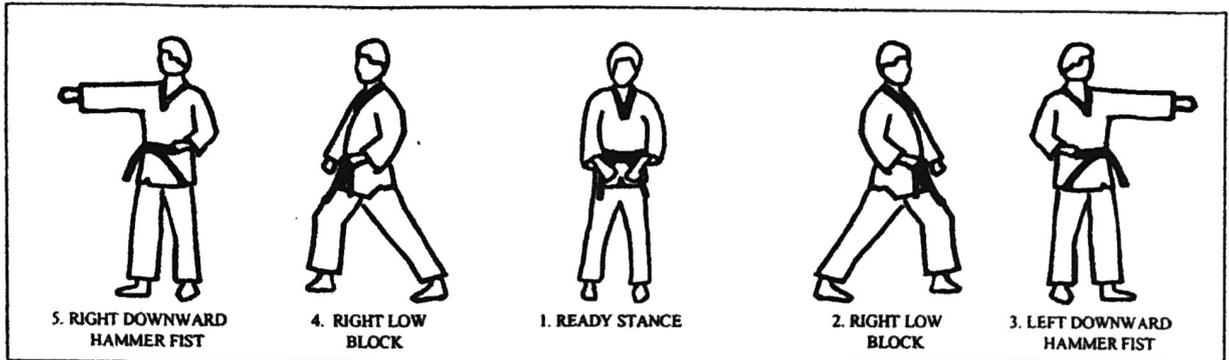


POOMSE TAEGEUK OH JANG

WTF TAEKWONDO POOMSE # 5



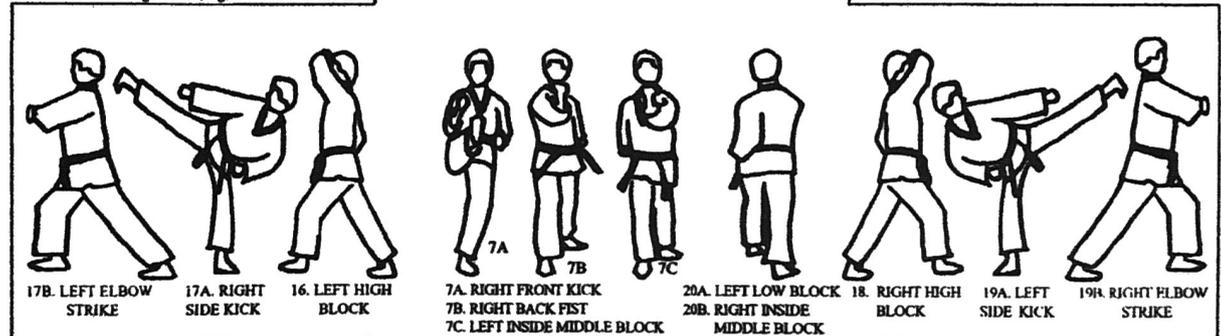
POOMSE TAE GEUK OH JANG

1. Ready stance
2. Turn to the left 90° by moving the left foot into left front stance, left low block.
3. Without moving the right foot, draw the left foot into left walking stance, left downward hammer fist strike.
4. Moving the right foot, turn 180° to the right into right front stance, right low block.
5. Without moving the left foot, draw the right foot into right walking stance, right downward hammer fist strike.
6. A. Moving the left foot, turn 90° to the left into left front stance, left inside middle block.
B. Without moving the feet, right inside middle block.



6A. LEFT INSIDE MIDDLE BLOCK 20A. RIGHT FRONT KICK
6B. RIGHT INSIDE MIDDLE BLOCK 20B. RIGHT BACK FIST

17. A. Pivot on the left foot, right side kick.
B. Step down into right front stance, left elbow strike.
18. Moving the right foot, turn 180° to the right into right front stance, right high block.
19. A. Pivot on the right foot, left side kick.
B. Step down into left front stance, right elbow strike.
20. A. Moving the left foot, turn 90° to the left into left front stance, left low block.
B. Without moving the feet, right inside middle block.
21. A. Without moving the left foot, right front kick.
B. Spring forward and land in right cross stance, right back fist. (kihap)
22. Return to ready stance by moving the left foot.

