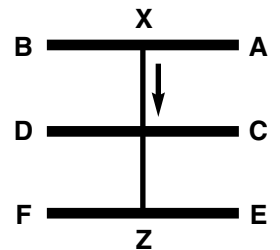


Taegeuk Pal Jang

The symbol of this form is Kon which represents the earth

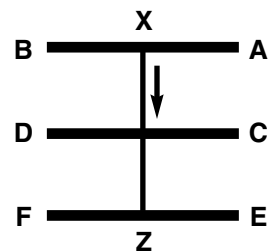
1

Step forward with left foot toward "A" forming a left back stance while executing an outward middle-section block with left outer forearm as right arm moves inward to protect solar plexus.



2

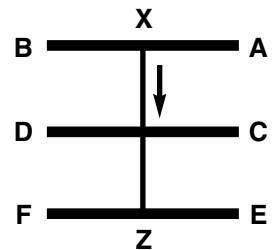
Move left foot outward, opening up to a left front stance while executing a right middle-section punch.



3

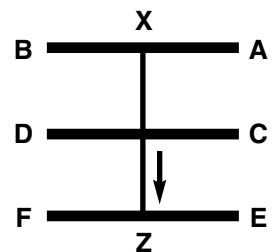
Execute a flying left front kick. Right knee comes up to get body airborne then left foot attacks.

Yell "ki-ya" on kick.



3

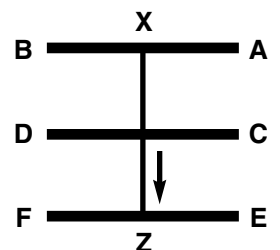
Land in front, dropping left leg toward "Z" and forming a left front stance while executing an inward forearm block to middle-section using the left arm.



3

Without moving feet, execute a double punch to the middle-section.

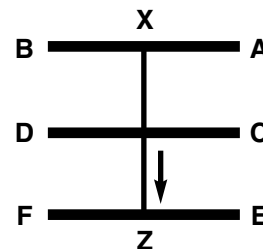
Right punch first.



3

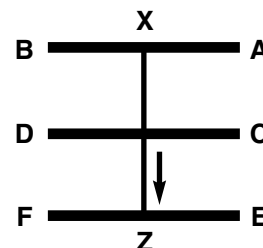
Followed immediately by left punch.

(Stance stays the same)



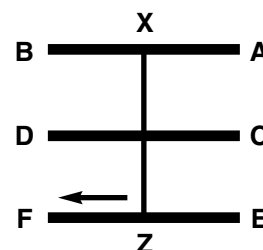
4

Step forward with right foot toward "Z" forming a right front stance while executing a right middle-section punch.



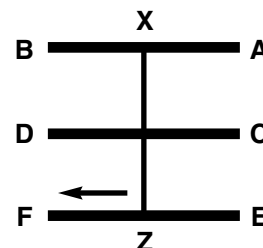
5

Turn left 270 degrees (pivot on right foot) moving left foot around toward "F" and forming a right front stance while executing a single mountain block (simultaneously execute a high-section block with right arm and a low-section block with left arm). Note: Stance is toward "E" but face is toward "F". (Tension move)



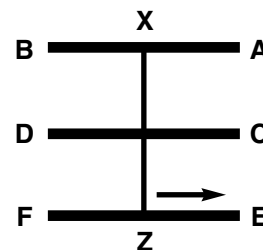
6

Turn stance 180 degrees to left (pivot on balls of feet) to face "F" and change stance to left front stance while executing high-section upset punch with right fist, left hand moves to right shoulder. (Tension move)



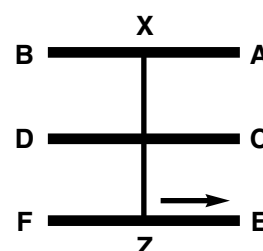
7

Face right 180 degrees and move left foot toward "E". Then move right foot toward "E" forming a left front stance while executing a single mountain block (simultaneously execute a high-section block with left arm and a low-section block with right arm). Note: Stance is toward "F" but face is toward "E". (Tension move)



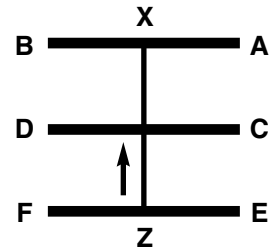
8

Turn stance 180 degrees to right (pivot on balls of feet) to face "E" and changing stance to right front stance while executing high-section upset punch with left fist, right hand moves to left shoulder. (Tension move)



