

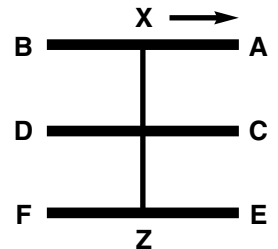


Taegeuk Il Jang

The symbol of this form is Keon which represents heaven

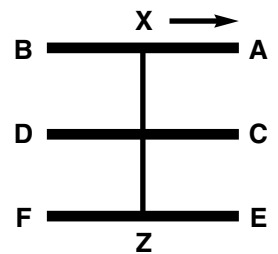
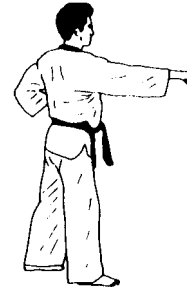
1

Turn left 90 degrees and step with left foot toward "A" forming a left walking stance while executing a left low block.



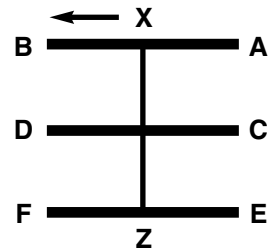
2

Step forward with right foot, forming a right walking stance while executing a right middle-section punch.



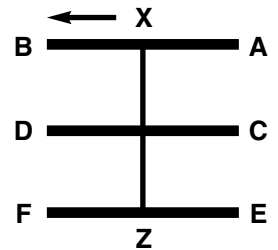
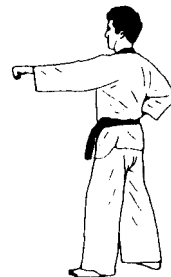
3

Turn right 180 degrees (pivot on left foot) and step with right foot toward "B" forming a right walking stance while executing a right low block.



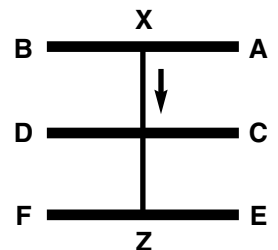
4

Step forward with left foot, forming a left walking stance while executing a left middle-section punch.



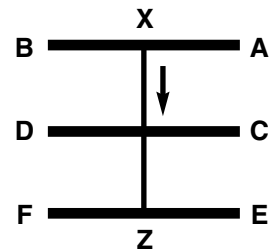
5

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



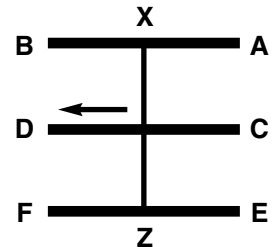
6

Without moving feet, execute right middle-section punch.



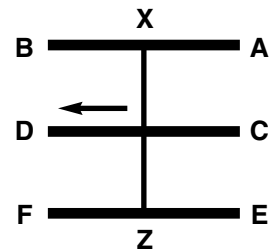
7

Turn right 90 degrees to face "D" (pivot on left foot and slide right foot toward left foot) forming a right walking stance while executing an inward middle-section block with the outer side of the left forearm.



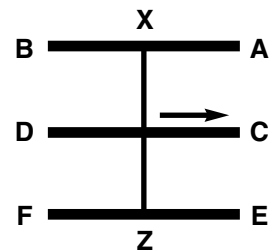
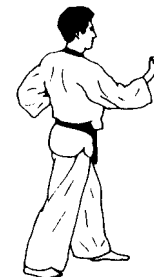
8

Step forward with left foot, forming a left walking stance while executing a right middle-section punch.



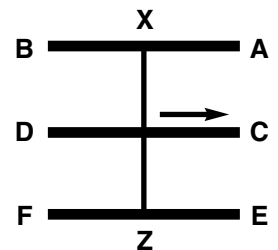
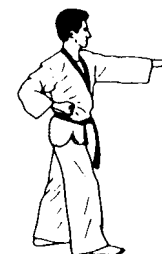
9

Turn left 180 degrees (pivot on right foot) and move left foot around to "C" forming a left walking stance while executing an inward middle-section block with the outer side of the right forearm.



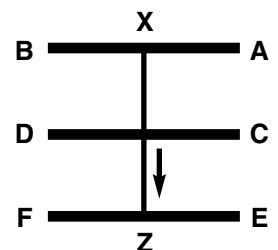
10

Step forward with right foot, forming a right walking stance while executing a left middle-section punch.



