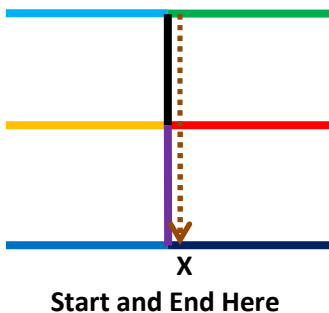


Taeguk Som-Jang - "Fire and Sun" - 태극 3장

Ready Position (Joon-bi)

1. Turn left 90°, left low block in left walking stance.
 2. Right front kick, right middle punch followed by left middle punch in right square stance.
 3. Turn right 180°, right low block in right walking stance.
 4. Left front kick, left middle punch followed by right middle punch in left square stance.
 5. Turn left 90°, right out-to-in neck chop in left walking stance.
 6. Step forward, left out-to-in neck chop in right walking stance.
 7. Turn left 90°, left single knife hand middle block in right back stance.
 8. Moving left foot, right middle punch in left square stance.
 9. Moving right foot, turn right 180°, right single knife hand middle block in left back stance.
 10. Moving right foot, left middle punch in right square stance.
 11. Moving left foot, turn left 90°, right out-to-in middle block in left walking stance.
 12. Step forward, left out-to-in middle block in right walking stance.
 13. Pivoting on right foot, turn left 270°, left low block in left walking stance.
 14. Right front kick, right middle punch followed by left middle punch in right square stance.
 15. Turn right 180°, right low block in right walking stance.
 16. Left front kick, left middle punch followed by right middle punch in left square stance.
 17. Turn left 90°, left low block followed by right middle punch in left walking stance.
 18. Step forward, right low block followed by left middle punch in right walking stance.
 19. Left front kick, left low block followed by right middle punch in left walking stance.
 20. Right front kick, right low block followed by left middle punch in right walking stance.
- YELL!! (KI-HAP)



Taeguk Som-Jang – Orange Belt Form

	Stances			Blocks				Kicks
Bar	Walking	Square/ Forward	Back	Low	Middle	Single knife middle	Middle Punch	Front Kick
1	2	2		2			4	2
2	2							
3		2	2			2	2	
4	2				2			
5	2	2		2			4	2
6	4			4			4	2
Total	12	6	2	8	2	2	14	6

나Na

라1
Ra1



다1
Da1

라2
Ra2



다2
Da2

라3
Ra3



다3
Da3

가Ga

측면
Lateral
view

