



HAMILTON-FAIRFIELD TAEKWONDO

12a Donald Drive, Fairfield, OH 45014

Taegeuk Yuk Jang



Ready



Turn West left leg forward long stance perform lower block



Right leg front kick



Pull kicking leg back into back stance - mid section outer forearm block



Turn East right leg forward long stance perform lower block



Left leg front kick



Pull kicking leg back into back stance - mid section outer forearm block



Turn North, left leg forward long stance, perform outer knife hand face block



Right leg turning kick



Pull back the right foot next to your left foot - turn West left leg forward long stance - high outer forearm block



Maintain stance perform reverse punch



Right leg front kick



Right foot comes down into long stance perform reverse punch



Turn East right leg forward long stance - high section outer forearm block



Maintain stance perform reverse punch



Left leg front kick



Left foot comes down into long stance perform reverse punch



Turn North, ready stance cross arms in front of chest and SLOWLY move both arms down to sides (double wedge block)



Right leg forward long stance - high section outer knife hand block

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Left leg turning kick - KIHAP!



Kicking leg comes down, turn 270 degrees (face West) right leg forward long stance perform lower block



Left leg front kick



Kicking leg pulls back into back stance perform outer forearm block



Turn East left leg forward long stance perform lower block



Right leg front kick



Kicking leg pulls back into back stance perform outer forearm block



Step back with right leg into back stance facing North perform double knife hand block



Step back with left leg into back stance perform double knife hand block



Step back with right leg into long stance perform mid section inner palm heel block



Maintain stance perform reverse punch



Step back with left leg into long stance - mid section inner palm heel block



Maintain stance perform reverse punch