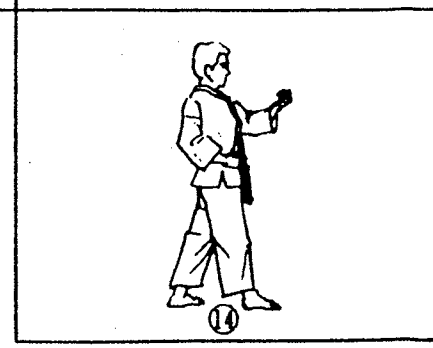
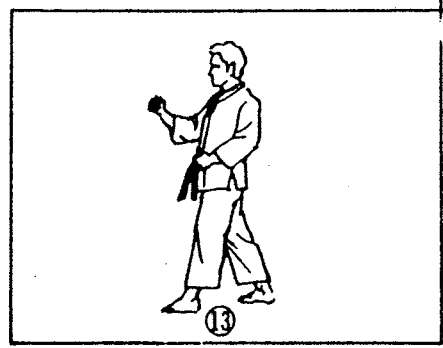
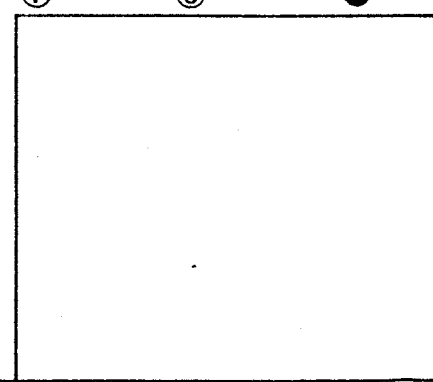
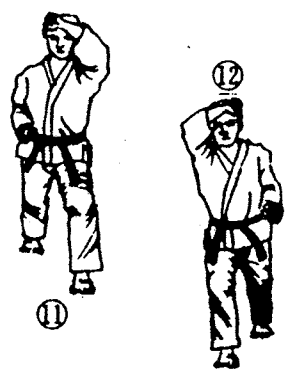
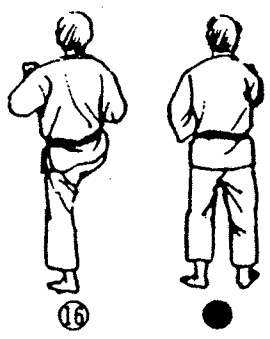
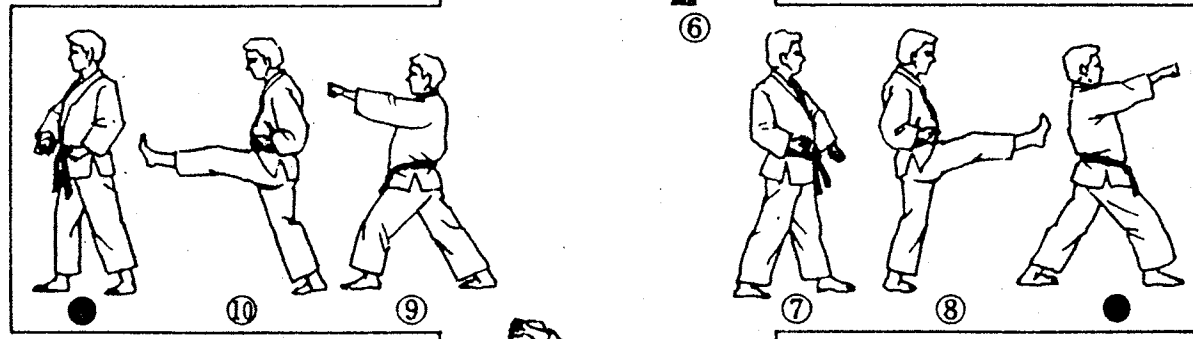
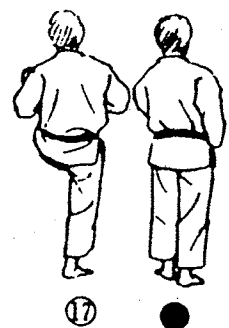
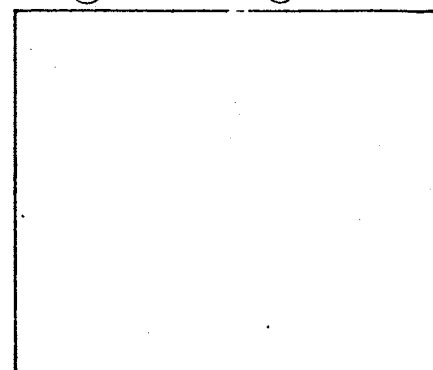
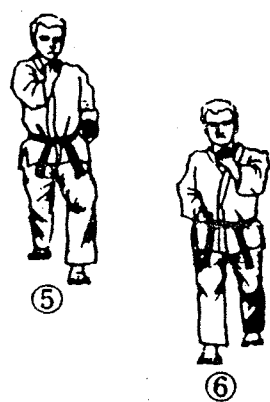
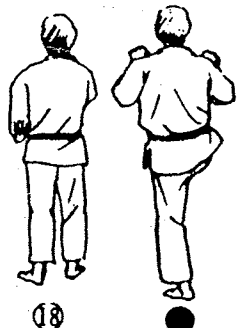
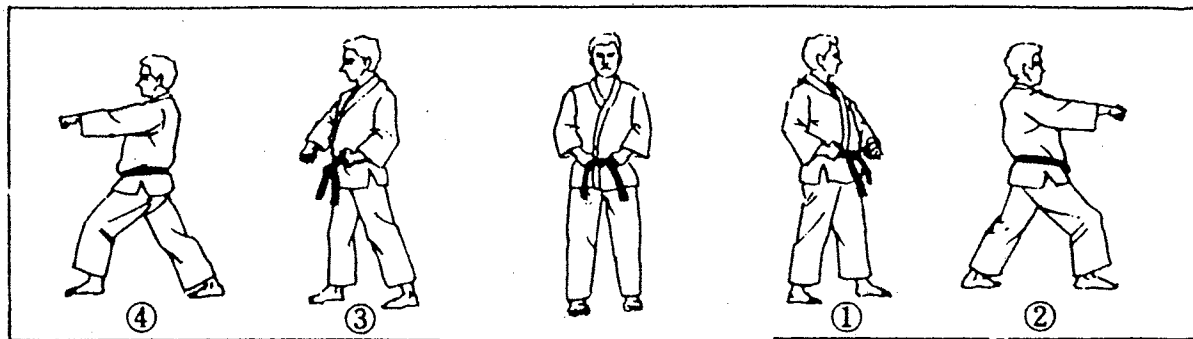


