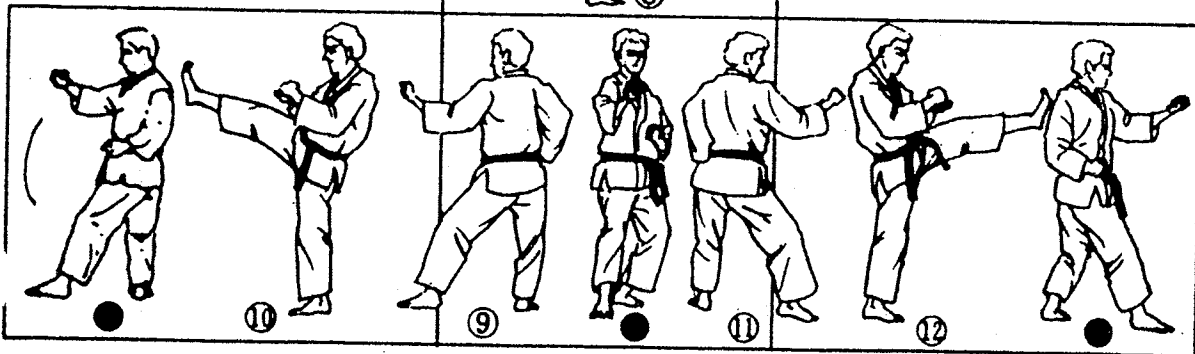
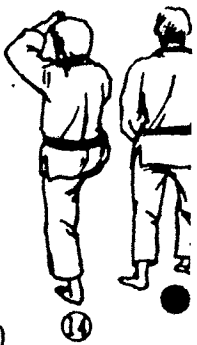
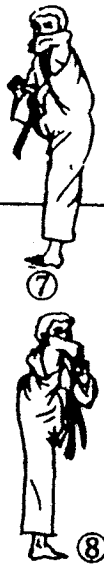
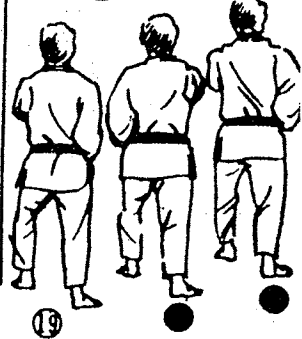
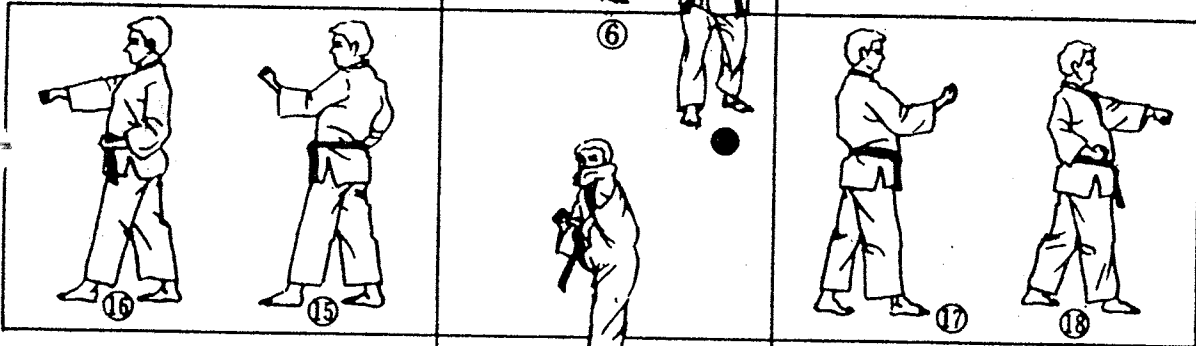
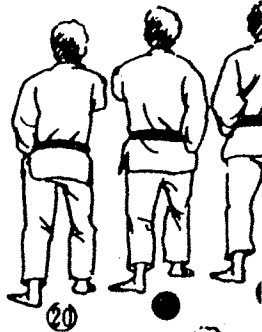
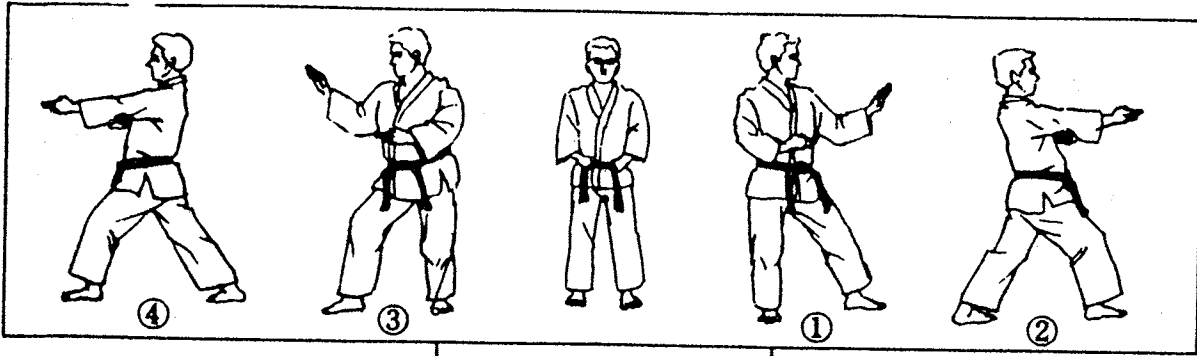


