

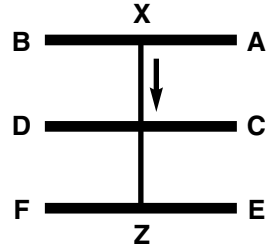
CLARIFIED
March 8, 2021

Taegeuk Pal Jang

The symbol of this form is Kon which represents the earth

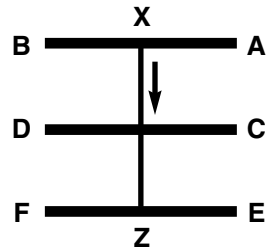
1

Step forward with left foot into Right Back Stance, with Twin Mid-Section Closed-Fist Block.



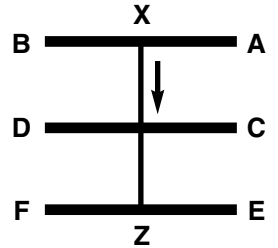
2

Twist back foot into Left Forward Stance, with Right Mid-Section Punch.



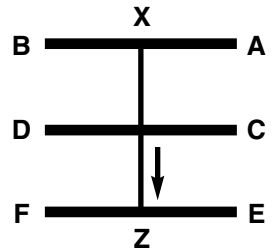
3

Execute a Right Hop-Front Snap Kick, immediately followed by a Left Hop-Front Snap Kick with Kihap.



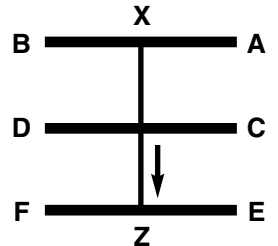
3

Land with Left leg forward into Left Forward Stance and simultaneous Left Outer Forearm Block.



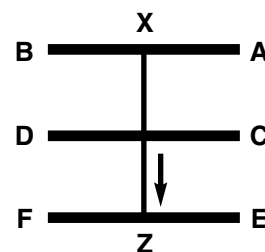
3

Then, Right Mid-Section Punch.



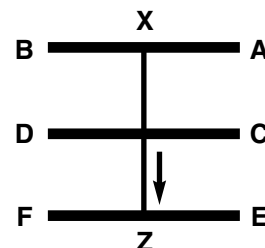
3

Followed by Left Mid-Section Punch (do not change stance).



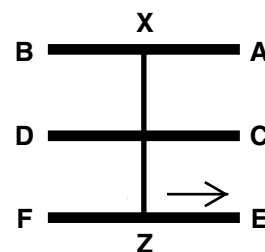
4

Right step forward into Right Forward Stance, with Right Mid-Section Punch.



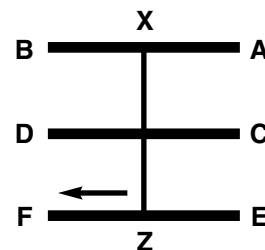
5

Left foot step to Right foot, then rotating body to left 90 degrees, Left foot step back into Right Forward Stance, with Right High-Section Inner Forearm Block (Single Mountain) to Front and Left Low-Section Outer Forearm Block to Back, while turning head and shoulders to back (Tension).



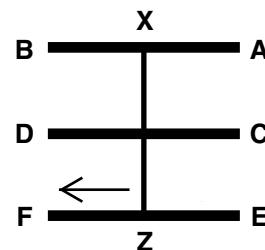
6

Turn 180 degrees to Left into Left Forward Stance, with Dynamic-Tension Right Upper-Cut Punch while Left Hand moves to Right Shoulder.



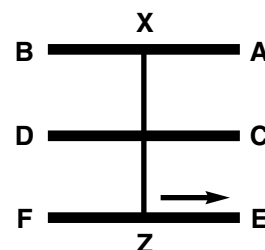
7

Left foot step Back to Right foot, then Right foot step back into Left Forward Stance, with Left High-Section Inner Forearm Block (Single Mountain) to Front and Right Low-Section Outer Forearm Block to Back, while turning head and shoulders to back (Tension).



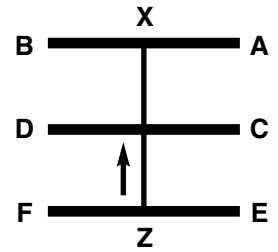
8

Turn 180 degrees to Right into Right Forward Stance, with Dynamic-Tension Left Upper-Cut Punch while Right Hand moves to Left Shoulder.



