



# HAMILTON-FAIRFIELD TAEKWONDO

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Taegeuk Pal Jang



Ready



Step forward left leg back stance with a double fist middle block



Slide left foot forward to make long stance perform mid section reverse punch



Jumping front kick with left leg



Kicking leg lands forward in long stance - left arm inner forearm block



Hold stance perform reverse punch



Left hand middle punch without stepping again without stepping



Step forward right leg long stance - obverse punch - KIHAP!



Turn 90 degrees right leg forward long stance face West, head face East - left arm lower block & right arm upper outer forearm block



Turn both feet to turn the long stance and execute a right hand uppercut



Turn West in cross stance



Left leg forward long stance facing East, head facing West - right arm lower block and left arm upper outer forearm block



Turn both feet to turn the long stance and execute a left hand uppercut



Turn 270 degrees to left stepping right foot to rear into a left foot front back stance. Execute double knife hand middle block



Left leg forward long stance perform right hand mid section reverse punch



Right (rear) leg front kick



Land right foot slightly behind left foot. Step left foot back, pulling right foot into right tiger stance - right inner palm block



Turn West left foot forward tiger stance - mid section double knife hand block



Left leg front kick

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