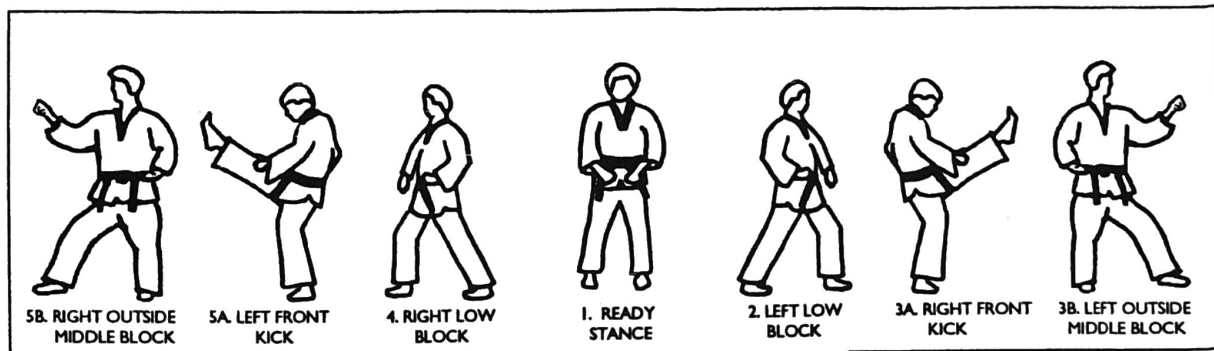


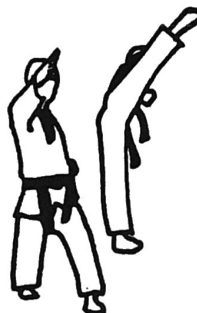
POOMSE TAEGEUK YUK JANG

WTF TAEKWONDO POOMSE # 6

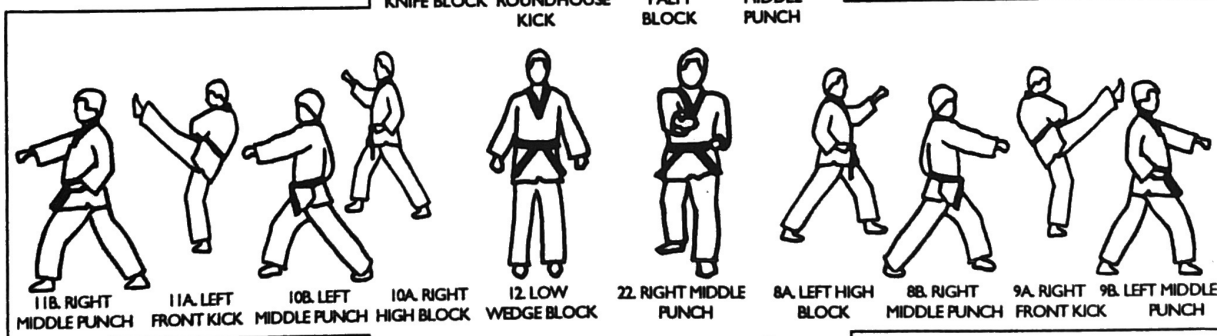


POOMSE TAE GEUK YUK JANG

1. Ready stance
2. Turn to the left 90° by moving the left foot into left front stance, left low block.
3. A. Without moving the left foot, right front kick
B. Step back into right back stance, left outside middle block.
4. Moving the right foot, turn 180° to the right into right front stance, right low block.
5. A. Without moving the right foot, left front kick
B. Step back into left back stance, right outside middle block.
6. Moving the left foot, turn 90° to the left into left front stance, right high knife hand block.



19. Moving the right foot, turn counterclockwise 90° into right back stance, left double knife hand block.
20. Moving the left foot, step back into left back stance, right double knife hand block.
21. Moving the right foot, step back into left front stance, left palm block.
22. Without moving the feet, right middle punch.
23. Moving the left foot, step back into right front stance, right palm block.
24. Without moving the feet, left middle punch.
25. Return to ready stance.



7. Without moving the left foot, right roundhouse kick.
8. A. Moving the left foot, turn 90° to the left into left front stance, left high outside block.
B. Without moving the feet, right middle punch.
9. A. Without moving the left foot, right front kick.
B. Step into right front stance, left middle punch.
10. A. Moving the right foot, turn 180° to the right into right front stance, right high outside block.
B. Without moving the feet, left middle punch.
11. A. Without moving the right foot, left front kick.
B. Step into left front stance, right middle punch.
12. Moving the left foot 90° to the left into ready stance, low wedge block.



13. Step forward with the right foot into right front stance, left high knife hand block.
14. Without moving the right foot, left roundhouse kick. (Kihap)
15. Moving the right foot, turn 270° to the right into right front stance, right low block.
16. A. Without moving the right foot, left front kick.
B. Step back into left back stance, right outside middle block.
17. Moving the left foot, turn 180° to the left into left front stance, left low block.
18. A. Without moving the left foot, right front kick.
B. Step back into right back stance, left outside middle block.