TAE GUK SA CHANG #4



TAE GUK SA CHANG #4

Attention

Bow

Ready Stance

1. Turn left toward 9 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a left knife hand body block (Oen Sonnal Momtong Makki).
2. Advance assuming a right front stance (Oreun Apkoobi). Execute a right spearhand strike (Oreun Sonkeut Chireugi).
3. Turn to the right toward 3 o'clock. Assume a left back stance (Oen Dwitkoobi). Execute a right hand body block (Oreun Sonnal Momtong Makki).
4. Advance assuming a left front stance (Oen Apkoobi). Execute a left spear hand strike (Oen Sonkeut Chireugi).
5. Turn to the left toward 12 o'clock. Assume a left front stance (Oen Apkoobi). Execute a left open hand face block and right knife hand strike (Jebipoom Mokchigi).
6. Keeping the hands in the same position, execute a right front kick (Apchagi). Step down with the right foot assuming a right front stance (Oreun Apkoobi). Execute a left body punch (Oen Momtong Chireugi).
7. Keeping the right foot in position, pivot to the right, executing a left side kick toward 12 o'clock. (Oen Yeopchagi). Position both hands at the right side during the kick.
8. Step down with the left foot assuming a left front stance (Oen Apkoobi). Pivot to the left on the left foot. Execute a right side kick (Oreun Yeopchagi) toward 12 o'clock. Position the hands at the left side during the kick. Step down facing 12 o'clock. Assume a left back stance (Oen Dwitkoobi). Execute a right knife hand body block (Sonnal Momtong Makki).
9. Pivot on the ball of the right foot, counterclockwise toward 9 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a left inside-outside body block, closed fist, palm facing toward the opponent (Oen Palmok Bakat Makki).
10. Execute a right front kick (Apchagi). Return the right foot to its original position and execute a right inside-outside body block (Momtong An Makki). Assume right back stance, execute right inside-outside body block.
11. Turning clockwise toward 3 o'clock assume a left back stance (Oen Dwitkoobi). Execute a right inside-outside body block (Oreun Bokat Palmok Bakat Makki), as in number 9.
12. Execute a left front kick (Apchagi). Return the left foot to its original position. Assuming a left back stance (Oen Dwitkoobi) execute a left inside-outside body block (Momtong An Makki).
13. Turn counterclockwise toward 6 o'clock. Assume a left front stance (Oen Apkoobi). Execute a left knife hand face block and simultaneously execute a right knife hand strike (Jebipoom Mokchigi).
14. Execute a right front kick (Apchagi). Bring the foot down assuming a right front stance (Oreun Apkoobi). Execute a right backfist to the philtrum (Oreun Deung Jeomeok Eolgoof Ape Chigi).
15. Turn toward 3 o'clock. Assume a left front walking stance (Oen Apseogi). Execute a left inside-outside body block (Momtong Makki).
16. Keep both feet fixed. Execute a right body punch (Oreun Momtong Baro Chireugi).
17. Turn clockwise toward 9 o'clock. Assume a right front walking stance (Oreun Apseogi). Execute a left outside-inside body block (Momtong Makki).
18. Keep both feet fixed. Execute a left body punch (Momtong Baro Chireugi).
19. Turn counterclockwise toward 6 o'clock. Assume a right front walking stance (Oreun Apseogi). Execute a left outside-inside body block (Momtong Makki). Keep the feet fixed. Execute a right body punch (Momtong Baro Chireugi). Execute a left body punch. (Momtong Boro Chireugi).
20. Step forward assuming a right front stance (Oreun Apkoobi). Execute a right outside-inside body block (Momtong Makki). Rapidly execute a left then a right body punch (Momtong Baro Chireugi). Yell (Kihap).

Pivot counterclockwise on the right foot. Face 12 o'clock. Assume a Ready Stance (Gibon Joonbi).

Attention

Bow