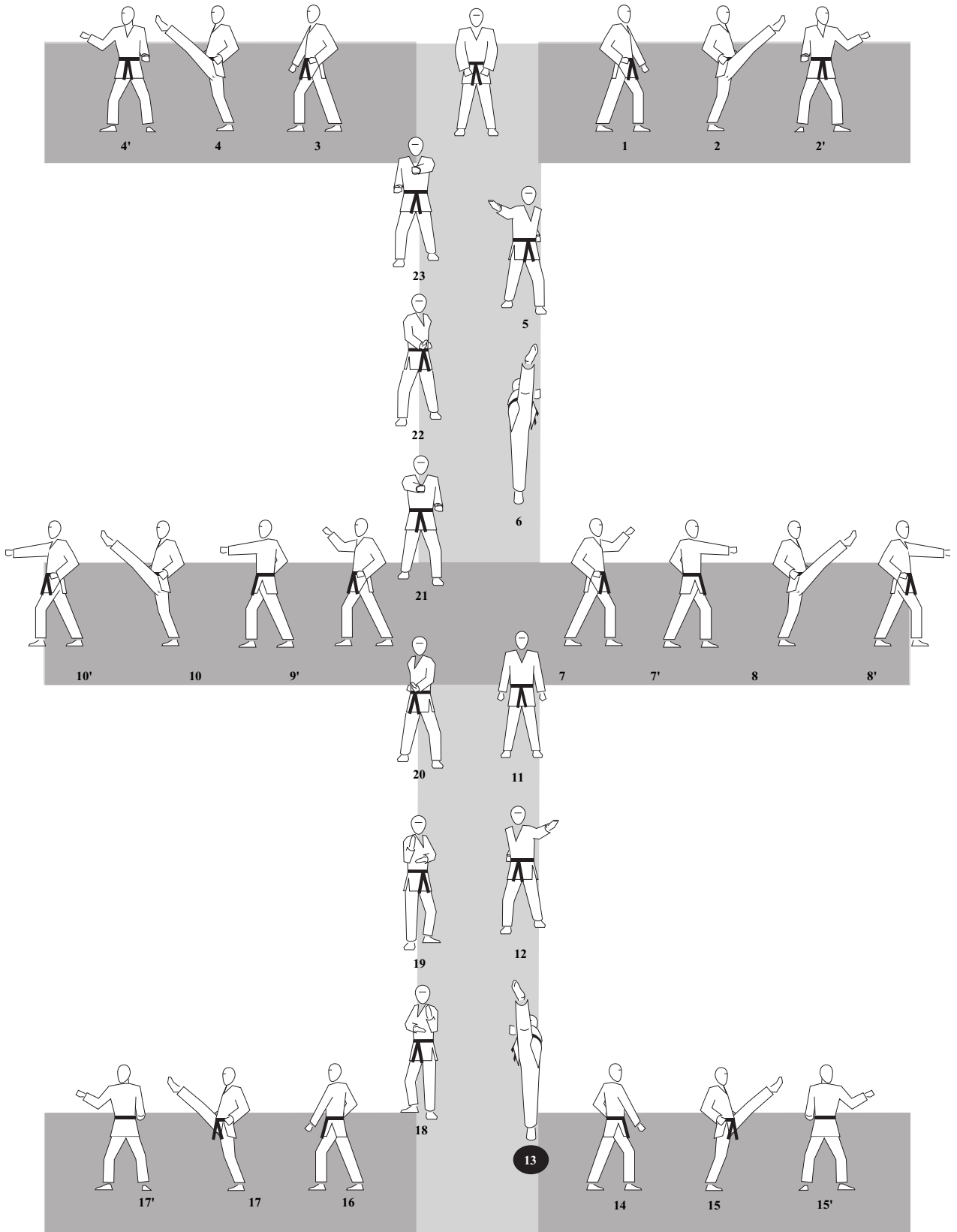


TAE GEUK YUK JANG (Sr. Blue Belt)



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1. Turn toward 9 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left down block (Oen Arae Makki).
