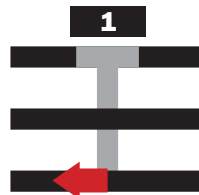


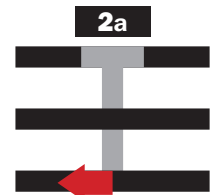
Tae Geuk Oh Jang — Form #5 (page 1 of 2)



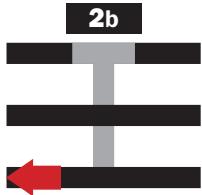
Choon bi



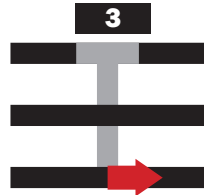
1
Turn 90° left, moving left foot into left forward stance
Left arm low block



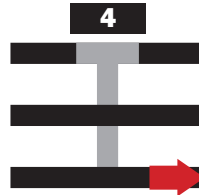
2a
Pull left foot back into natural forward stance



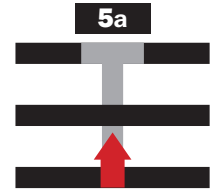
2b
Left hand hammer fist (attack downward, from above head to top of opponent's shoulder, w/ bottom of hammer fist)



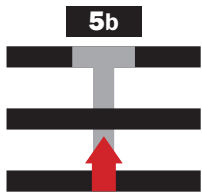
3
Pivot 180° right (on left foot), and move right foot into right forward stance
Right arm low block



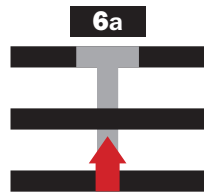
4
Pull right foot back into right natural stance
Right hand hammer fist



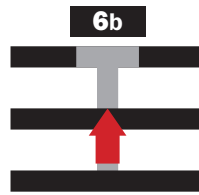
5a
Turn body to left (facing north), moving left foot into left forward stance
Left arm out-to-in middle block



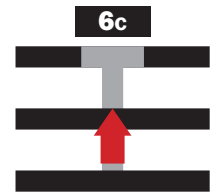
5b
Right arm out-to-in middle block



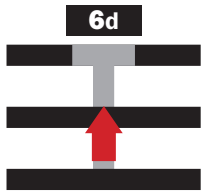
6a
Right leg front-snap kick



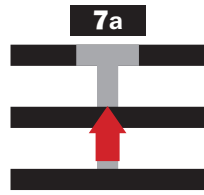
6b
Step down w/right foot into right forward stance



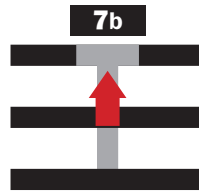
6c
Right hand back fist to the face (attack forward from body, end w/elbow bent a little over 90°)



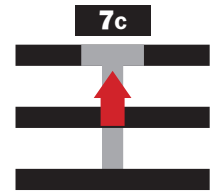
6d
Left arm out-to-in middle block



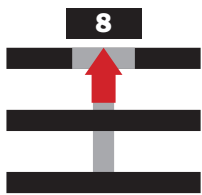
7a
Left leg front-snap kick



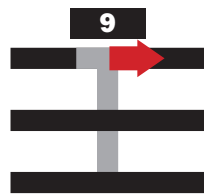
7b
Step down w/left foot into left forward stance
Left hand back fist to opponent's face



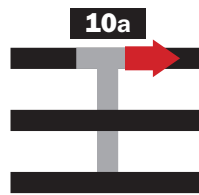
7c
Right arm out-to-in middle block



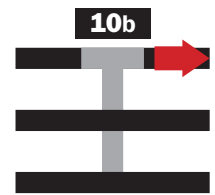
8
Step forward w/right foot into right forward stance
Right hand back fist



9
Turn 270° toward left, moving left foot into left back stance
Left hand knife-hand block (right hand in fist at waist)



10a
Step forward w/right foot into right forward stance



10b
Right arm elbow-strike (out-in to opponent's side), w/right fist supported by left palm)

Tae Geuk Oh Jang — Form #5 (page 2 of 2)

11



Turn 180° toward right, moving right foot into right back stance
Right hand knife-hand block (left fist at waist)

12



Step forward w/left foot into left forward stance
Left arm out-in elbow-strike, w/left fist supported by right palm

13a



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

13b



Right arm out-to-in middle block

14a



Right leg front-snap kick

14b



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

14c



Left arm out-to-in middle block

15



Turn 90° left, moving left (rear) foot up to right foot, then out to side (east) into left forward stance
Left arm high block

16a



Right leg side kick, w/simultaneous right hand side punch

16b



Step down w/right foot into right forward stance
Left arm elbow-strike (strike right palm as if it were the target)

17



Turn 180° toward right, moving right foot into right forward stance
Right arm high block

18a



Left leg side kick, w/simultaneous left hand side punch

18b



Step down w/left foot into left forward stance
Right arm elbow-strike (strike left palm as if it were the target)

19a



Turn 90° toward left, moving left leg into left forward stance
Left arm low block

19b



Right arm out-to-in block

20a



Right leg front-snap kick

20b



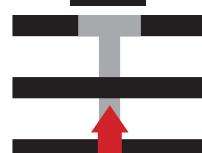
Before right foot touches ground, spring forward off left leg into right crossed leg stance (both knees bent, right leg and foot pointing forward, and left leg crossed behind in rear, at 90° to front leg)

20c



Right hand back fist
KI YAP!
Turn 180° to left (CCW), pivoting on right foot ...

20d



... bring left foot into **choon bi** position, facing forward as in beginning



JUNG DO KWAN
MARTIAL ARTS