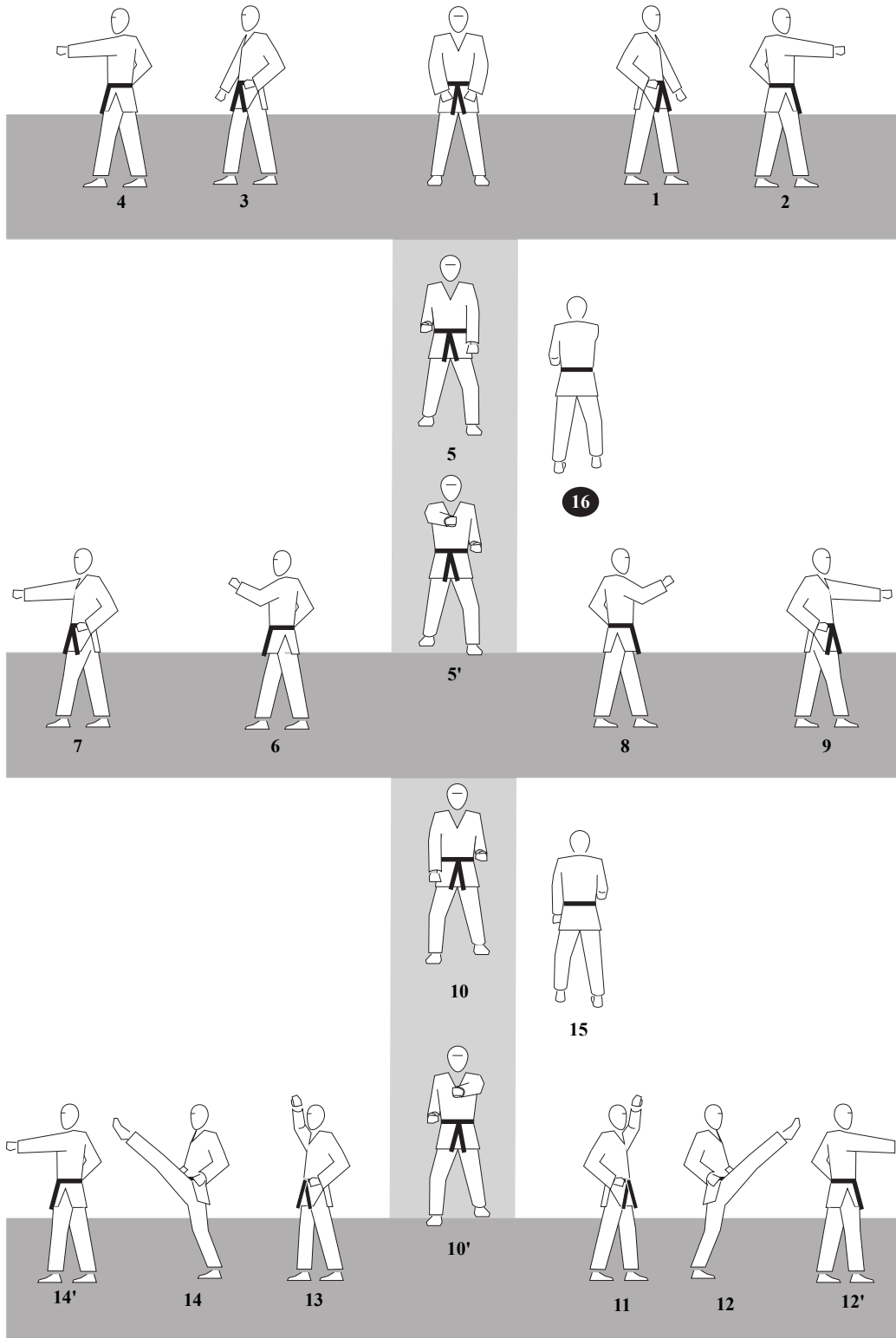


TAE GEUK IL JANG (Yellow Belt)



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1. Pivot on the right foot turning toward 9 o'clock. Assume a left walking stance. Execute a left down block.
2. Advance toward 9 o'clock. Assume a right walking stance. Execute a right middle punch.
3. Turn clockwise toward 3 o'clock. Assume a right walking stance. Execute a right down block.
4. Advance toward 3 o'clock. Assume a left walking stance. Execute a left middle punch.
5. Turn counterclockwise toward 12 o'clock. Assume a left forward stance. Execute a left down block. Execute a right middle punch.
6. With the left foot fixed, move the right foot to the left heel. Turn toward 3 o'clock. Assume a right walking stance. Execute a left outside-inside middle block (Oen Momtong An Makki).
7. Advance toward 3 o'clock. Assume a left walking stance (Oen Apseogi). Execute a right middle punch (Oreun Momtong Baro Chireugi).
8. Pivot on the ball of the right foot. Turn counterclockwise toward 9 o'clock. Assume a left walking stance (Oen Apseogi). Execute a right outside-inside middle block (Oreun Momtong An Makki).
9. Advance toward 9 o'clock. Assume a right walking stance. Execute a left middle punch (Oen Momtong Baro Chireugi).
10. Turn toward 12 o'clock. Assume a right forward stance (Oreun Apkoobi). Execute a right down block (Oreun Arae Makki). Execute a left middle punch (Oen Momtong Baro Chireugi).
11. Bring the left foot to the right heel. Turn toward 9 o'clock. Assume a left walking stance (Oen Apseogi). Execute a left upper block (Oen Eolgool Makki).
12. Execute a right front kick (Oreun Apchagi). Execute a right middle punch (Oreun Momtong Badae Chireugi) from a right walking stance.
13. Turn clockwise toward 3 o'clock. Assume a right walking stance. Execute a right upper block (Oreun Eolgool Makki).
14. Execute a left front kick (Oen Apchagi). Assume a left walking stance (Oen Apseogi). Execute a left middle punch (Oen Momtong Badae Chireugi).
15. Pivoting on the right foot turn clockwise toward 6 o'clock. Assume a left forward stance. Execute a left down block (Oen Arae Makki).
16. Advance assuming a right forward stance (Oreun Apkoobi). Execute a right middle punch (Oreun Momtong Badae Chireugi). Yell (**Kihap**).