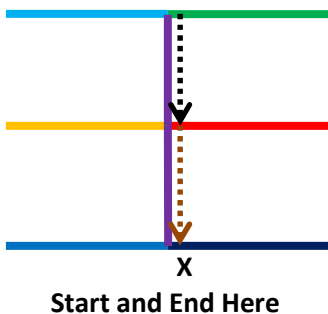


Taeguk Sa-Jang - “Thunder” - 태극 4장

Ready Position (Joon-bi)

1. Turn left 90°, left double knife hand middle block in right back stance.
2. Step forward, left check block, right vertical middle spear hand in right forward stance.
3. Turn right 180°, right double knife hand middle block in left back stance.
4. Step forward, right check block, left vertical middle spear hand in left forward stance.
5. Turn left 90°, simultaneous left open hand upper block and right out-to-in neck chop in left forward stance.
6. Right front kick, left middle punch in right forward stance.
7. Left sidekick landing in right walking stance.
8. Right side kick, right double knife hand middle block in left back stance.
9. Turn left 270°, left palm out, in-to-out middle block (closed fist) in right back stance.
10. Right front kick, right out-to-in middle block (closed fist) in original right back stance.
11. Turn right 180°, right palm out, in-to-out middle block (closed fist) in left back stance.
12. Left front kick, left out-to-in middle block (closed fist) in original left back stance.
13. Turn left 90°, simultaneous left open hand upper block and right out-to-in neck chop in left forward stance.
14. Right front kick, right back fist strike in right forward stance.
15. Moving left foot, turn left 90°, left out-to-in middle block followed by right middle punch in left walking stance.
16. Turn right 180°, right out-to-in middle block followed by left middle punch in right walking stance.
17. Turn left 90°, left out-to-in middle block followed by right middle punch then left middle punch in left forward stance.
18. Step forward, right out-to-in middle block followed by left middle punch then right middle punch in right forward stance. YELL!! (KI-HAP)

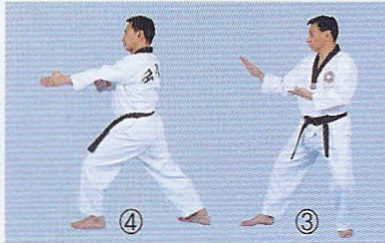


Taeguk Sa-Jang – Green Belt Form

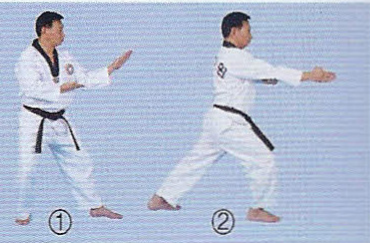
	Stances									Kicks		
Bar	Walking	Square/ Forward	Back	Middle	High Suto Block	Double Knife middle	Check	Middle Punch	Backfist	Spear Hand	Front Kick	Side Kick
1		2	2			2	2			2		
2	1	2	1		1	1		1			1	2
3			4	4							2	
4		2			1				1		1	
5	2			2				2				
6		2		2				4				
Total	3	8	7	8	2	3	2	7	1	2	4	2

나 Na

라1
Ra1



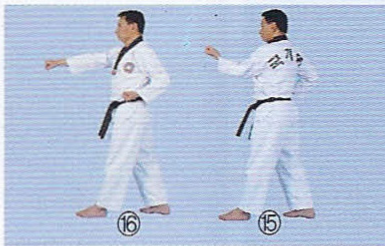
다1
Da1



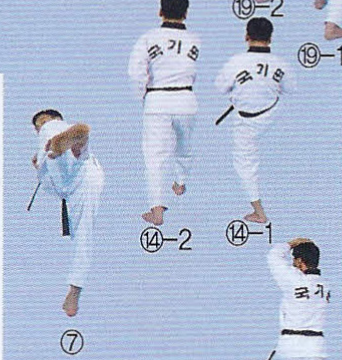
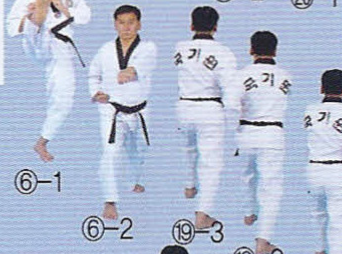
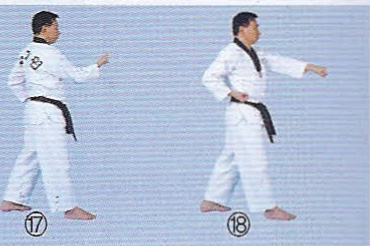
준비 · Junbi



라2
Ra2



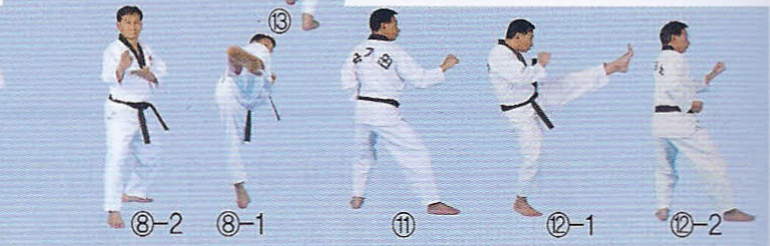
다2
Da2



라3
Ra3



다3
Da3



가Ga

측면
Lateral
view

