



Boston WTF Taekwondo Club

TAEGUEK 1 (1l Jang)

- 1 Pivot on right foot, turn to the left 90 degrees: Walking stance: Low section block {L}
- 2 Move the right foot one step forward: Walking stance: Mid section punch {R}
- 3 Pivot on left foot, turn to the right 180 degrees: Walking stance: Low section block {R}
- 4 Move the left foot one step forward: Walking stance: Low section block {R}
- 5 Pivot on right foot, turn to left 90 degrees: Walking stance: Mid section punch {L}
- 6 Mid section reverse punch {R}
- 7 Pivot on left foot, turn to the right 90 degrees: Walking stance: Reverse inward block {L}
- 8 Move the left foot one step forward: Walking stance: Mid section reverse punch {R}
- 9 Pivot on right foot, turn to the left 180 degrees: Walking stance: Reverse inward block {R}
- 10 Move the right foot one step forward: Walking stance: Mid section reverse punch {L}
- 11 Pivot on left foot, turn to the right 90 degrees: Long stance: Low section block {R}
- 12 Mid section reverse punch {L}
- 13 Pivot on right foot, turn to the left 90 degrees: Walking stance: High section block {L}
- 14 Snap kick with the right, then step forward: Walking stance: Mid section punch {R}
- 15 Pivot on left foot, turn to the right 90 degrees: Walking stance: High section block {R}
- 16 Snap kick with left, then step forward: Walking stance: Mid section punch {L}
- 17 Pivot on right foot, turn to the right 90 degrees: Long stance: Low section block {L}
- 18 Move the right foot one step forward: Long stance: Mid section punch {R}

SHOUT