# TAE GUK YI CHANG #2



# TAE GUK YI CHANG #2

Attention  
Bow  
Ready Stance

1. Turn 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 front stance (Oreun Apkoobi). Execute a right body punch (Momtong Bandae Chireugi).
3. Turn clockwise on the ball of the left foot 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 assuming a left front stance. (Oen Apkoobi). Execute a left body punch (Momtong Bandae Chireugi).
5. Turn counterclockwise toward 12 o'clock. Assume a left normal walking stance (Oen Apseogi). Execute a right outside-inside body block (Momtong An Makki).
6. Advance toward 12 o'clock. Assume a right normal walking stance (Oreun Apseogi). Execute a left outside-inside body block (Momtong An Makki).
7. Bring the left foot to the right heel. Turn toward 9 o'clock assuming a left normal walking stance (Oen Apseogi). Execute left low block (Arae Makki).
8. Execute a right front kick (Apchagi). Assume a right front stance (Oreun Apkoobi). Execute a right face punch (Eolgool Bandae Chireugi).
9. Turn clockwise toward 3 o'clock pivoting on the left foot. Assume a right normal walking stance (Oreun Apseogi). Execute a right low block (Arae Makki).
10. Execute a left front kick (Apchagi). Assume a left front stance (Oen Apkoobi). Execute a left face punch (Eolgool Bandae Chireugi).
11. Turning counterclockwise toward 12 o'clock, assume a left normal walking stance (Oen Apseogi). Execute a left face block (Eolgool Makki).
12. Advance assuming a right normal walking stance (Oreun Apseogi). Execute a right face block (Eolgool Makki).
13. Turn 270° counterclockwise to 3 o'clock. Pivot on the right foot. Assume a left normal walking stance (Oen Apseogi). Execute a right outside-inside body block (Momtong An Makki).
14. Pivot clockwise on the left foot toward 9 o'clock. Assume a right normal walking stance (Oreun Apseogi). Execute a left outside-inside body block (Momtong An Makki).
15. Turn toward 6 o'clock. Assume a left normal walking stance (Oen Apseogi). Execute a low block (Arae Makki).
16. Execute a right front kick (Apchogi). Bring the foot down to assume a right normal walking stance (Oreun Apseogi). Execute a right body punch (Momtong Bandae Chireugi).
17. Execute a left front kick (Apchagi). Assume a left normal walking stance (Oen Apseogi). Execute a left body punch (Momtong Bandae Chireugi).
18. Execute a right front kick (Apchagi). Assume a right normal walking stance (Oreun Apseogi). Execute a right body punch (Momtong Bandae Chireugi). Yell (Kihap).

Pivot on the right foot turning counterclockwise to 12 o'clock.  
Ready Stance  
Attention  
Bow