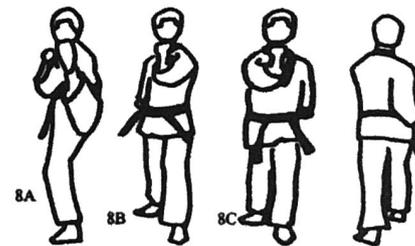


17B. LEFT ELBOW STRIKE 17A. RIGHT SIDE KICK 16. LEFT HIGH BLOCK

7A. RIGHT FRONT KICK 7B. RIGHT BACK FIST 7C. LEFT INSIDE MIDDLE BLOCK

20A. LEFT LOW BLOCK 20B. RIGHT INSIDE MIDDLE BLOCK 18. RIGHT HIGH BLOCK 19A. LEFT SIDE KICK 19B. RIGHT ELBOW STRIKE

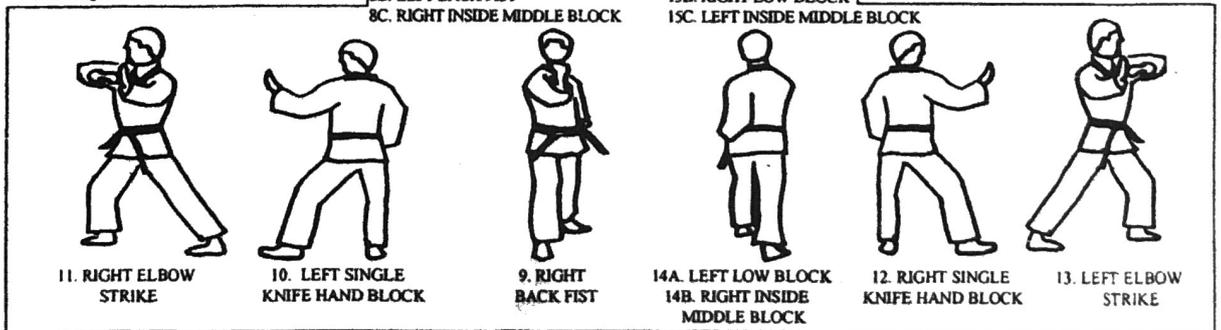
7. A. Without moving the left foot, right front kick.
B. Step down into right front stance, right back fist.
C. Without moving the feet, left inside middle block.
8. A. Without moving the right foot, left front kick.
B. Step down into left front stance, left back fist.
C. Without moving the feet, right inside middle block.
9. Step forward with the right foot into right front stance, right back fist.
10. Moving the left foot, turn 270° to the left into right back stance, left single knife hand block.
11. Step forward with the right foot into right front stance, right elbow strike.



8A. LEFT FRONT KICK 8B. LEFT BACK FIST 8C. RIGHT INSIDE MIDDLE BLOCK

12. Moving the right foot, turn 180° to the right into left back stance, right single knife hand block.
13. Step forward with the left foot into left front stance, left elbow strike.
14. A. Moving the left foot 90° to the left into left front stance, left low block.
B. Without moving the feet, right inside middle block.
15. A. Without moving the left foot, right front kick.
B. Step down into right front stance, right low block.
C. Without moving the feet, left inside middle block.
16. Moving the left foot, turn 90° to the left into left front stance, left high block.

15A. RIGHT FRONT KICK 15B. RIGHT LOW BLOCK 15C. LEFT INSIDE MIDDLE BLOCK



11. RIGHT ELBOW STRIKE

10. LEFT SINGLE KNIFE HAND BLOCK

9. RIGHT BACK FIST

14A. LEFT LOW BLOCK 14B. RIGHT INSIDE MIDDLE BLOCK

12. RIGHT SINGLE KNIFE HAND BLOCK

13. LEFT ELBOW STRIKE