

Poomse Taegeuk Il Jang WTF Taekwondo Poomse #1



4. left middle punch



3. right low block



Choon Be & Baro



1. left low block



2. right middle punch

Choon Be

1. Turn to the left 90° by moving the left foot into left walking stance, left low block.
2. Step forward with the right foot into right walking stance, right middle punch.
3. Moving the right foot, turn 180° to the right into right walking stance, right low block.
4. Step forward with the left foot into left walking stance, left middle punch.
5. Moving the left foot, turn 90° to the left into left front stance, left low block.



5. left down block



18. right middle punch

11. Moving the right foot 90° to the right into right front stance, right low block.
12. Without moving the feet, left middle punch.
13. Moving the left foot 90° to the left into left walking stance, left high block.
- 14a. Without moving the left foot, right front kick; b. Step down into right walking stance, right middle punch.
15. Moving the right foot 180° to the right into right walking stance, right high block.



8. right middle punch



7. left inside middle block



6. right middle punch



9. right inside middle block



10. left middle punch

6. Without moving the feet, right middle punch.
7. Moving the right foot, turn 90° to the right into right walking stance, left inside middle block.
8. Step forward with the left foot into left walking stance, right middle punch.
9. Moving the left foot 180° to the left into left walking stance, right inside middle block.
10. Step forward with the right foot into right walking stance, left middle punch.



11. right low block

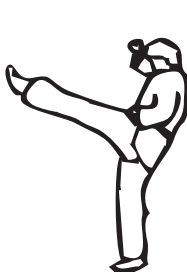


17. left low block

- 16a. Without moving the right foot, left front kick; b. Step down into left walking stance, left middle punch.
17. Moving the left foot, turn 90° to the right into left front stance, left low block.
18. Step forward with the right foot into right front stance, right middle punch with kihap. Baro



16b. left middle punch



15a. left front kick



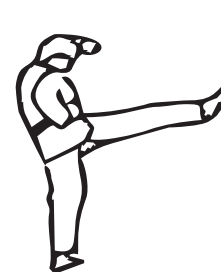
14. right high block



12. left middle punch



13. left high block



14a. right front kick



14b. right middle punch