

TAEGEUK SA JANG #4

TURN LEFT 90 LEFT BACK STANCE LEFT DOUBLE KNIFE
STEP FORWARD RIGHT LONG STANCE RIGHT SPEAR TO GROIN

TURN RIGHT 180 RIGHT BACK STANCE RIGHT DOUBLE KNIFE
STEP FORWARD LEFT SPEAR TO GROIN.

TURN LEFT 90 LEFT LONG STANCE RIGHT J.B.

RIGHT FRONT SNAP KICK LAND IN RIGHT HIGH STANCE
LEFT MIDDLE PUNCH

GOING FORWARD LEFT / RIGHT SIDE KICK
LAND IN RIGHT BACK STANCE RIGHT DOUBLE KNIFE (YELL)

TURN LEFT 270 LEFT BACK STANCE LEFT MIDDLE IN TO OUT BLOCK
RIGHT FRONT SNAP KICK RETURN TO LEFT BACK STANCE
RIGHT MIDDLE OUT TO IN BLOCK

TURN RIGHT 180 RIGHT BACK STANCE RIGHT MIDDLE IN TO OUT BLOCK
LEFT FRONT SNAP KICK RETURN TO RIGHT BACK STANCE
LEFT MIDDLE OUT TO IN BLOCK

TURN LEFT 90 LEFT HIGH STANCE RIGHT J.B.
RIGHT FRONT SNAP KICK LAND IN RIGHT HIGH STANCE RIGHT BACK FIST

TURN LEFT 90 LEFT HIGH STANCE LEFT MIDDLE OUT TO IN BLOCK
RIGHT MIDDLE PUNCH

TURN RIGHT 180 RIGHT HIGH STANCE RIGHT MIDDLE OUT TO IN BLOCK
LEFT MIDDLE PUNCH

TURN LEFT 90 LEFT LONG STANCE LEFT MIDDLE OUT TO IN BLOCK
RIGHT / LEFT MIDDLE PUNCH

STEP FORWARD RIGHT LONG STANCE RIGHT MIDDLE OUTSIDE BLOCK
LEFT RIGHT MIDDLE PUNCH
(YELL)