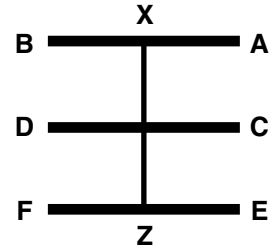
9

Turn left 270 degrees (pivoting on left foot) moving right back toward "X" and forming a back stance while executing a double knife-hand block. (Left arm forward)



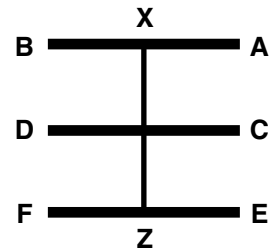
10

Move left foot outward and open up to a left front stance while executing a right middle-section punch.



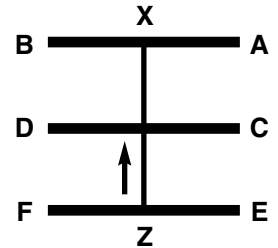
11

Execute a right front snap kick.



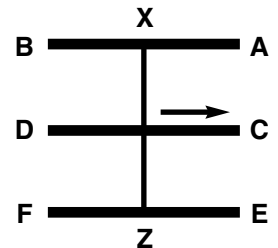
11

Land back, returning right foot to starting position. Then, move left foot back one step forming a right tiger stance while executing a right palm block to middle-section.



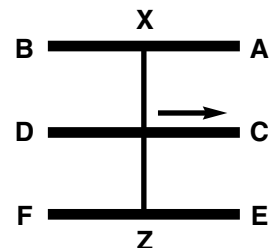
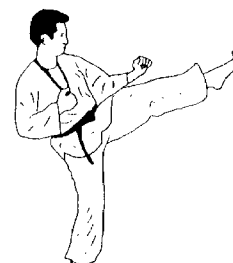
12

Turn left 90 degrees (pivot on right foot) moving left foot toward "C" and forming a left tiger stance while executing a double knife-hand block. (Left arm is forward)



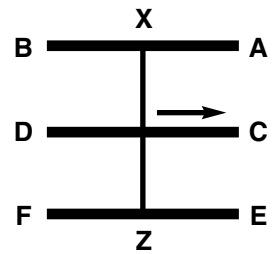
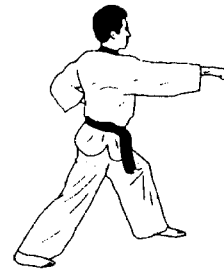
13

Execute a front leg front kick with the left foot.



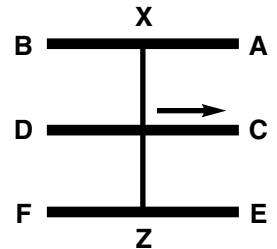
13

Land in front, dropping left leg into left front stance while executing a right middle-section punch.



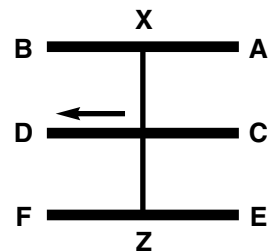
13

Slide left foot back into left tiger stance while executing a left palm block to middle-section.



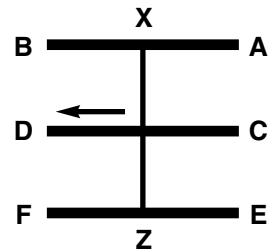
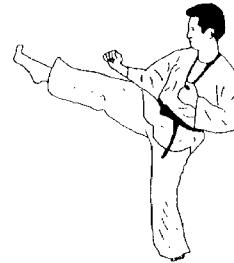
14

Turn right 180 degrees (pivot on balls of feet) moving right foot toward "D" and forming a right tiger stance while executing a double knife-hand block. (Right arm is forward)



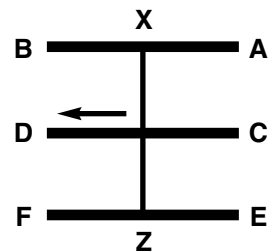
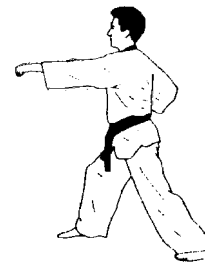
14

Execute a front leg front kick with the right foot.



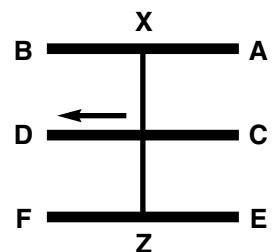
14

Land in front, dropping right leg into right front stance while executing a left middle-section punch.



