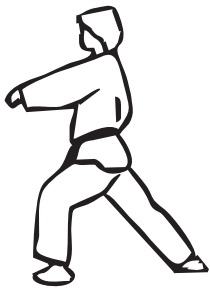


Poomse Taegeuk E Jang WTF Taekwondo Poomse #2



4. left middle punch



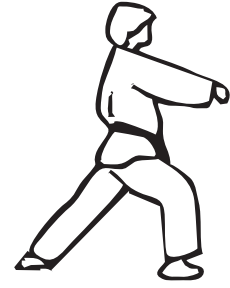
3. right low block



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 front 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 front stance, left middle punch.
5. Moving the left foot, turn 90° to the left into left walking stance, right inside middle block.



5. right inside middle block



18a. right front kick
18b. right middle punch

- 16a. Without moving the left foot, right front kick; b. Step down into right walking stance, right middle punch.
 - 17a. Without moving the right foot, left front kick; b. Step down into left walking stance, left middle punch.
 - 18a. Without moving the left foot, right front kick; b. Step down into right walking stance, right middle punch (kihap).
- Baro- Return to ready stance by moving the left foot.



10b. left high punch



10a. left front kick



9. right low block



6. left inside middle block



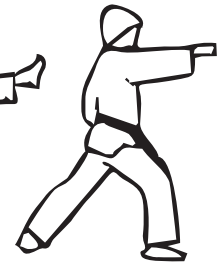
17a. left front kick
17b. left middle punch



7. left low block



8a. right front kick



8b. right high punch

6. Step forward with the right foot into right walking stance, left inside middle block.
7. Moving the left foot, turn 90° to the left into left walking stance, left low block.
- 8a. Without moving the left foot, right front kick; b. Step down into right front stance, right high punch
9. Moving the right foot 180° to the right into right walking stance, right low block.
- 10a. Without moving the right foot, left front kick; b. Step down into left front stance, left high punch.



11. left high block



16a. right front kick
16b. right middle punch

11. Moving the left foot 90° to the left into left walking stance, left high block.
12. Step forward with the right foot into right walking stance, right high block.
13. Moving the left foot 270° to the left into left walking stance, right inside middle block.
14. Turn 180° to the right and slide the right foot into right walking stance, left inside middle block.
15. Moving the left foot 90° to the left into left walking stance, left low block.



13. right inside middle block



12. right high block



15. left low block



14. left inside middle block