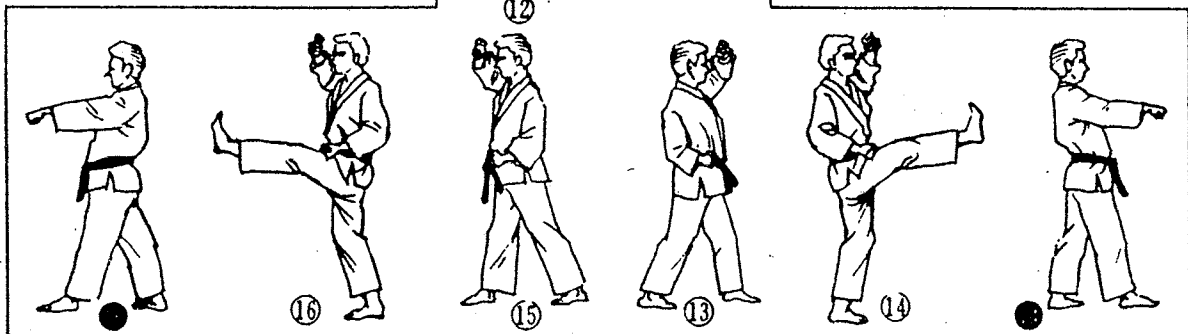
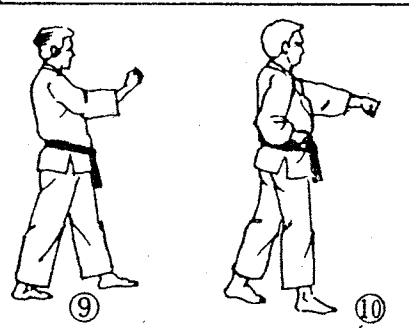
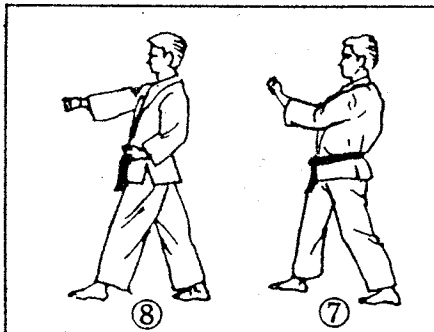
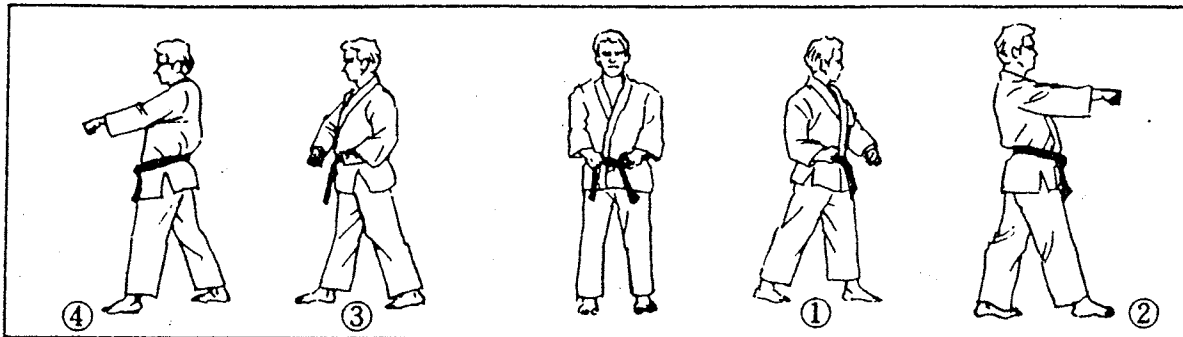


TAE GUK ILL CHANG #1



TAE GUK ILL CHANG #1

Attention

Bow

Ready Stance (Move left leg to the left)

1. Pivot on the right foot turning toward 9 o'clock. Assume a left normal walking stance (Oen Apseogi). Execute a left low block (Arae Makki).
 2. Advance toward 9 o'clock. Assume a right normal walking stance (Oreun Apseogi). Execute a right body punch (Momtong Bandae Chireugi).
 3. Turn clockwise toward 3 o'clock. Assume a right normal walking stance (Oreun Apseogi). Execute a right low block (Arae Makki).
 4. Advance toward 3 o'clock. Assume a left normal walking stance (Oreun Apseogi). Execute a left body punch (Momtong Bandae Chireugi).
 5. Turn counterclockwise toward 12 o'clock. Assume a left front stance (Oen Apkoobi). Execute a left low block (Arae Makki).
 6. Keep both feet fixed. Execute a right body punch (Momtong Baro Chireugi).
 7. With the left foot fixed, move the right foot toward 3 o'clock. Assume a right normal walking stance (Oreun Apseogi). Bring the right foot on a line toward 3 o'clock. Execute a left outside-inside block (Momtong An Makki).
 8. Advance toward 3 o'clock. Assume a left normal walking stance. (Oen Apseogi). Execute a right body punch. (Momtong Baro Chireugi).
 9. Pivot on the ball of the right foot. Turn counterclockwise toward 9 o'clock. Assume a left normal walking stance (Oen Apseogi). Execute a right outside-inside body block (Momtong An Makki).
 10. Advance toward 9 o'clock. Assume a right normal walking stance (Oreun Apseogi). Execute a left body punch (Momtong Baro Chireugi).
 11. Turn toward 12 o'clock. Assume a right front stance (Oreun Apkoobi). Execute a right low block (Arae Makki).
 12. Execute a left body punch from the same stance (Momtong Baro Chireugi).
 13. Bring the left foot to the right heel. Turn toward 9 o'clock. Assume a left normal walking stance (Oen Apseogi). Execute a left face block (Eolgool Makki).
 14. Execute a right front kick (Oreun Ap0chagi). Execute a right body punch (Momtong Bandae Chireugi) from a right normal walking stance (Oreun Apseogi).
 15. Turn clockwise toward 3 o'clock. Assume a right normal walking stance (Oreun Apseogi). Execute a right face block (Eolgool Makki).
 16. Execute a left front kick (Apchagi). Assume a left normal walking stance (Oen Apseogi). Execute a left body punch. (Momtong Bandae Chireugi).
 17. Pivoting on the right foot turn clockwise toward 6 o'clock. Assume a left front stance (Oen Apkoobi). Execute a left low block (Arae Makki).
 18. Advance assuming a right front stance (Oreun Apkoobi). Execute a right body punch (Momtong Bandae Chireugi). Yell (Kihap).
- Pivot on the right foot in a counterclockwise direction to 12 o'clock.
Ready Stance
Attention
Bow

