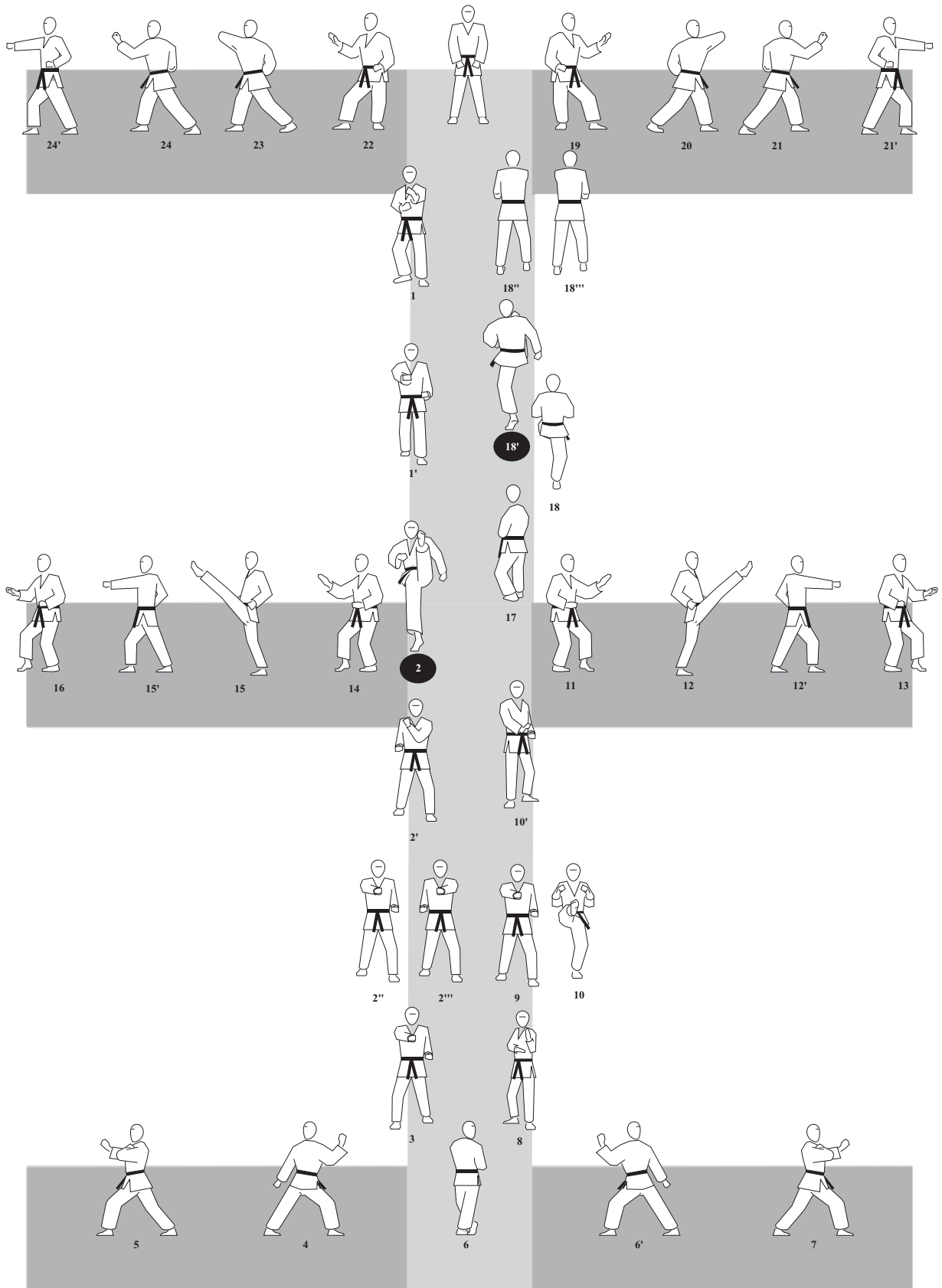


TAE GEUK PAL JANG (Sr. Brown & Red Belt)



