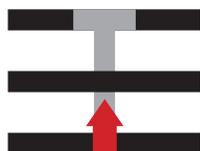
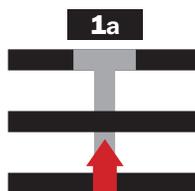


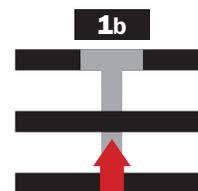
# Tae Geuk Pal Jang — Form #8 (page 1 of 2)



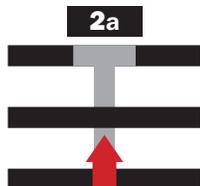
**Choon bi**



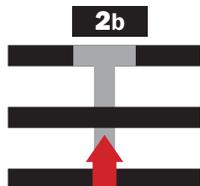
Step forward w/left foot into left back stance  
Left arm palm-down in-out middle block w/right fist fixed in pit of stomach



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

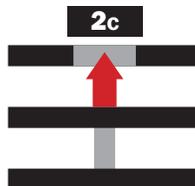


Right leg front-snap kick

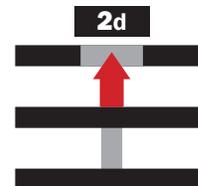


Before right leg lands, jump up off left leg and perform left leg jump front-snap kick

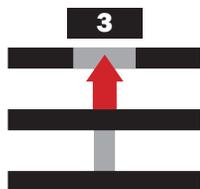
**KI YAP!**



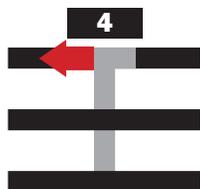
Land on right leg from left jump front-snap kick, then step forward and down w/left leg into left forward stance  
Left arm out-to-in block



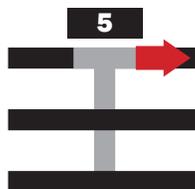
Right hand middle punch  
Left hand middle punch (very quickly after right punch)



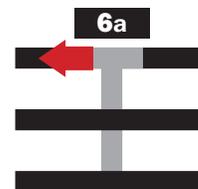
Step forward w/right foot into right forward stance  
Right hand middle punch



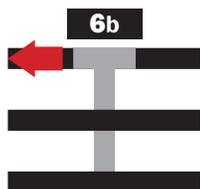
Turn body 90° left (facing west), but turn head 270° left to face east; step back w/left heel into right forward stance (feet facing west; upper body turned to left, head facing east); combination left arm side low block and right arm high in-out side block



Turn 180° left facing east (same as head), pivoting on both feet to assume left forward stance; slowly perform left front back first strike to the chin, while slowly pulling opponent to your shoulder with right fist

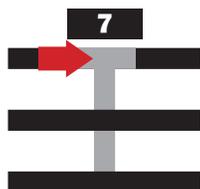


Turn head 180° right and side step to the west, crossing left foot in front of right, bending both knees



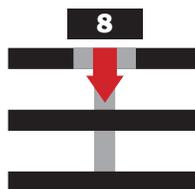
Quickly step backward (to west) w/right heel, turning body back to the left (east), assuming right forward stance (feet/body turned toward east; head facing west)

Combination right arm side low block and left arm high in-out side block



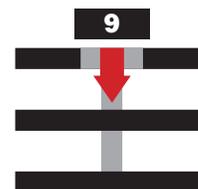
Turn body 180° right to face west (same as head), pivoting both feet to assume right forward stance

Slowly perform right front backfist strike while pulling your opponent closer w/left fist



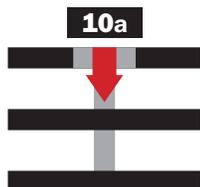
Turn 270° left, pivoting on left foot; step backward (to south) w/right foot into left back stance

Left in-to-out middle knife-hand block (right knife-hand fixed in pit of stomach)

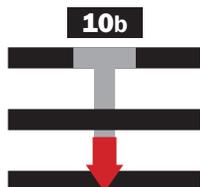


Half-step forward w/left foot into left forward stance

Right hand middle punch

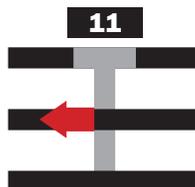


Right leg front-snap kick



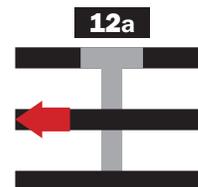
Step down and back w/right leg into original position (resuming left forward stance); step backward w/left leg, assuming right tiger stance