2. Execute a right front kick (Oreun Apchagi). Return the right foot to its original position and assume a left back stance (Oreun Dwitkoobi). Execute a left inside-outside middle block (Oen Bakat Palmok Momtong Bakat Makki).
3. Keep the left foot fixed. Turn clockwise toward 3 o'clock. Assume a right forward stance (Oreun Apkoobi). Execute a right down block (Oreun Arae Makki).
4. Execute a left front kick (Oen Apchagi). Bring the left foot back to its original position. Assume a right back stance (Oen Dwitkoobi). Execute a right inside-outside middle block (Oreun Bakat Palmok Momtong Bakat Makki).
5. Turn toward 12 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a right knife hand sweeping middle block (Jebipoom Oreun Hansonnal Eolgool Bakat Makki).
6. Execute a right roundhouse kick to the face (Oreun Eolgool Dollyochagi). Set the right foot down then move the left foot outward toward 9 o'clock. Assume a left forward stance (Oen Apkoobi).
7. Execute a left outward upper block (Oen Bakat Palmok Eolgool Bakat Makki). Followed by a right middle punch (Oreun Momtong Baro Chireugi).
8. Execute a right front kick (Oreun Apchagi). Assume a right forward stance (Oreun Apkoobi). Execute a left middle punch (Oen Momtong Baro Chireugi).
9. Pivot clockwise on the left foot toward 3 o'clock. Assume a right forward stance (Oreun Apkoobi). Execute a right outward upper block (Oreun Bakat Palmok Eolgool Bakat Makki). Execute a left middle punch (Oen Momtong Baro Chireugi).
10. Execute a left front kick (Oen Apchagi). Assume a left forward stance (Oen Apkoobi). Execute right middle punch (Oreun Momtong Baro Chireugi).
11. Turn to the left toward 12 o'clock moving the left foot. Assume a parallel stance (Naranhiseogi). Cross both fists in front of the chest. Bring the fists down slowly exhaling forcibly and execute a low wedge block (Arae Hechyo Makki).
12. Assume a right forward stance (Oreun Apkoobi) facing 12 o'clock. Execute a left knife hand sweeping face block (Jebipoom Oen Hansonnal Bakat Makki).
13. Execute a left roundhouse kick to the face (Oen Eolgool Dollyochagi). Yell (**Kihap**).
14. Bring the right foot toward the left. Turn toward 9 o'clock. Assume a right forward stance (Oreun Apkoobi) Execute a right down block (Oreun Arae Makki).
15. Execute a left front kick (Oen Apkoobi). Bring the left foot back to its original position. Assume a right back stance (Oreun Dwitkoobi). Execute a right inside-outside middle block (Oreun Bakat Palmok Momtong Bakat Makki).
16. With the right foot fixed, turn counterclockwise toward 3 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left down block (Oen Arae Makki).
17. Execute a right front kick (Oreun Apchagi). Bring the kicking foot back to its original position. Assume a left back stance (Oen Dwitkoobi). Execute a left inside-outside block (Oen Bakat Palmok Momtong Bakat Makki).
18. Pivot on the left foot, counter-clockwise, to face 12 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a left double knife hand middle block (Oen Sonnal Momtong Makki).
19. Retreat assuming a left back stance (Oen Dwitkoobi). Execute a right double knife hand middle block (Oreun Sonnal Momtong Makki).
20. Retreat. Assume a left forward stance (Oen Apkoobi). Execute a left palm heel middle block (Oen Batangson Momtong Makki).
21. Keep both feet fixed. Execute a right middle punch (Oreun Momtong Baro Chireugi).
22. Retreat. Assume a right forward stance (Oreun Apkoobi). Execute a right palm heel middle block (Oreun Batangson Momtong Makki).
23. Keep both feet fixed. Execute a left middle punch (Oen Momtong Baro Chireugi).