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1. Assume a right back stance facing 12 o'clock (Oreun Dwitkoobi). Execute a left double fist middle block (Oen Geodeureo Bakat Makki). Shift to a left forward stance (Oen Apkoobi) and execute a right middle punch (Oreun Momtong Baro Chireugi).
2. Pushing off with the left foot, execute a double front jump kick, right front kick followed by a left front kick (Doobaldangsang Apchagi). Yell (**Kihap**) on second kick. Land in a left forward stance (Oen Apkoobi). Execute a left outside-inside middle block (Oen Momtong An Makki) followed by rapidly by a left-right double middle punch (Momtong Doobeon Chireugi).
3. Advance to a right forward stance (Oreun Apkoobi). Execute a right middle punch (Oreun Momtong Bandae Chireugi).
4. Pivot on the ball of the right foot turning counterclockwise toward 6 o'clock. Assume a right forward stance (Oreun Apkoobi), feet facing 9 o'clock. Execute a low block to the rear with the left hand and a face block toward 9 o'clock with the right (Oesanteul Makki).
5. Slowly shift the body toward 3 o'clock assuming a left forward stance (Oen Apkoobi) without moving the feet. Bring the left fist to the right shoulder and in a circular motion slowly execute a right uppercut (Oreun Joomeok Dangyo Teok Chireugi).
6. Bring the left foot over the right toward 9 o'clock. Assume a crossed stance (Oen Ap Koaseogi). Extend the right foot toward 9 o'clock. Assume a left forward stance, feet facing 3 o'clock (Oen Apkoobi). Execute a right down block and a left high block, looking toward 9 o'clock (Oesanteul Makki).
7. Turn slowly toward 9 o'clock demonstrating tension without moving the feet. Assume a right forward stance (Oreun Apkoobi). Bring the right fist to the left shoulder and in a circular motion execute a left uppercut (Oen Joomeok Dangyo Teok Chireugi).
8. Pivot on the left foot toward 12 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a left double knife hand middle block (Oen Sonnal Momtong Makki).
9. Shift to a left forward stance (Oen Apkoobi). Execute a right middle punch (Oreun Momtong Baro Chireugi).
10. Execute a right front kick (Oreun Apchagi). Bring the kicking leg back to its original position then move the left leg to its rear, assuming a right tiger stance (Oreun Beomseogi). Execute a right palm heel middle block (Oreun Batangson Momtong An Makki).
11. Pivot toward 9 o'clock on the right foot. Assume a left tiger stance (Oen Beomseogi). Execute a left double knife hand middle block (Oen Sonnal Momtong Makki). 12. Execute a left front kick (Oen Apchagi). Assume a left forward stance (Oen Apkoobi) and execute a right middle punch (Oreun Momtong Baro Chireugi).
13. Retract the left leg, assuming a left tiger stance (Oen Beomseogi). Execute a left palm heel middle block (Oen Batangson Momtong An Makki).
14. Turn the body clockwise toward 3 o'clock. Assume a right tiger stance (Oreun Beomseogi). Execute a right double knife hand middle block (Oreun Sonnal Momtong Makki).
15. Execute a right front kick (Oreun Apchagi). Assume a right forward stance (Oreun Apkoobi) and execute a left middle punch (Oen Momtong Baro Chireugi).
16. Retract the right foot assuming a right tiger stance (Oreun Beomseogi). Execute a right palm heel middle block (Oreun Batangson Momtong An Makki).
17. Turn clockwise toward 6 o'clock. Assume a left back stance (Oen Dwitkoobi). Execute a right dual fist down block (Oreun Geodeureo Arae Makki).
18. Execute a left front kick (Oen Apchagi) followed by a right front jump kick (Oreun Twiapchagi). The left foot lands where the right foot formerly was. Yell (**Kihap**) on the second kick. Assume a right forward stance (Oreun Apkoobi). Execute a right outside-inside middle block (Oreun Momtong An Makki) quickly followed by a left middle punch (Oen Momtong Baro Chireugi).
19. Turn counterclockwise toward 9 o'clock pivoting on the ball of the right foot. Assume a right back stance (Oreun Dwitkoobi). Execute a left knife hand middle block (Oen Hansonnal Momtong Makki).
20. Shift to a left forward stance (Oen Apkoobi). Execute a right elbow face strike (Oreun Palkoop Eolgool Dollyo Chigi).
21. With both feet fixed in the left forward stance (Oen Apkoobi) execute a right backfist to the face (Oreun Deung Joomeok Eolgool Apchigi) followed by a left middle punch (Oen Momtong Bandae Chireugi).
22. Turn the body clockwise toward 3 o'clock keeping the left foot fixed. Assume a left back stance (Oen Dwitkoobi). Execute a right knife hand middle block (Oreun Hansonnal Momtong Makki).

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23. Shift to a right forward stance (Oreun Apkoobi). Execute a left elbow face strike (Oen Palkoop Eolgool Dollyo Chigi).
24. Execute a left backfist to the face (Oen Deung Joomeok Eolgood Apchigi) followed by a right middle punch (Oreun Momtong Bandae Chireugi).