Right palm-fist middle block



Turn 90° left, moving left foot into left tiger stance

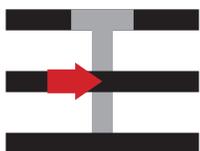
Turn in-to-out middle double knife-hand block (right hand palm up at stomach)



Left leg front-snap kick (kick w/forward leg, w/o stepping)  
Step down w/left foot into left forward stance  
Right hand middle punch

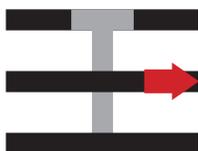
# Tae Geuk Pal Jang — Form #8 (page 2 of 2)

13



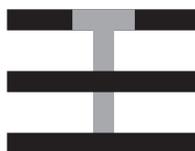
Pull left foot backward into left tiger stance  
Left palm-fist middle block

14



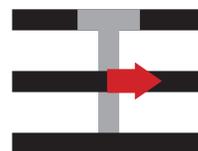
Turn 180°; turn by pivoting on both feet, moving right foot into right tiger stance  
Right in-to-out middle double knife-hand block

15a



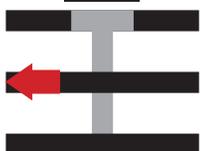
Right leg front-snap kick (kick w/forward leg, w/o stepping)

15b



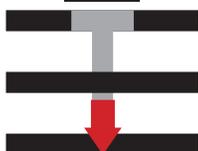
Step down w/right foot into right forward stance  
Left hand middle punch

16



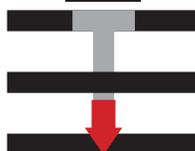
Pull right foot backward into right tiger stance  
Right palm-fist middle block

17



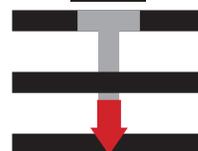
Turn 90° right, moving right foot into right back stance  
Right arm low block w/left fist fixed in pit of stomach

18a



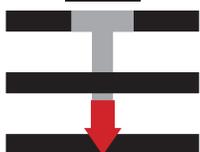
Left leg front-snap kick

18b



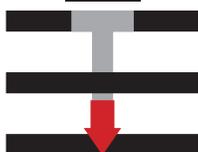
Before left leg lands, perform right leg jump front-snap kick as left leg is moving downward  
**KI YAP!**

18c



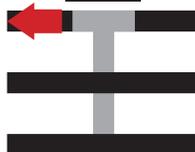
Land on left foot, then step down w/right foot into right forward stance  
Right arm out-to-in middle block

18d



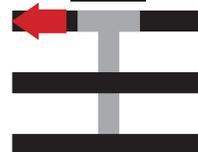
Left hand middle punch  
Right hand middle punch

19



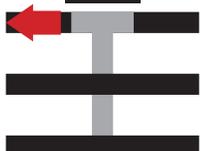
Turn 270° left, moving left foot into left back stance  
Left single knife-hand in-to-out middle block

20



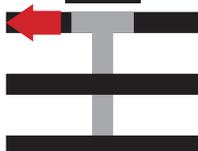
Half step forward w/left foot into left forward stance; right arm elbow strike to opponent's face, w/left fist fixed at hip; lean in slightly w/right shoulder to increase power of elbow-strike

21a



Stance is same as last (left forward stance), turn upper body back so shoulders are square, facing directly forward; right front back-fist strike to opponent's face

21b



Left hand middle punch

22



Turn 180° right, pivoting on left foot, pulling right foot backward slightly into right back stance  
Right single knife-hand in-to-out middle block

23



Half-step forward w/right foot into right forward stance; left arm elbow-strike to opponent's face, w/right fist fixed at hip; lean in slightly w/left shoulder to increase power of elbow-strike

24a



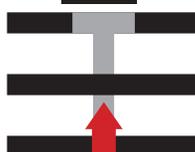
Stance is same as last; return body to forward so shoulders are square  
Left front back-fist strike to opponent's face

24b



Right handle middle punch  
**KI YAP!**  
Turn 90° to left (CCW), pivoting on right foot ...

24c



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

