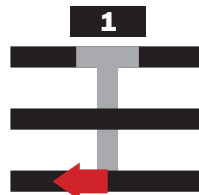


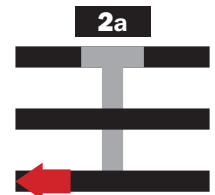
Tae Geuk Sam Jang — Form #3 (page 1 of 2)



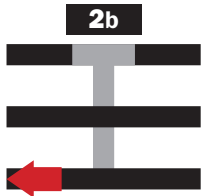
Choon bi



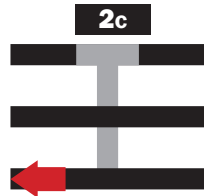
1
Turn 90° left, moving left foot into left walking stance
Left arm low block



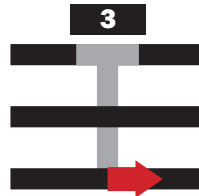
2a
Right leg front-snap kick



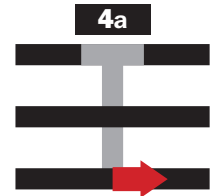
2b
Step down w/right leg into right forward stance
Right hand middle punch



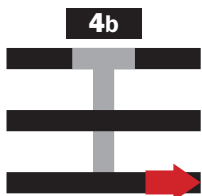
2c
Left hand middle punch (quickly following right punch)



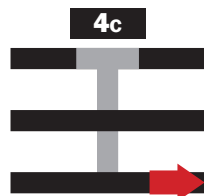
3
Turn 180° right, moving right foot into right walking stance
Right arm low block



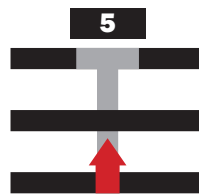
4a
Left leg front-snap kick



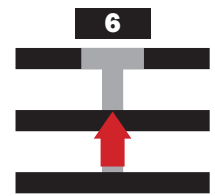
4b
Step down w/left leg into left forward stance
Left hand middle punch



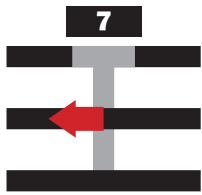
4c
Right hand middle punch



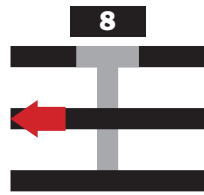
5
Turn 90° left, moving left foot into left walking stance
Right hand out-to-in knife-hand strike (to the neck, arm 45°, left fist at waist)



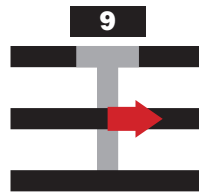
6
Step forward, moving right foot into right walking stance
Left hand out-to-in knife-hand strike (45°)



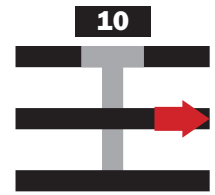
7
Turn 90° left, moving left foot into left back stance
Left arm single knife-hand middle block (right fist at waist)



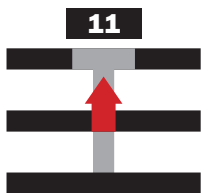
8
Half step forward, moving left foot into left forward stance
Right hand middle punch



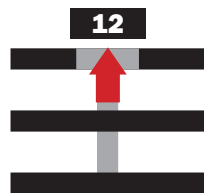
9
Turn 180° right, moving right foot into right back stance
Right arm single knife-hand middle block



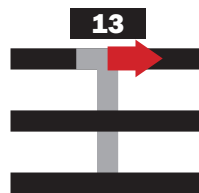
10
Half step forward, moving right foot into right forward stance
Left hand middle punch



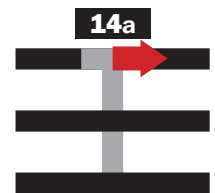
11
Turn 90° left, moving left foot into left walking stance
Right arm out-to-in middle block



12
Step forward, moving right foot into right walking stance
Left arm out-to-in middle block

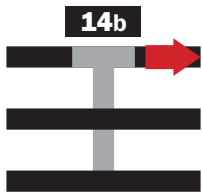


13
Turn 270° left, moving left foot into left walking stance
Left arm low block

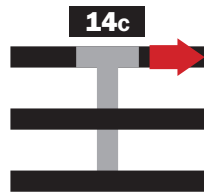


14a
Right leg front-snap kick

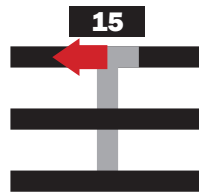
Tae Geuk Sam Jang — Form #3 (page 2 of 2)



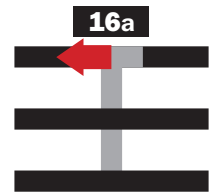
Step down w/right leg into right forward stance
Right hand middle punch



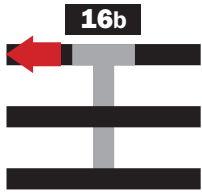
Left hand middle punch



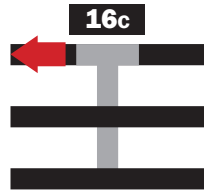
Turn 180° right, moving right foot into right walking stance
Right arm low block



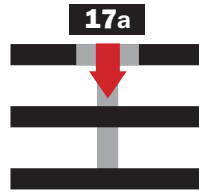
Left leg front-snap kick



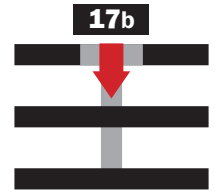
Step down w/left leg into left forward stance
Left hand middle punch



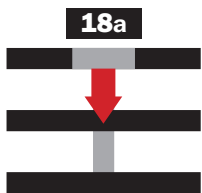
Right hand middle punch



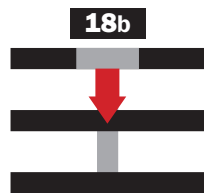
Turn 90° left, moving left foot into left walking stance
Left arm low block



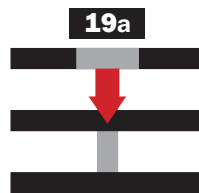
Right hand middle punch



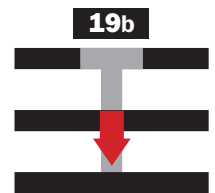
Step forward w/right foot into right walking stance
Right arm low block



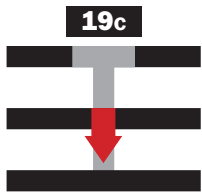
Left hand middle punch



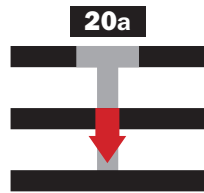
Left leg front-snap kick



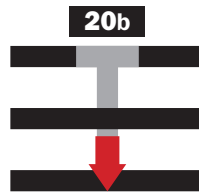
Step down w/left leg into left walking stance
Left arm low block



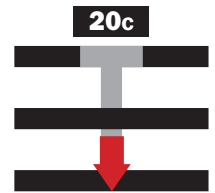
Right hand middle punch



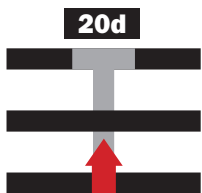
Right leg front-snap kick



Step down w/right leg into right walking stance
Right arm low block



Left hand middle punch
KI YAP!
Turn 180° to left (CCW) ...



... pivoting on right foot, bringing left foot around into **choon bi** position, facing forward as in beginning



JUNG DO KWAN
— MARTIAL ARTS —