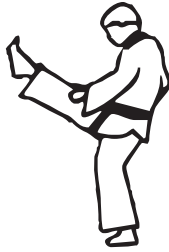


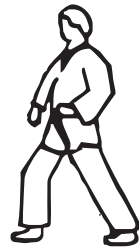
Poomse Taegeuk Yook Jang WTF Taekwondo Poomse #6



4b. right reverse outside middle block



4a. left front kick



3. right right low block



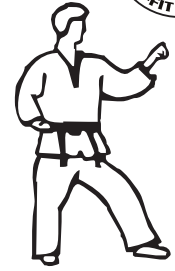
Choon Be & Baro



1. left low block



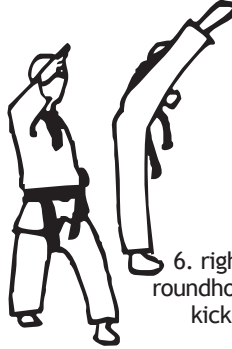
2a. right front kick



2b. left reverse outside middle block

Choon Be

1. Turn to the left 90° by moving the left foot into left front stance, left low block.
- 2a. Without moving the left foot, right front kick; b. Step back into right back stance, left reverse outside middle block (palm down).
3. Moving the right foot, turn 180° to the right into right front stance, right low block.
- 4a. Without moving the right foot, left front kick; b. Step back into left back stance, right reverse outside middle block (palm down).
5. Moving the left foot, turn 90° to the left into left front stance, right high knife hand block.



5. right high knife block



6. right roundhouse kick



22. right palm block



23. left middle punch

18. Moving the right foot, turn counterclockwise 90° into right back stance, left double knife hand block.
19. Moving the left foot, step back into left back stance, right double knife hand block.
20. Moving the right foot, step back into left front stance, left palm block.
21. Without moving the feet, right middle punch.
22. Moving the left foot, step back into right front stance, right palm block.
23. Without moving the feet, left middle punch.

Baro- Return to ready stance.



10b. right middle punch



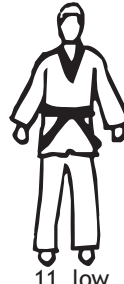
10a. left front kick



9b. left middle punch



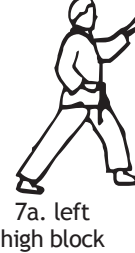
9a. right high block



11. low wedge block



21. right middle punch



7a. left high block



7b. right middle punch



8a. right front



8b. left middle punch

6. Without moving the left foot, right roundhouse kick.
- 7a. Moving the left foot, turn 90° to the left into left front stance, left high outside block; b. Without moving the feet, right middle punch.
- 8a. Without moving the left foot, right front kick; b. Step into right front stance, left middle punch.
- 9a. Moving the right foot, turn 180° to the right into right front stance, right high outside block; b. Without moving the feet, left middle punch.
- 10a. Without moving the right foot, left front kick; b. Step into left front stance, right middle punch.
11. Moving the left foot 90° to the left into ready stance, low wedge block.



12. left high knife hand block



19. right double knife hand block



20. left palm block

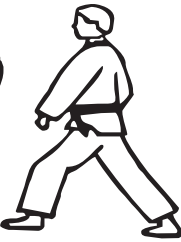
12. Step forward with the right foot into right front stance, left high knife hand block.
13. Without moving the right foot, left roundhouse kick. (Kihap)
14. Moving the right foot, turn 270° to the right into right front stance, right low block.
- 15a. Without moving the right foot, left front kick; b. Step back into left back stance, right outside middle block.
16. Moving the left foot, turn 180° to the left into left front stance, left low block.
- 17a. Without moving the left foot, right: front kick; b. Step back into right back stance, left outside middle block



17b. left outside middle block



17a. right front kick



16. left low block



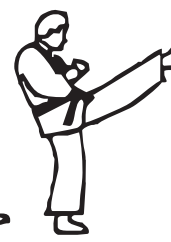
13. left roundhouse kick



18. left double knife block



14. right low block



15a. left front kick



15b. right outside middle block