

Poomse Taegeuk Sa Jang WTF Taekwondo Poomse #4



4. left spear hand thrust



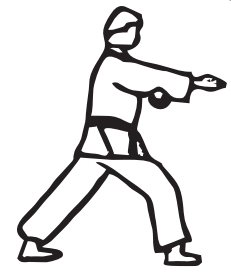
3. right double knife hand block



Choon Be & Baro



1. left double knife hand block



2. right spear hand thrust

Choon Be

1. Turn to the left 90° by moving the left foot into right back stance, left double knife hand middle block.
2. Step forward with the right foot into right front stance, right spear hand thrust.
3. Moving the right foot, turn 180° to the right into left back stance, right double knife hand middle block.
4. Step forward with the left foot into left front stance, left spear hand thrust.
5. Moving the left foot, turn 90° to the left into left front stance, right swallow shape knife hand block and strike.



5. swallow shape right knife strike



20a. right middle block
20b. left middle punch
20c. right middle punch

16. Without moving the feet, right middle punch.
 17. Moving the right foot, turn 180° to the right into right walking stance, right inside middle block.
 18. Without moving the feet, left middle punch.
 - 19 a. Moving the left foot, turn 90° to the left into left front stance, left inside middle block;
b. Without moving the feet, right middle punch;
c. Without moving the feet, left middle punch.
 - 20 a. Step forward with the right foot, into right front stance, right inside middle block
b. Without moving the feet, left middle punch.
c. Without moving the feet, right middle punch. (kihap)
- Baro- Return to ready stance by moving the left foot.



16. right middle punch



15. left inside middle block



6a. right front kick



6b. left middle punch



19a. left middle block
19b. right middle punch
19c. left middle punch



17. right inside middle block



18. left middle punch

- 6a. Without moving the left foot, right front kick; b. Step down into right front stance, left middle punch.
7. Pivot on the right foot, left side kick.
- 8a. Pivot on the left foot, right side kick;
b. Step down into left back stance, right double knife hand block.
9. Moving the left foot, turn 270° to the left into right back stance, left reverse outside middle block (palm down).
- 10a. Without moving the left foot, right front kick; b. Step back into right back stance, right inside middle block



7. left side kick



8a. right side kick



14a. right front kick
14b. right back fist

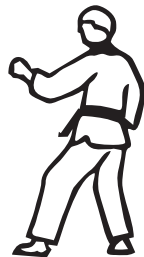
11. Moving the right foot, turn 180° to the right into right back stance, right reverse outside middle block (palm down).
- 12a. Without moving the right foot, left front kick; b. Step back into left back stance, left inside middle block.
13. Moving the left foot 90° to the left into left front stance, right swallow shape knife hand block & strike.
- 14a. Without moving the left foot, right front kick; b. Step down into right front stance, right backfist.
15. Moving the left foot, turn 90° to the left into left walking stance, left inside middle block.



10b. right inside middle block



10a. right front kick



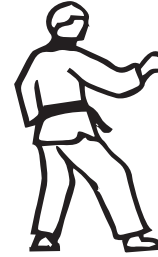
9. left reverse outside middle block



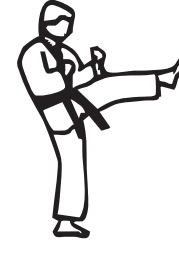
8b. right double knife hand block



13. swallow shape right knife strike



11. right reverse outside middle block



12a. left front kick



12b. left inside middle block