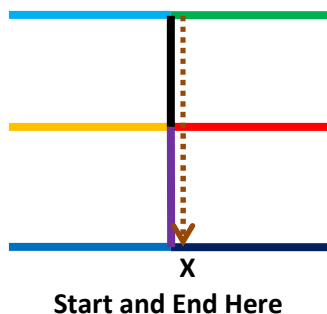


Taeguk El-Jang - “Heaven and Light” - 태극 1장

Ready Position (Joon-bi)

1. Turn left 90°, left low block in left walking stance.
2. Step forward, right middle punch in right walking stance.
3. Pivoting on left foot turn right 180°, right low block in right walking stance.
4. Step forward, left middle punch in left walking stance.
5. Turn left 90°, left low block followed by right middle punch in left forward stance.
6. Moving right foot turn right 90°, left middle block in right walking stance.
7. Step forward, right middle punch in left walking stance.
8. Pivoting on right foot turn left 180°, right middle block in left walking stance.
9. Step forward, left middle punch in right walking stance.
10. Turn right 90°, right low block followed by left middle punch in right forward stance.
11. Moving left foot turn 90°, left upper block in left walking stance.
12. Right front kick to face, right middle punch in right walking stance.
13. Pivoting on left foot turn right 180°, right upper block in right walking stance.
14. Left front kick to face, left middle punch in left walking stance.
15. Moving left foot turn right 90°, left low block in left forward stance.
16. Step forward, right middle punch in right forward stance. YELL!! (Ki-hap)



Taeguk El-Jang – White Belt Form

	Stances		Blocks				Kicks
Bar	Walking	Square/ Forward	Low	Middle	High	Middle Punch	Front Kick
1	4		2			2	
2		1	1			1	
3	4			2		2	
4		1	1			1	
5	4				2	2	2
6		2	1			1	
Total	12	4	5	2	2	9	2

나 Na

라1
Ra1



준비 · Junbi



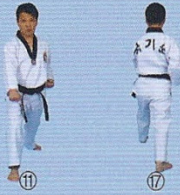
다1
Da1



라2
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다2
Da2



라3
Ra3



가 Ga

12



다3
Da3

측면
Lateral
view

