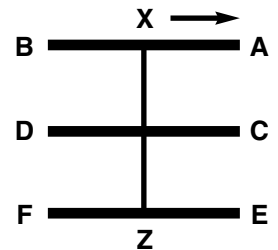


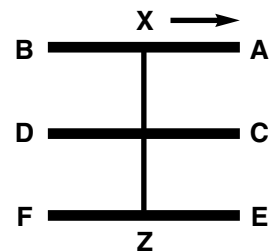
Taegeuk Oh Jang

The symbol of this form is Seon which represents the wind

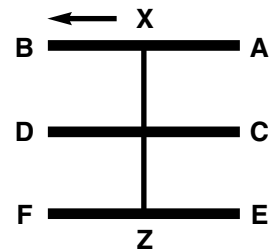
- 1** Turn left 90 degrees, step with left foot toward "A" forming a left front stance while executing a left low block.



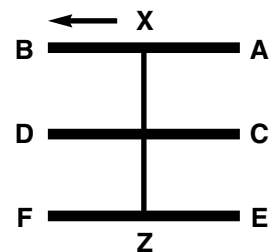
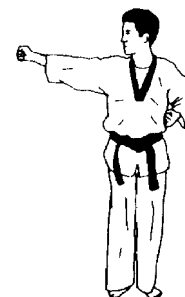
- 1** Bring left foot back, forming an open stance while executing a downward hammer-fist strike with left fist.



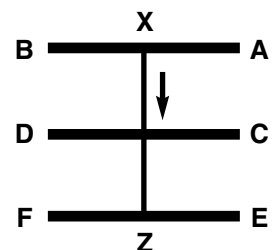
- 2** Turn right 180 degrees (pivot on left foot) step with right foot toward "B" forming a right front stance while executing a right low block.



- 2** Bring right foot back, forming an open stance while executing a downward hammer-fist strike with right fist.

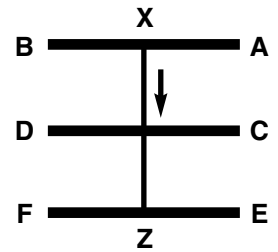


- 3** Face front and step forward with left foot toward "Z" forming a left front stance while executing an inward forearm block to middle-section using the left arm.



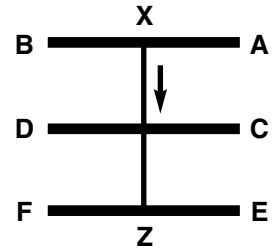
3

Without moving feet, execute an inward forearm block to middle-section using the right arm.



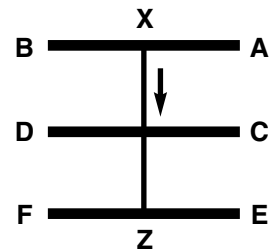
4

Execute a right front snap kick to middle-section.



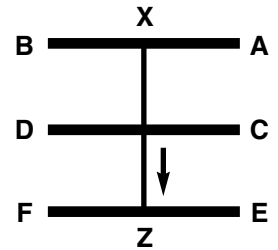
4

Drop right foot toward "Z" forming a right front stance while executing a right backfist strike to high-section.



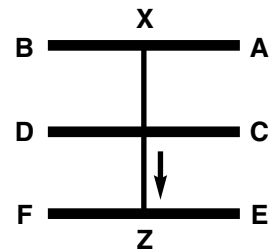
4

Without moving feet execute an inward forearm block to middle-section using the left arm.



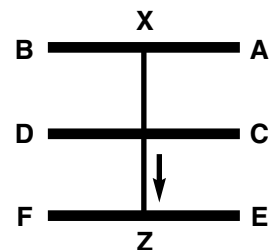
5

Execute a left front snap kick to middle-section.



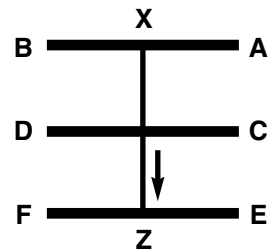
5

Drop left foot toward "Z" forming a left front stance while executing a left backfist strike to high-section.



5

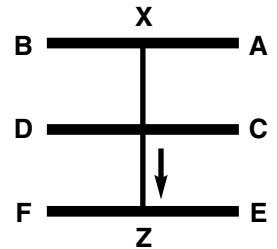
Without moving feet execute inward forearm block to middle-section using the right arm.