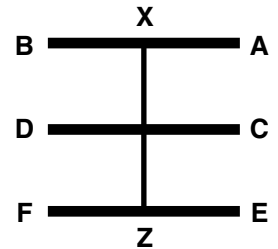
9

Turn Left (back) foot to the left, rotating body 450 degrees (a full rotation + 90 degrees more) landing in Right Back Stance, with Twin Knife-Hand Block toward the back ("X").



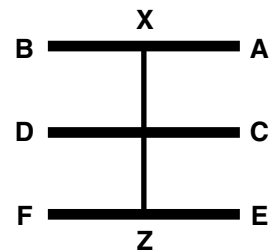
10

Twist back foot into Left Forward Stance, with Right Mid-Section Punch.



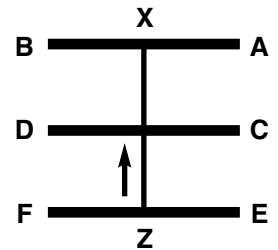
11

Execute a Right Front Snap Kick (don't put foot down in front of you).



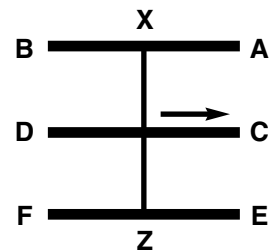
11

Return Right Foot back to starting position. Then, move Left Foot back behind Right Foot, forming a Right Tiger Stance, with Right Low-Section Palm-Heel Block.



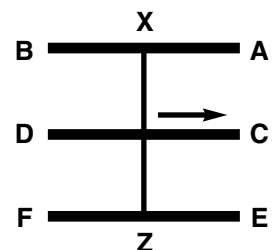
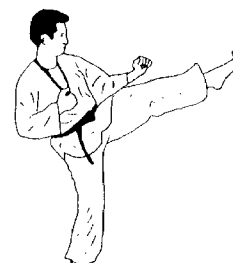
12

Turn to the left 270 degrees into Left Tiger Stance, with Twin Mid-Section Knife-Hand Block.



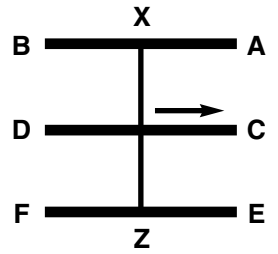
13

Execute a Left (front) Leg Snap Kick.



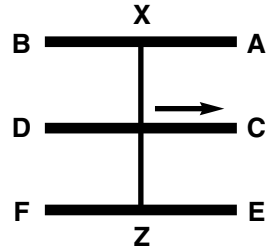
13

Place Left foot in front forming Left Forward Stance, with Right Mid-Section Punch.



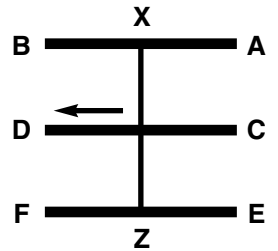
14

Slide Left foot back into Left Tiger Stance, with Left Low-Section Palm-Heel Block.



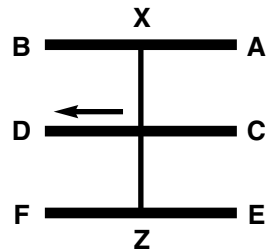
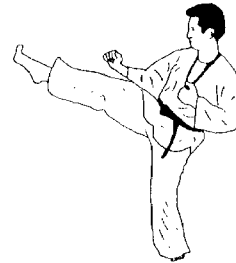
15

Turn Right 180 degrees into Right Tiger Stance, with Twin Mid-Section Knife-Hand Block.



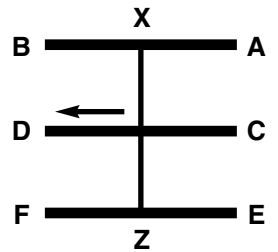
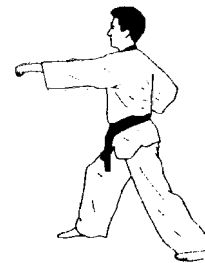
16

Execute a Right (front) Leg Snap Kick.



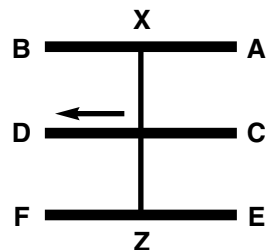
16

Place Right foot in front forming Right Forward Stance, with Left Mid-Section Punch.



17

Slide Right foot back into Right Tiger Stance, with Right Low-Section Palm-Heel Block.

