



HAMILTON-FAIRFIELD TAEKWONDO

12a Donald Drive, Fairfield, OH 45014

Taegeuk Chil Jang



Ready



Turn West left foot forward tiger stance - right arm mid section inner palm heel block



Right leg front kick



Kicking leg comes down again into tiger stance - left arm inner forearm block



Turn East right foot forward tiger stance - left arm mid inner palm heel block



Left leg front kick



Kicking leg comes down again into tiger stance - right arm inner forearm block



Turn North left leg forward back stance perform lower knife hand block



Move forward right leg forward back stance - lower knife hand block



Turn West left foot forward tiger stance - right arm mid inner palm heel block



Hold stance, twist torso to the left then back to deliver right arm backfist strike



Turn East right foot forward tiger stance - left arm mid section inner palm heel block



Hold stance, twist torso to the right then back to deliver right arm backfist strike



Turn North drawing right foot next to the left slowly bring both hands in front of the neck, right fist wrapped in left hand



Move forward left leg long stance, double block (right arm lower block, left arm outer forearm block)



Hold stance, reverse the block (left arm lower block, right arm outer forearm block)



Move forward right leg long stance, double block (left arm lower block, right arm outer forearm block)



Hold stance, reverse the block (right arm lower block, left arm outer forearm block)



Turn 270 degrees East, left leg forward long stance - mid section double wedge block

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Grasp imaginary opponents' head with both hands, pull it downwards and perform right knee strike into opponents face



Jump forward into cross stance perform double upset punch



Move left leg back into long stance perform lower cross wrist block



Turn West right leg forward long stance perform mid section double wedge block



Grasp imaginary opponents' head with both hands, pull it downwards and perform left knee strike into opponents face



Jump forward into cross stance perform double upset punch



Move left leg back into long stance perform lower cross wrist block



Turn South left leg forward walking stance perform outer backfist strike



Keep left hand extended, open palm and use as target for right leg inner crescent kick



Drop right foot forward into horse riding stance facing East



Turn South right leg forward walking stance perform outer backfist strike



Keep right hand extended, open palm and use as target for right leg inner crescent kick



Drop left foot forward into horse riding stance facing West



Hold stance, turn head to South perform outer knife hand block



Move forward right leg into horse riding stance body facing East, head facing South perform right arm mid section side punch to South - KIHAP!