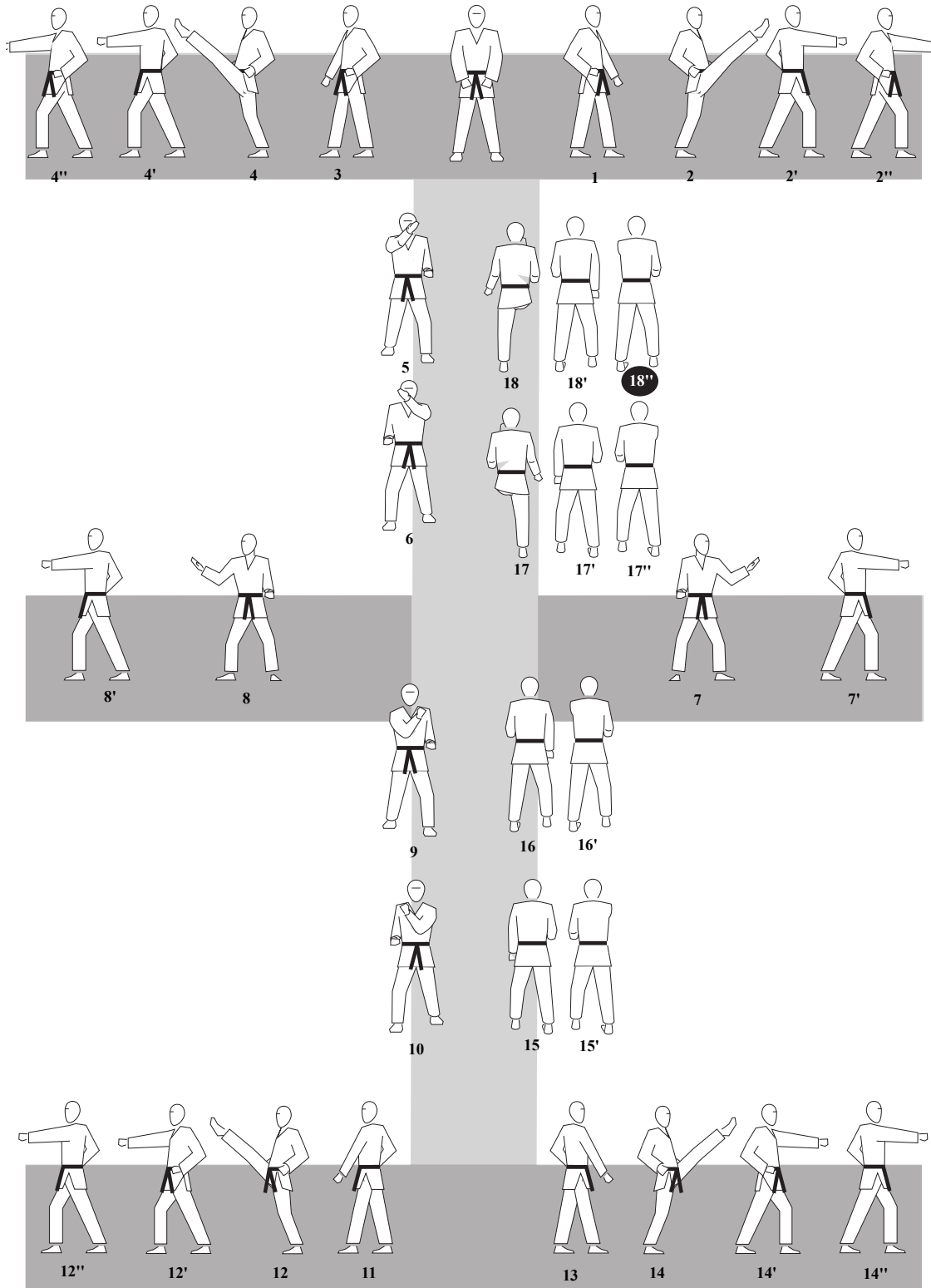


# TAE GEUK SAM JANG (Green Belt)



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1. Turn toward 9 o'clock. Assume a left walking stance (Oen Apseogi). Execute a left down block (Oen Arae Makki).