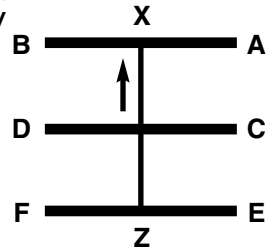


18

Turn 90 degrees to the Right into Left Back Stance, with Twin Low-Section Closed-Fist Block.



front view

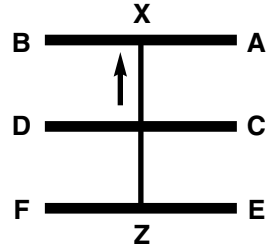


19

Execute a Left Hop-Front Snap Kick.



front view

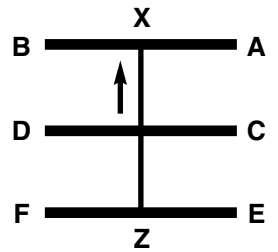


19

Immediately follow it with a Right Hop-Front Snap Kick.



front view

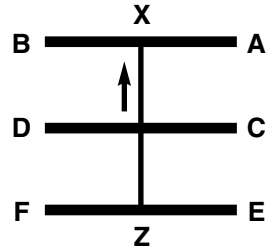


20

Land with Right leg into a Right Forward Stance and simultaneous Right Outer Forearm Block.



front view

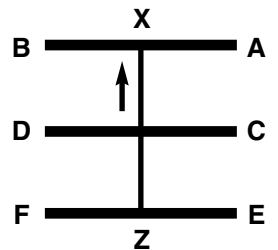


20

Then, Left Mid-Section Punch with Kihap.

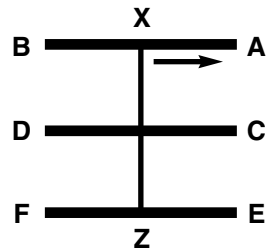


front view



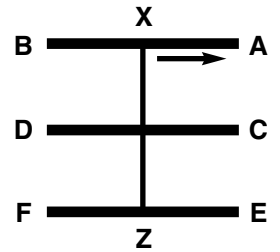
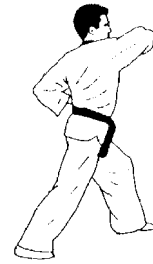
21

Turn to the Left 270 degrees into a Right Back Stance, with Single Left Knife-Hand Block.



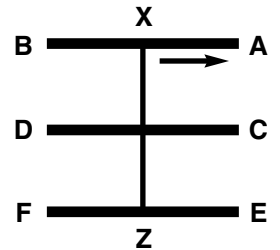
22

Move left foot forward into Left Forward Stance, with Right High-Section Elbow Strike.



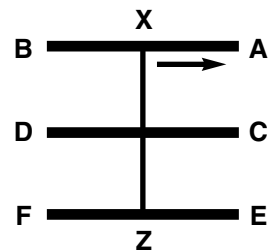
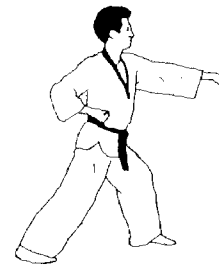
22

Without moving feet, execute Right Back-Fist Attack.



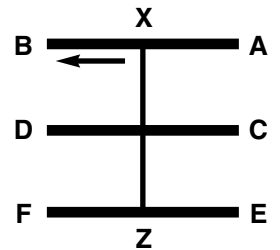
22

Without moving feet, execute Left Mid-Section Punch.



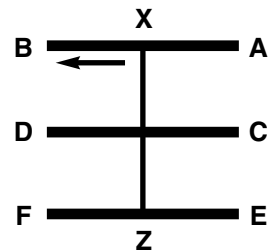
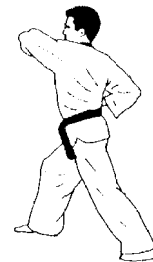
23

Turn to the Right 180 degrees into a Left Back Stance, with Single Right Knife-Hand Block.



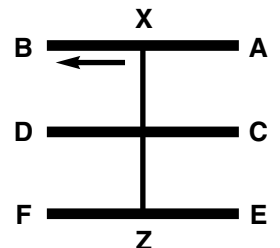
24

Move right foot forward into Right Forward Stance, with Left High-Section Elbow Strike.



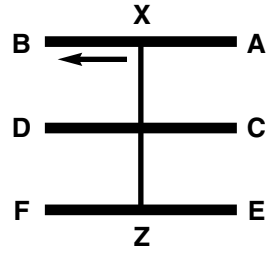
24

Without moving feet, execute Left Back-Fist Attack.



24

Without moving feet, execute Right Mid-Section Punch.



Ba-Ro:

