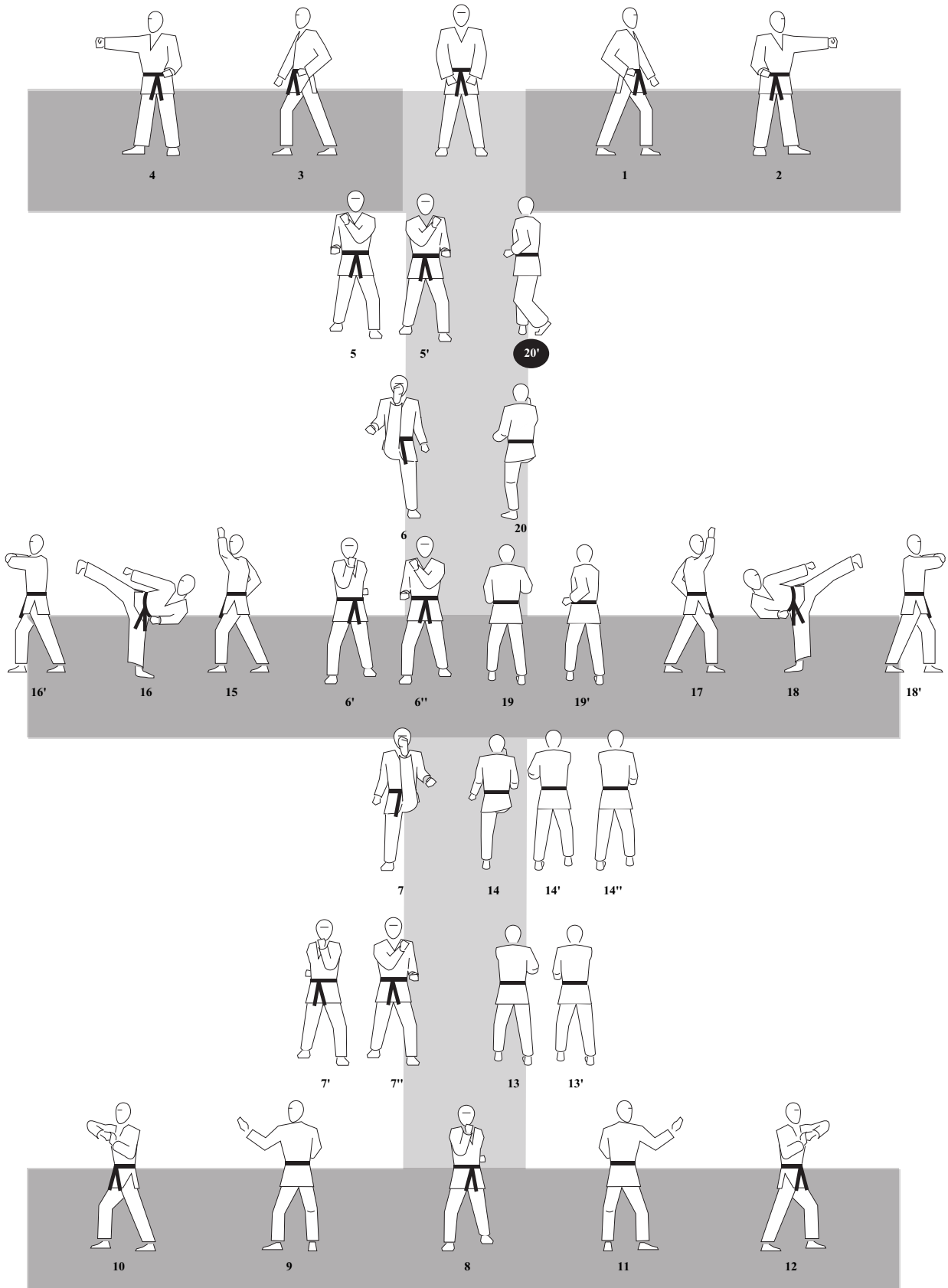


TAE GEUK OH JANG (Blue Belt)



