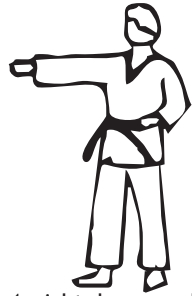
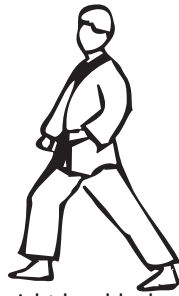


# Poomse Taegeuk Oh Jang WTF Taekwondo Poomse #5



4. right downward hammer fist



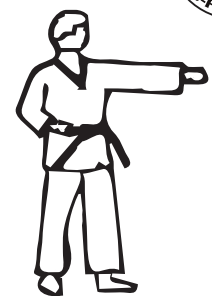
3. right low block



Choon Be & Baro



1. left low block



2. left downward hammer fist

Choon Be

1. Turn to the left 90° by moving the left foot into left front stance, left low block.
2. Without moving the right foot, draw the left foot into left side stance, left downward hammer fist strike.
3. Moving the right foot, turn 180° to the right into right front stance, right low block.
4. Without moving the left foot, draw the right foot into right side stance, right downward hammer fist strike.
- 5a. Moving the left foot, turn 90° to the left into left front stance, left inside middle block; b. Without moving the feet, right inside middle block.



5a.



5b.

5a. left inside middle block

5b. right inside middle block



20a. right front kick

20b. right back fist

- 16a. Pivot on the left foot, right side kick; b. Step down into right front stance, left elbow strike.

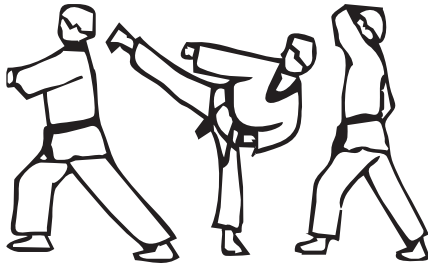
17. Moving the right foot, turn 180° to the right into right front stance, right high block.

- 18a. Pivot on the right foot, left side kick; b. Step down into left front stance, right elbow strike.

- 19a. Moving the left foot, turn 90° to the left into left front stance, left low block; b. Without moving the feet, right inside middle block.

- 20a. Without moving the left foot, right front kick; b. Spring forward and land in right cross stance, right back fist. (kihap)

Baro- Return to ready stance by moving the left foot.



16b. left elbow strike



16a. right side kick



15. left high block



6a.



6b.



6c.

6a. right front kick

6b. right back fist

6c. left inside middle block



19a. left low block

19b. rt. inside mid. block



17. right high block



18a. left side kick



18b. right elbow strike

- 6a. Without moving the left foot, right front kick; b. Step down into right front stance, right back fist; c. Without moving the feet, left inside middle block.
- 7a. Without moving the right foot, left front kick; b. Step down into left front stance, left back fist; c. Without moving the feet, right inside middle block.
8. Step forward with the right foot into right front stance, right back fist.
9. Moving the left foot, turn 270° to the left into right back stance, left single knife hand block.
10. Step forward with the right foot into right front stance, right elbow strike.



7a.



7b.



7c.

7a. lft. front kick

7b. lft back fist

7c. rt. inside mid. block



14a. right front kick

14b. right low block

14c. left inside mid. block

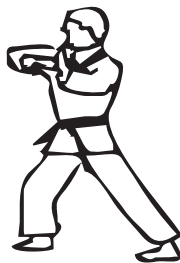
11. Moving the right foot, turn 180° to the right into left back stance, right single knife hand block.

12. Step forward with the left foot into left front stance, left elbow strike.

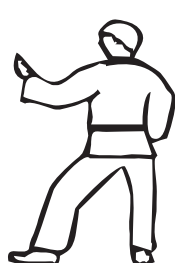
- 13a. Moving the left foot 90° to the left into left front stance, left low block; b. Without moving the feet, right inside middle block.

- 14a. Without moving the left foot, right front kick; b. Step down into right front stance, right low block; c. Without moving the feet, left inside middle block

15. Moving the left foot, turn 90° to the left into front stance, left high block.



10. right elbow strike



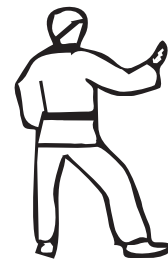
9. left single knife hand block



8. right back fist



13a. left low block  
13b. right inside middle block



11. right single knife hand block



12. left elbow strike