6

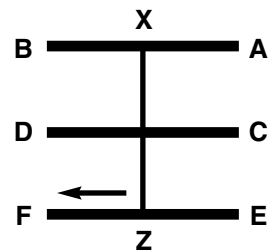
Step forward with right foot, forming a right front stance while executing a right backfist strike to high-section.

Yell “ki-ya” on backfist strike.



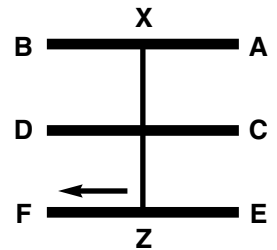
7

Turn left 270 degrees (pivot on right foot) step with left foot toward “F” forming a back stance while executing a single knife-hand block with left arm.



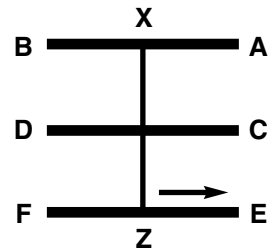
8

Step forward with right foot, forming a right front stance while executing a right elbow strike to middle-section (right fist goes to left palm).



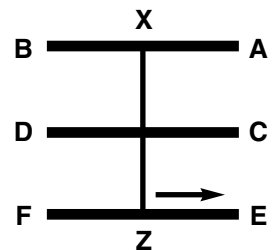
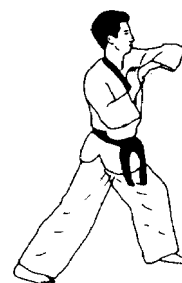
9

Turn right 180 degrees (pivot on left foot) step with right foot toward “E” forming a back stance while executing a single knife-hand block with right arm.



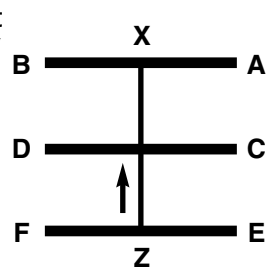
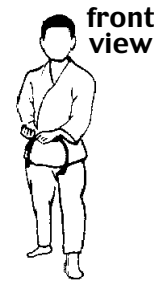
10

Move left foot one step forward, forming a left front stance while executing a left elbow strike to middle-section (left fist goes to right palm).



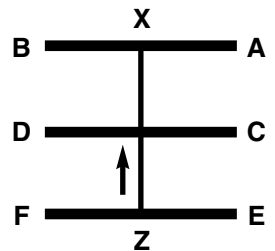
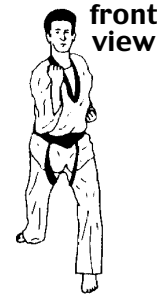
11

Turn left 90 degrees (pivot on right foot) step with left foot toward "X" forming a left front stance while executing a left low block.



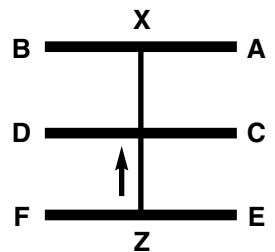
11

Without moving feet, execute an inward forearm block to middle-section using the right arm.



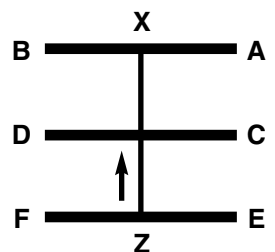
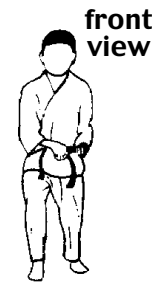
12

Execute a right front snap kick to middle-section.



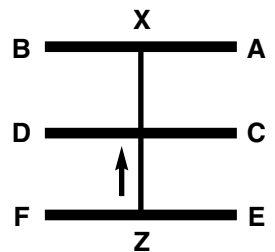
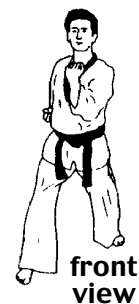
12

Drop right foot toward "X" into a right front stance while executing a right low block.



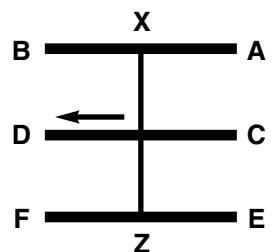
12

Without moving feet, execute an inward forearm block to middle-section using the left arm.