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1. Turning toward 9 o'clock assume a left forward stance (Oen Apkoobi). Execute a left down block (Oen Arae Makki).
2. Retract the left foot assuming an ease stance (Pyeonhiseogi). Making a large circular motion with the left hand, execute a descending hammer fist strike (Oen Me Joomeok Naeryo Chigi).
3. Pivoting on the left foot, turn toward 3 o'clock and assume a right forward stance (Oreun Apkoobi). Execute a right down block (Oreun Arae Makki).
4. Retracting the right foot, assume an ease stance (Pyeonhiseogi). Making a large circular motion execute a right descending hammerfist strike (Oreun Me Joomeok Naeryo Chigi).
5. Turn toward 12 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left outside-inside middle block followed by a right outside-inside middle block (Oen Momtong An Makki and Oreun Momtong An Makki)
6. Execute a right front kick (Oreun Apchagi). Assume a right forward stance (Oreun Apkoobi) and execute a right backfist to the philtrum (Oreun Deung Joomeok Eolgool Ap Chigi) followed by a left outside-inside middle block (Oen Momtong An Makki).
7. Execute a left front kick (Oen Apchagi). Assume a left forward stance (Oen Apkoobi) and execute a left backfist to the philtrum (Oen Deung Joomeok Eolgool Ap Chigi) followed by a right outside-inside middle block (Oreun Momtong An Makki).
8. Advance assuming a right forward stance (Oreun Apkoobi). Execute a right backfist to the philtrum (Oreun Deung Joomeok Eolgool Ap Chigi).
9. Turn counterclockwise toward 3 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a left single knife hand middle block (Oen Hansonnal Momtong Bakat Makki).
10. Advance assuming a right forward stance (Oreun Apkoobi). Execute a right augmented elbow strike to the face (Oreun Palkoop Eolgool Chigi).
11. Turn clockwise toward 9 o'clock. Assume a left back stance (Oen Dwitkoobi). Execute a single knife hand middle block (Oreun Hansonnal Momtong Bakat Makki).
12. Advance, assuming a left forward stance (Oen Apkoobi). Execute a left augmented elbow strike to the face (Oen Palkoop Eolgool Chigi).
13. Turn counterclockwise toward 6 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left down block (Oen Arae Makki) followed by a right outside-inside middle block (Oreun Momtong An Makki).
14. Execute a right front kick (Oreun Apchagi). Assume a right forward stance (Oreun Apkoobi). Execute a right down block (Oreun Arae Makki), followed by a left outside-inside middle block (Oen Momtong An Makki).
15. Bring the left foot to the right heel. Move the left foot outward toward 3 o'clock assuming a left forward stance (Oen Apkoobi). Execute a left upper block (Oen Eolgool Makki).
16. Execute a right side kick (Oreun Yeopchagi). Bring the right foot down assuming a right forward stance (Oreun Apkoobi). Execute a left elbow strike (Oen Palkoop Momtong Pyojeok Chigi).
17. Turn clockwise toward 9 o'clock. Assume a right forward stance (Oreun Apkoobi). Execute a right upper block (Oreun Eolgool Makki).
18. Execute a left side kick (Oen Yeopchagi) toward 9 o'clock. Bring the left foot down assuming a left forward stance (Oen Apkoobi). Execute a right elbow strike (Oreun Palkoop Momtong Pyojeok Chigi).
19. Turn counterclockwise toward 6 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left down block (Oen Arae Makki) followed by a right outside-inside middle block (Oreun Momtong An Makki).
20. Execute a right front kick (Oreun Apchagi). Spring forward assuming a crossleg stance, right foot forward (Oreun Bal Dwit Koaseogi). Execute a right back fist to the philtrum (Oreun Deung Joomeok Eolgool Ap Chigi). Yell (**Kihap**).

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