

TAEGEUK YUK JANG #6

TURN LEFT 90 LEFT LONG STANCE LEFT LOW BLOCK
RIGHT FRONT SNAP KICK PUT THE RIGHT FOOT BACK TO A LEFT BACK
STANCE AND A LEFT IN TO OUT BLOCK

TURN RIGHT 90 RIGHT LONG STANCE RIGHT LOW BLOCK
LEFT FRONT SNAP KICK PUT THE LEFT FOOT BACK INTO A RIGHT BACK
STANCE WITH A RIGHT MIDDLE IN TO OUT BLOCK

TURN LEFT IN TO A TWISTING LEFT HIGH STANCE CROSS ARM PALM
HEAL STRIKE TO FACE

RIGHT ROUND HOUSE KICK TO REPLACE THE PALM HEAL STRIKE
LAND WITH BOTH FEET TOGETHER TURNED TO THE LEFT ON A 90
STEP OUT WITH THE LEFT FOOT INTO A LEFT LONG STANCE
LEFT MIDDLE IN TO OUT BLOCK RIGHT MIDDLE PUNCH
RIGHT FRONT SNAP KICK STEP DOWN INTO A RIGHT LONG STANCE
LEFT MIDDLE PUNCH

TURN RIGHT 180 INTO A RIGHT LONG STANCE RIGHT MIDDLE OUT TO IN
BLOCK LEFT MIDDLE PUNCH LEFT FRONT SNAP KICK STEP DOWN INTO A
LEFT LONG STANCE RIGHT MIDDLE PUNCH

TURN LEFT 90 TO A READY STANCE CROSS PALMS AT THE TOP AND
BRING BOTH HANDS DOWN INTO HAMMER FIST STRIKES TO EACH SIDE.

TWIST TURN RIGHT WITH A CROSS ARM LEFT PALM STRIKE TO THE FACE

LEFT ROUND HOUSE KICK TO REPLACE THE LEFT PALM STRIKE (YELL)
KEEP LEFT LEG TURNING 270 AND BRING BOTH FEET TOGETHER

STEP OUT WITH THE RIGHT FOOT INTO A RIGHT LONG STANCE
RIGHT LOW BLOCK LEFT FRONT SNAP KICK LANDING BACK IN TO A
RIGHT BACK STANCE WITH A RIGHT MIDDLE IN TO OUT BLOCK

TURN LEFT 180 INTO A LEFT LONG STANCE LEFT LOW BLOCK
RIGHT FRONT SNAP KICK LANDING BACK INTO A LEFT BACK STANCE
WITH A LEFT MIDDLE OUTSIDE BLOCK

STEP BACK WITH RIGHT FOOT INTO A LEFT BACK STANCE AND A DOUBLE
KNIFE BLOCK

STEP BACK AGAIN WITH THE LEFT FOOT INTO A RIGHT BACK STANCE AND
A DOUBLE KNIFE BLOCK

STEP BACK AGAIN INTO A LEFT LONG STANCE LEFT PALM PERRY BLOCK
RIGHT MIDDLE PUNCH

STEP BACK AGAIN WITH LEFT FOOT INTO A RIGHT LONG STANCE RIGHT
PALM PERRY BLOCK LEFT MIDDLE PUNCH (YELL)