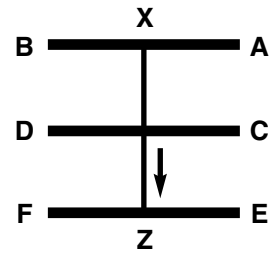
11

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



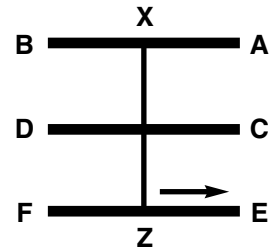
12

Without moving feet, execute left middle-section punch.



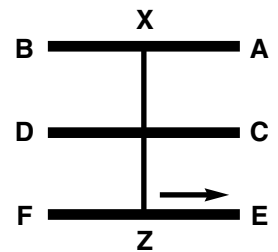
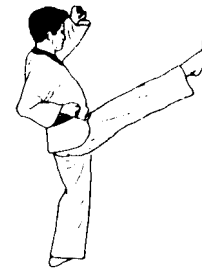
13

Turn left 90 degrees to face "E" (pivot on right foot and slide left foot toward right foot) forming a left walking stance while executing a left high block.



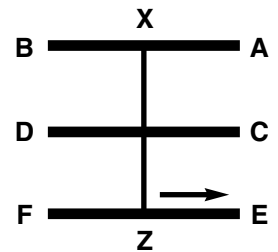
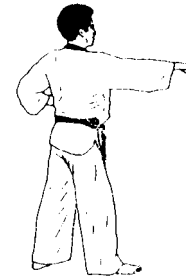
14

Execute a right front snap kick to middle-section.



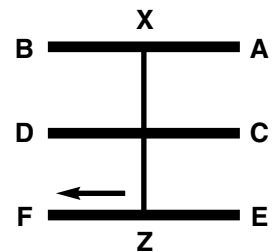
14

Drop right foot into walking stance while executing right middle-section punch.



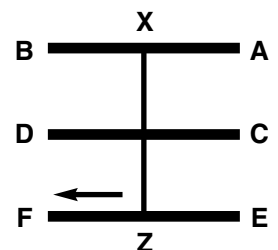
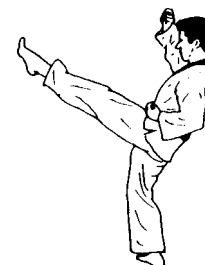
15

Turn right 180 degrees (pivot on left foot) and bring right foot around to "F" forming a right walking stance while executing a right high block.



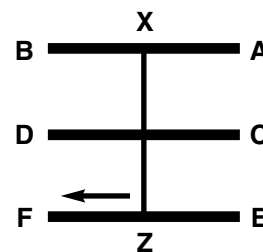
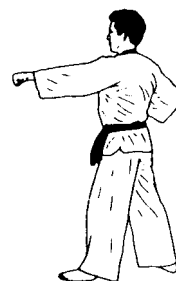
16

Execute left front snap kick to middle-section.



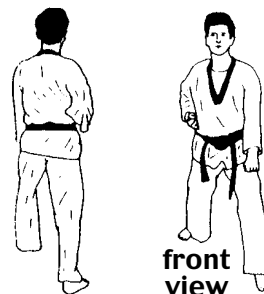
16

Drop left foot into walking stance while executing a left middle-section punch.

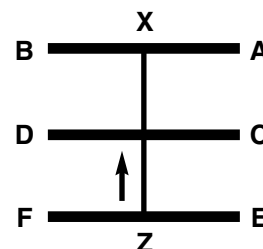


17

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



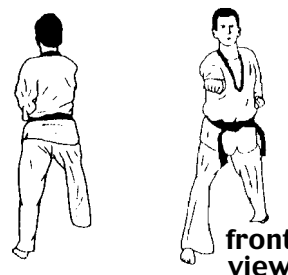
front view



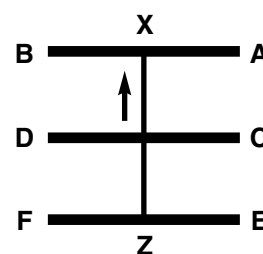
18

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

Yell "ki-ya" on punch.



front view



Ba-Ro:

Turn body to left 180 degrees, using the ball of the right foot to pivot, and face toward "Z" forming a ready stance.

