

Tae Geuk Il Jang — Form #1 (page 1 of 1)



<p>Choon bi</p>	<p>1</p>	<p>2</p>	<p>3</p>
	<p>Turn 90° left (counter clock-wise), moving left foot into left walking stance Left arm low block</p>	<p>Step forward w/right foot into right walking stance Right hand middle punch</p>	<p>Step back w/right foot and turn 180° right (clockwise), moving right foot into right walking stance Right arm low block</p>
<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>
<p>Step forward w/left foot into left walking stance Left hand middle punch</p>	<p>Turn 90° left (CCW), moving left foot into left forward stance Left arm low block</p>	<p>Right hand middle punch (stay in same stance as last position—left forward); this is a reverse punch—in other words, punch w/arm that is opposite front leg</p>	<p>From last stance, bring rear leg (right leg) together w/front leg, then move it out to right side and turn 90° to right (CW) into right walking stance Left arm out-to-in middle block</p>
<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p>
<p>Step forward w/left foot into left walking stance Right hand middle punch</p>	<p>Step back w/left foot and turn 180° left (CCW), moving left foot into left walking stance Right arm out-to-in middle block</p>	<p>Step forward w/right foot into right walking stance Left hand middle punch</p>	<p>Turn 90° right (CW), moving right foot into right forward stance Right arm low block</p>
<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>
<p>Left hand middle punch KI YAP!</p>	<p>From last stance, bring rear leg (left leg) together w/front leg, then move it out to left side, and turn 90° to left (CCW) into left walking stance Left arm high block</p>	<p>Right leg front-snap kick (continue blocking during the kick) Step down w/right foot into right walking stance Right hand middle punch</p>	<p>Step back w/right foot, turn 180° to right (CW), moving right foot into right walking stance Right arm high block</p>
<p>16</p>	<p>17</p>	<p>18</p>	<p>Choon bi</p>
<p>Left leg front-snap kick Step down w/left foot into left walking stance Left hand middle punch</p>	<p>Turn 90° to right (CW), moving left foot into left forward stance Left arm low block</p>	<p>Step forward w/right foot into right forward stance Right hand middle punch KI YAP!</p>	