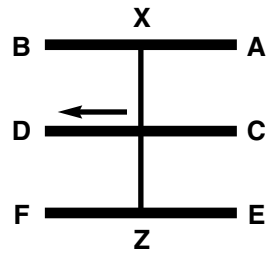
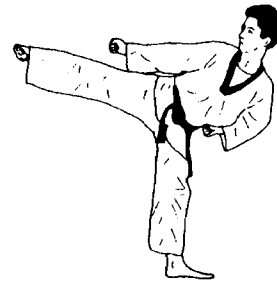
13

Turn left 90 degrees, pivoting on the balls of the feet and bringing the left foot toward the right foot. Then step toward "D" with the left foot, forming a left front stance while executing a left high block.



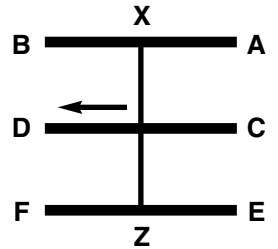
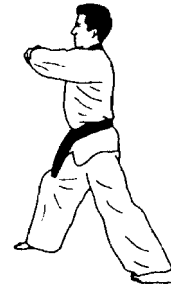
14

Execute a right side-kick to middle-section.



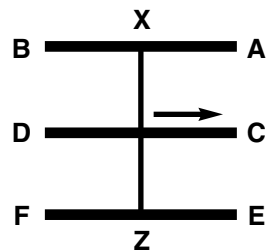
14

Drop right foot to "D" forming a right front stance while executing a left elbow strike to right palm.



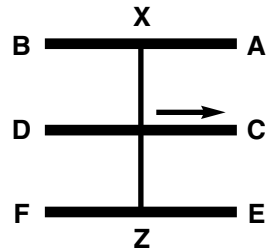
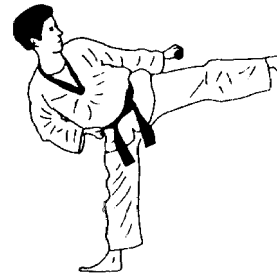
15

Turn right 90 degrees (pivot on left foot) step with right foot toward "C" forming a right front stance while executing a right high-block.



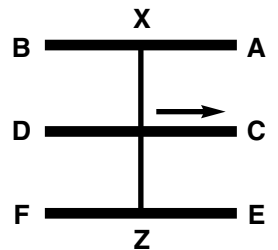
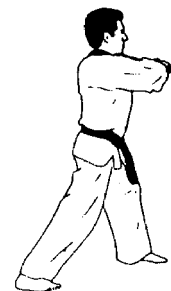
16

Execute a left side-kick to middle-section.



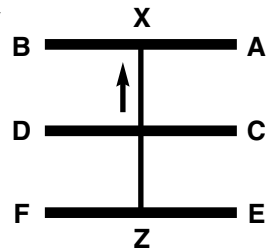
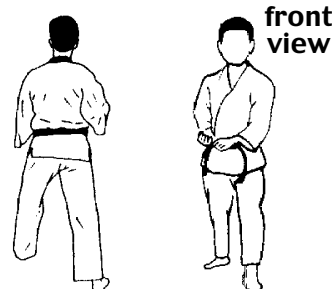
16

Drop left foot to "C" forming a left front stance while executing a right elbow strike to left palm.



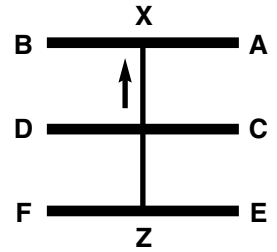
17

Slide left back to right foot. Turn left 90 degrees, pivoting on the right foot as the left foot moves toward "X" forming a left front stance while executing a left low block.



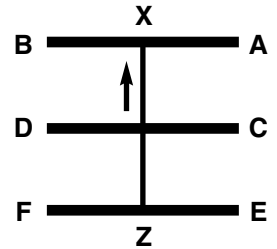
17

Without moving feet, execute a right inward forearm block to middle-section.



18

Execute a right front snap kick to middle-section and re-chamber the right leg after the kick.

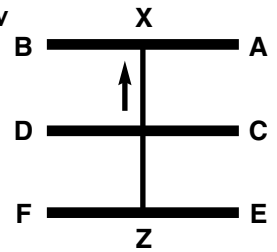


18

Jump forward into cross-legged x-stance (twist stance), landing on right foot first, while simultaneously executing a right backfist strike to high-section strike. Yell “ki-ya” on back-fist.



front view



Ba-Ro:

Turn left 180 degrees (pivoting on the balls of the feet and staying in the same place) until facing “Z” in ready stance.

