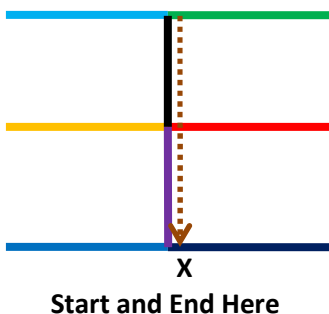


Taeguk Yuk-Jang - “Water” - 태극 6장

Ready Position (Joon-bi)

1. Turn left 90°, left low block in left forward stance.
2. Keep left foot in original position, right high front kick, left middle hammer block in right back stance.
3. Turn right 90°, right low block in right forward stance.
4. Keep right foot in original position, left high front kick, right middle hammer block in left back stance.
5. Turn left 90°, right single knife hand high block in left forward stance – but rotate left shoulder forward.
6. Right high roundhouse kick. Place right foot in front, turn left 90°, step forward, left middle hammer block followed by right middle punch in left forward stance.
7. Right high front kick, left middle punch in right forward stance.
8. Turn right 180°, right middle hammer block followed by left middle punch in right forward stance.
9. Left front kick, right middle punch in left forward stance.
10. Moving left foot turn left 90°, slow double low block with tension in joon-bi stance.
11. Step forward, left single knife hand high block in right forward stance – but rotate left shoulder forward.
12. Left high roundhouse kick. YELL!! (KI-HAP) Place left foot in front, pivot right 270° low block in right forward stance.
13. Keep right foot in original position, left high front kick, right middle hammer block in left back stance.
14. Turn left 180°, left low block in left forward stance.
15. Keep left foot in original position, right high front kick, left middle hammer block in right back stance.
16. Moving right foot, turn left 90°, left double knife hand middle block in right back stance.
17. Step back, right double knife hand middle block in left back stance.
18. – 30. Step back, left palm block followed by right middle punch in left forward stance.
19. Step back, right palm block followed by left middle punch in right front stance. YELL!! (KI-HAP)



Taeguk Yuk-Jang - Purple Belt Form

	Stances				Blocks				Kicks				
Bar	Walking	Square/ Forward	Back	Joon- Bi	Low	Single knife middle	Double Knife middle	Hammer	Double Low	Palm	Middle Punch	Front Kick	Round Kick
1		2	2		2			2				2	
2		1				1							
3		4						2			4	2	1
4		1		1		1			1				
5		2	2		2			2				2	
6		2	2				2			2	2		
Total	0	12	6	1	4	2	2	6	1	2	6	6	1

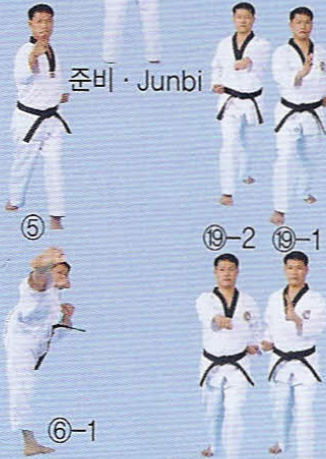
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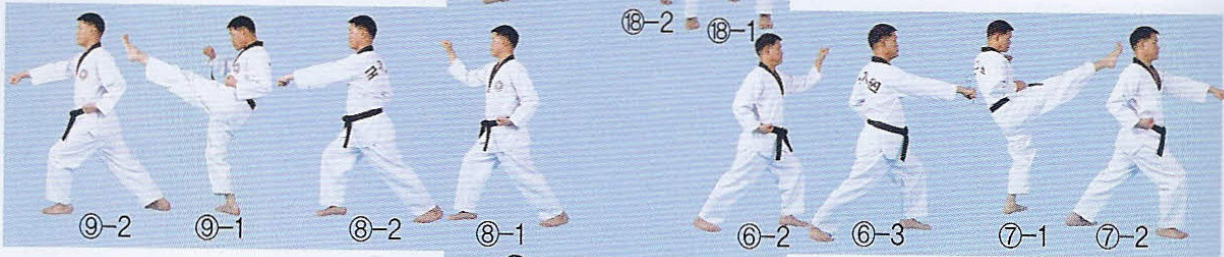


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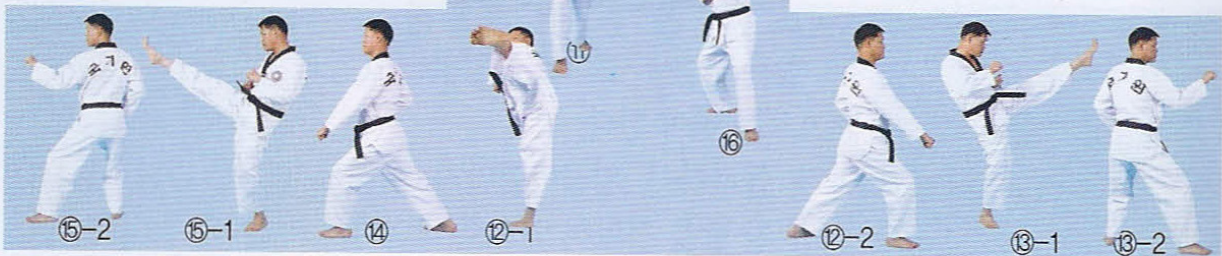


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라3
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