14

Slide right foot back into right tiger stance while executing a right palm block to middle-section.

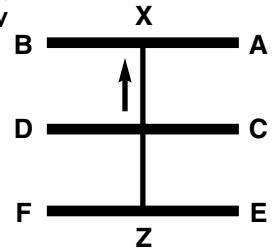


15

Turn right 90 degrees (pivot on left foot) and move right foot toward "Z" forming a back stance while executing a twin low block. (Right arm moves to low block as left arm moves in to protect solar plexus.)



front view



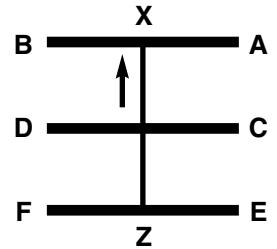
16

Execute a jump double front kick.

Left foot first.



front view



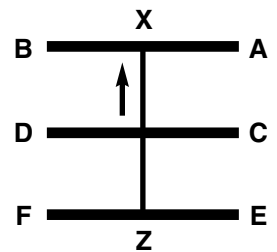
16

Then, without landing, follow with right front kick.

Yell "ki-ya" on second kick.



front view

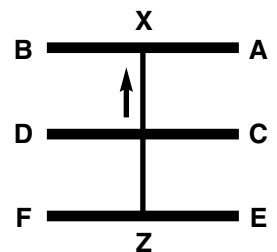


17

Land in front, dropping the right foot into a right front stance while executing an inward middle-section block with the right arm.



front view

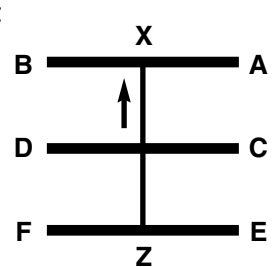


17

Without moving feet, execute a left punch to middle-section.

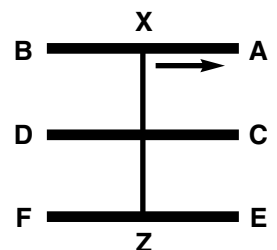


front view



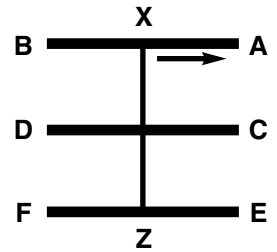
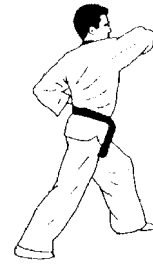
18

Turn left 270 degrees (pivot on right foot) and move left foot toward "A" forming a back stance while executing a single knife-hand block. (Left arm is forward)



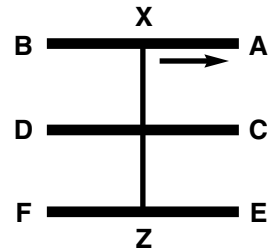
19

Move left foot outward, opening up to a left front stance while executing a right elbow strike to high-section.



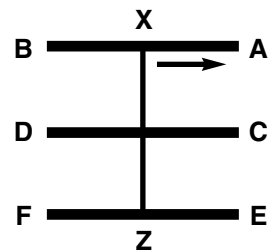
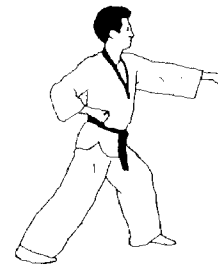
19

Without moving feet, execute a right backfist strike to high-section.



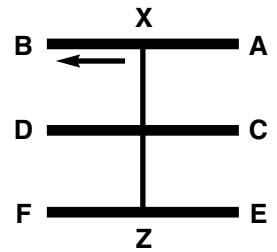
19

Without moving feet, execute a left middle-section punch.



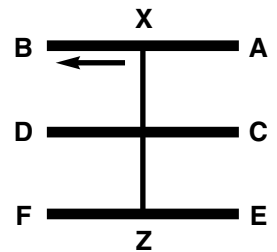
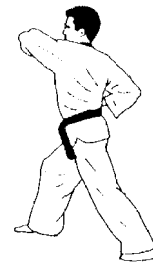
20

Turn right 180 degrees (pivot on balls of feet) and move right foot toward "B" and forming a back stance while executing a single knife-hand block. (Right arm forward)



21

Move right foot outward, opening up to a right front stance while executing a left elbow strike to high-section.



21

Without moving feet, execute a left backfist strike to high-section.

