

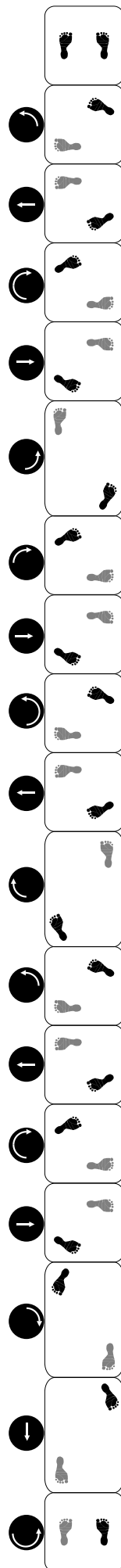


TAEGEUK IL JANG

First Chapter or First Traditional Form

Notes:

1. Up is front
2. Move the gray foot, pivot on the black foot



0. Junbe (ready stance) position

1. Turn left 90° into a walking stance and left-hand low block

2. Step forward into a walking stance and right-hand punch

3. Turn right 180° into a walking stance and right-hand low block

4. Step forward into a walking stance and left-hand punch

5. Turn left 90° into a front stance and left-hand low block;
right-hand reverse punch

6. Turn right 90° into a walking stance and left-hand out-to-in block

7. Step forward into a walking stance and right-hand reverse punch

8. Turn left 180° into a walking stance and right-hand out-to-in block

9. Step forward into a walking stance and left-hand reverse punch

10. Turn right 90° into a front stance and right-hand low block;
left-hand reverse punch

11. Turn left 90° into a walking stance and left-hand high block

12. Right-leg snap kick; land in a walking stance and right-hand punch

13. Turn right 180° into a walking stance and right-hand high block

14. Left-leg snap kick; land in a walking stance and left-hand punch

15. Turn right 90° into a front stance and left-hand low block

16. Step forward into a front stance, right-hand punch and ki-hap (yell)!

Turn left 180° into baro (return) position when instructed