2. Execute a right front kick (Oreun Apchagi). Bring the foot down assuming a right forward stance (Oreun Apkoobi). Execute a double middle punch (Momtong Doobeon Chireugi), right fist first.
3. Turn clockwise toward 3 o'clock. Assume a right walking stance (Oreun Apseogi). Execute a right down block (Oreun Arae Makki).
4. Execute a left front kick (Oen Apchagi). Bring the foot down assuming a left forward stance (Oen Apkoobi). Execute a double middle punch (Momtong Doobeon Chireugi), left fist first.
5. Turn counterclockwise toward 12 o'clock. Assume a left walking stance (Oen Apseogi). Execute a right knife hand strike (to the temple) (Oreun Sonnal Eolgool An Chigi).
6. Advance toward 12 o'clock. Assume a right walking stance (Oreun Apseogi). Execute a left knife hand strike (to the temple) (Oen Sonnal Eolgool An Chigi).
7. Bring the left foot up to the right heel. Move the left foot toward 9 o'clock assuming a right back stance (Oreun Dwitkoobi). Execute a single knife hand middle block (Oen Hansonnal Momtong Bakat Makki). Moving only the left foot toward 9 o'clock assume a left forward stance (Oen Apkoobi). Execute a right middle punch (Oreun Momtong Baro Chireugi).
8. Turn the left foot toward 12 o'clock. Keep it fixed and move the right foot to assume a left back stance (Oen Dwitkoobi) facing 3 o'clock. Execute a right single knife hand middle block (Oreun Hansonnal Momtong Bakat Makki). Move the right foot assuming a right forward stance (Oreun Apkoobi). Execute a left middle punch (Oen Momtong Baro Chireugi).
9. Turn counterclockwise toward 12 o'clock bringing the left foot to the right heel. Assume a left walking stance (Oen Apseogi) facing 12 o'clock. Execute a right outside-inside middle block (Oreun Momtong An Makki).
10. Advance assuming a right walking stance (Oreun Apseogi). Execute a left outside-inside middle block (Oen Momtong An Makki).
11. Pivot on the right foot turning 270° counterclockwise to 3 o'clock. Assume a left walking stance (Oen Apseogi). Execute a left down block (Oen Arae Makki).
12. Execute a right front kick (Oreun Apchagi). Assume a right forward stance (Oreun Apkoobi). Execute a double middle punch (Momtong Doobeon Chireugi), right fist first. 13. Pivot on the ball of the left foot. Turn clockwise toward 9 o'clock. Assume a right walking stance (Oreun Apseogi). Execute a right down block (Oreun Arae Makki).
14. Execute a left front kick (Oen Apchagi) and assume a left forward stance (Oen Apkoobi). Execute a double middle punch (Momtong Doobeon Chireugi), left fist first.
15. Turn counterclockwise toward 6 o'clock. Assume a left walking stance (Oen Apseogi). Execute a left down block (Oen Arae Makki) followed by a right middle punch (Oreun Momtong Baro Chireugi).
16. Advance assuming a right walking stance (Oreun Apseogi). Execute a right down block (Oreun Arae Makki) followed by a left middle punch (Oen Momtong Baro Chireugi).
17. Execute a left front kick (Oen Apchagi). Assume a left walking stance (Oen Apseogi). Execute a left down block (Oen Arae Makki) followed by a right middle punch (Oreun Momtong Baro Chireugi).
18. Execute a right front kick (Oreun Apchagi). Assume a right walking stance (Oreun Apseogi). Execute a right down block (Oreun Arae Makki) followed by a left middle punch (Oen Momtong Baro Chireugi). Yell (**Kihap**).