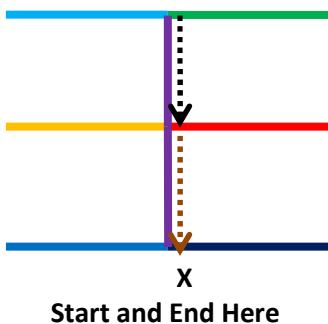


Taeguk Oh-Jang - “Wind” - 태극 5장

Ready Position (Joon-bi)

1. Turn left 90°, left low block in left forward stance.
 2. Moving left foot, left downward hammer fist strike in “L” stance.
 3. Turn right 90°, right low block in right forward stance.
 4. Moving right foot, right downward hammer fist strike in “L” stance.
 5. Turn left 90°, left out-to-in middle block followed by right out-to-in middle block in left forward stance.
 6. Right front kick, right back fist strike to upper lip followed by left out-to-in middle block in right forward stance.
 7. Left front kick, left back fist strike to upper lip followed by right out-to-in middle block in left forward stance.
 8. Step forward, right back fist strike to upper lip in right forward stance.
 9. Turn left 270°, left single knife hand middle block in right back stance.
 10. Step forward, right augmented elbow strike in right forward stance.
 11. Turn right 180°, right single knife hand middle block in left back stance.
 12. Step forward, left augmented elbow strike in left forward stance.
 13. Turn left 90°, left low block followed by right out-to-in middle block in left forward stance.
 14. Right front kick, right low block followed by left out-to-in middle block in right forward stance.
 15. Turn left 90°, left upper block in left forward stance.
 16. Right sidekick with Simultaneous right middle punch, left elbow striking right open hand in right forward stance.
 17. Turn right 180°, right upper block in right forward stance.
 18. Left sidekick with Simultaneous left middle punch, right elbow striking left open hand in left forward stance.
 19. Turn left 90°, left low block followed by right out-to- in middle block in left forward stance.
 20. Right front kick, right back fist strike to upper lip in right crossed foot stance.
- YELL!! (KI-HAP)



Taeguk Oh-Jang - Blue Belt Form

	Stances					Blocks					Kicks				
Bar	Walking	Square/ Forward	Back	"L"	Crossed	Low	Middle	High	Single knife middle	Hammer	Middle Punch	Backfist	Elbow Strike	Front Kick	Side Kick
1		2		2		2				2					
2		4					4					3		2	
3		2	2						2				2		
4		2				2	2							1	
5		4						2			2		2		2
6		1			1	1	1					1		1	
Total		15	2	2	1	5	7	2	2	2	2	4	4	4	2

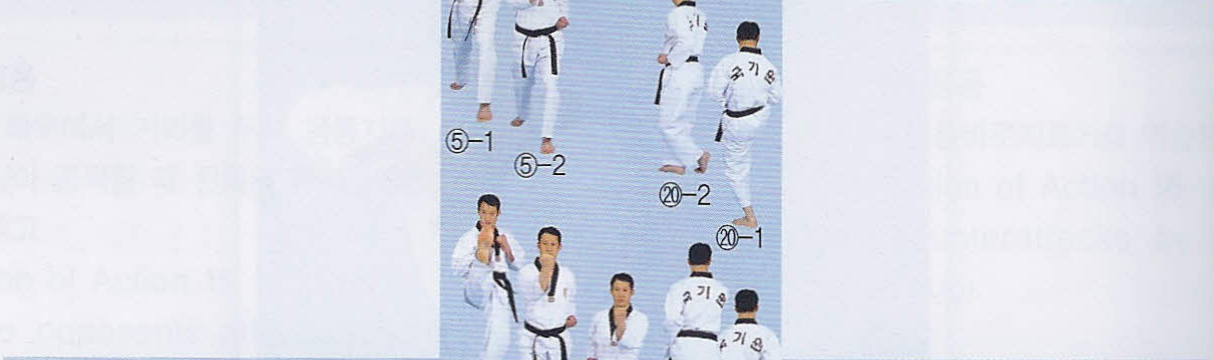
나Na

라1
Ra1



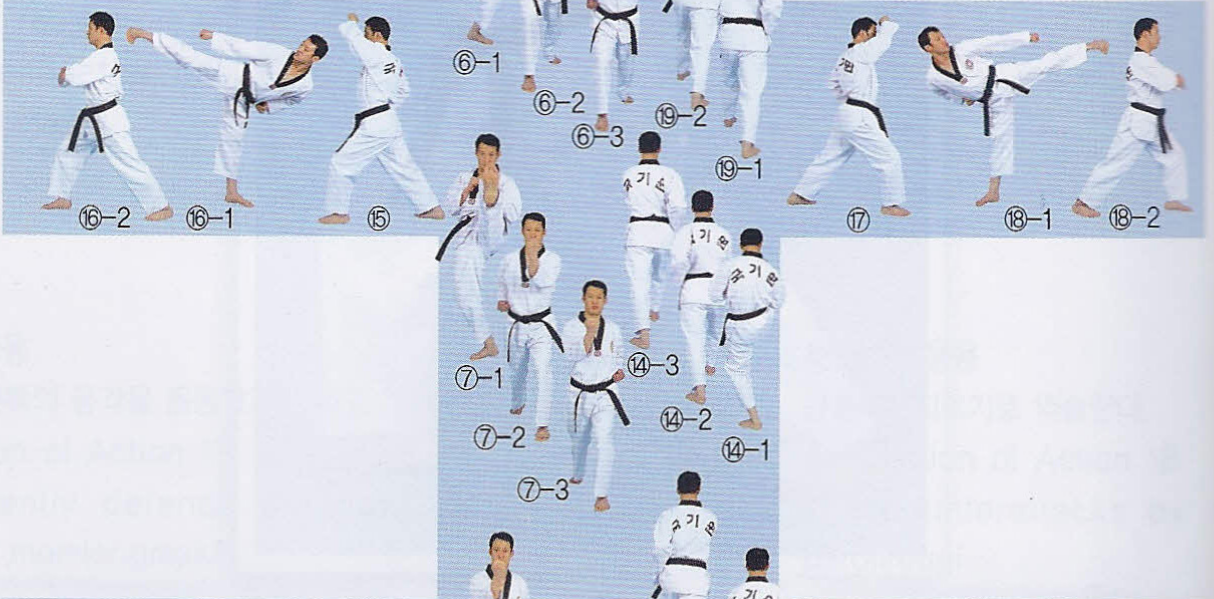
다1
Da1

라2
Ra2



다2
Da2

라3
Ra3



다3
Da3

가Ga

측면
Lateral
view

