg side kick



Left leg comes down forward in long stance perform mid section elbow strike



Turn South, left leg forward long stance perform left arm lower block



Hold stance perform right arm inner block



Right leg front kick



Right leg comes down, left leg comes forward behind right leg into cross stance perform right arm backfist