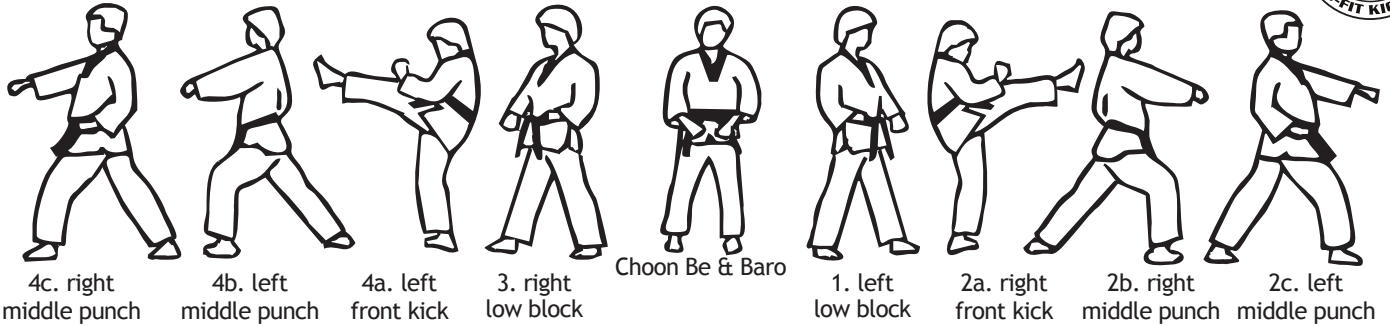


# Poomse Taegeuk Sam Jang WTF Taekwondo Poomse #3



## Choon Be

1. Turn to the left 90° by moving the left foot into left walking stance, left low block.
- 2a. Without moving the left foot, right front kick; b. Step down into right front stance, right middle punch; c. Without moving the feet, left middle punch
3. Moving the right foot, turn 180° to the right into right walking stance, right low block.
4. A. Without moving the right foot, left front kick; b. Step down into left front stance, left middle punch; c. Without moving the feet, right middle punch
5. Moving the left foot, turn 90° to the left into left walking stance, right knife hand strike.

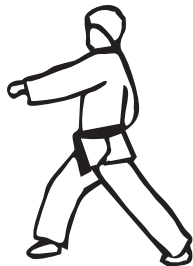


5. right knife-hand strike

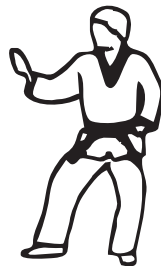


20a. right front kick  
20b. right low block  
20c. left middle punch

- 17a. Moving the left foot, turn 90° to the left into left walking stance, left low block; b. Without moving the feet, right middle punch.
  - 18a. Step forward with the right foot into right walking stance, right low block; b. Without moving the feet, left middle punch.
  - 19a. Without moving the right foot, left front kick; b. Step down into left walking stance, left low block; c. Without moving the feet, right middle punch.
  - 20a. Without moving the left foot, right front kick; b. Step down into right walking stance, right low block; c. Without moving the feet, left middle punch. (kihap)
- Baro- Return to ready stance by moving the left foot.



10. left middle punch



9. right outside knifehand block



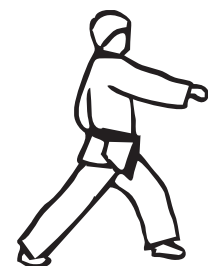
6. left knife hand strike



19a. left front kick  
19b. left low block  
19c. right middle punch



7. left outside knifehand block



8. right middle punch

6. Step forward with the right foot into right walking stance, left knife hand strike.
7. Moving the left foot, turn 90° to the left into right back stance, left outside knife hand block.
8. Without moving the right foot, slide the left foot into left front stance, right middle punch.
9. Moving the right foot, turn 180° to the right into left back stance, right outside knife hand block.
10. Without moving the left foot, slide the right foot into right front stance, left middle punch.
11. Moving the left foot 90° to the left into left walking stance, right inside middle block.

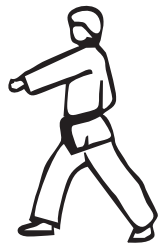


11. right inside middle block



18a. right low block  
18b. left middle punch

12. Step forward with the right foot into right walking stance, left inside middle block.
13. Moving the left foot 270° to the left into left walking stance, left low block.
- 14a. Without moving the left foot, right front kick; b. Step down into right front stance, right middle punch; c. Without moving the feet, left middle punch.
15. Turn 180° to the right into right walking stance, right low block.
- 16a. Without moving the right foot, left front kick; b. Step down into left front stance, left middle punch; c. Without moving the feet, right middle punch.



14c. left middle punch



14b. right middle punch



14a. right front kick



13. left low block



12. left inside middle block



17. left low block & right middle punch



15. right low block



16a. left front kick



16b. left middle punch



16c. right middle punch