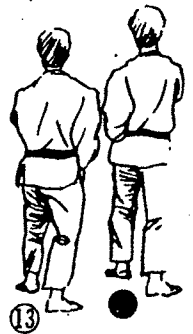
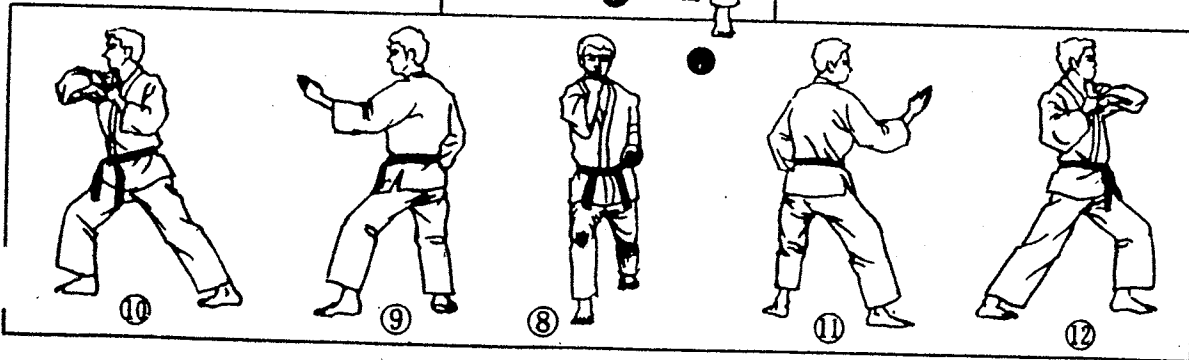
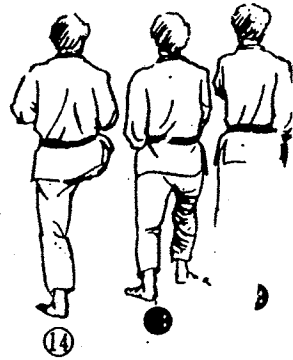
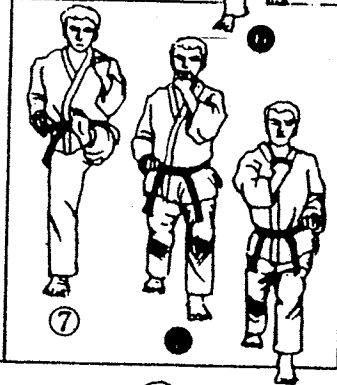
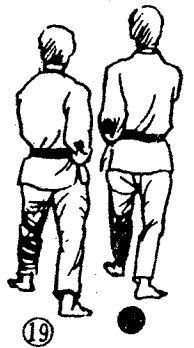
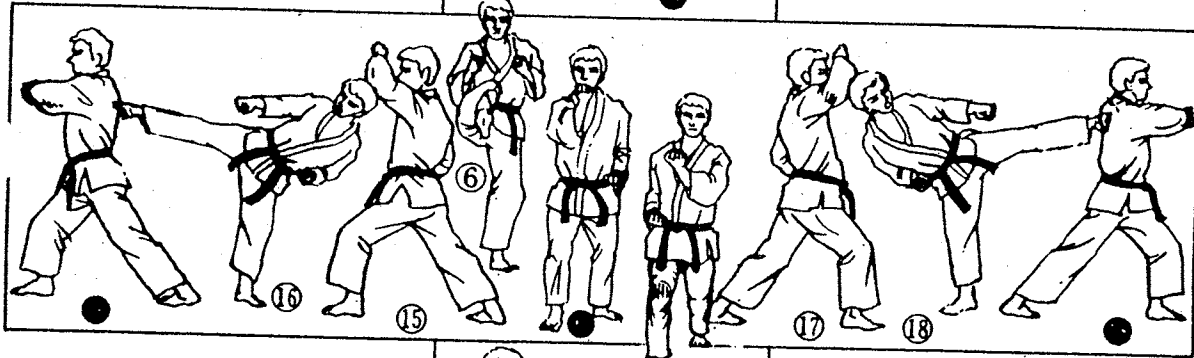
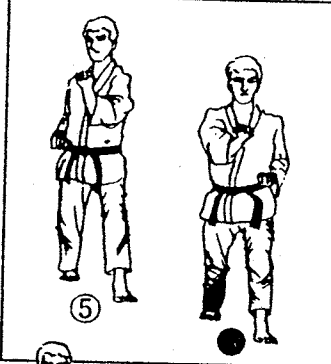
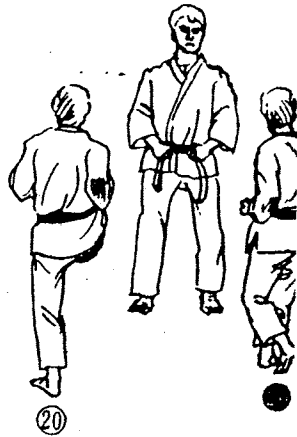
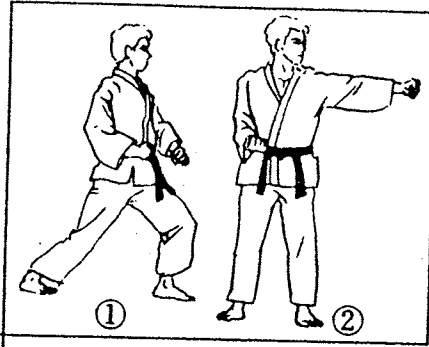
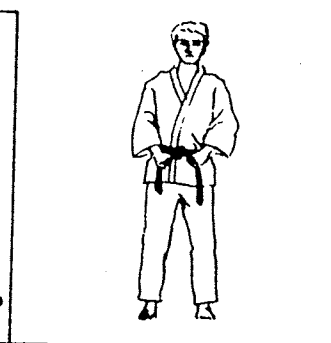
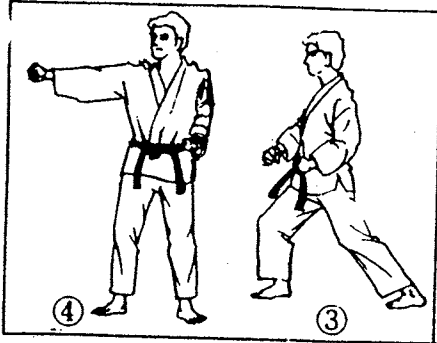


TAE GUK OH CHANG #5



TAE GUK OH CHANG #5

Attention

Bow

Ready Stance

1. Turning toward 9 o'clock, assume a left front stance (Oen Apkoobi). Execute a left low block (Arae Makki).
2. Retract the left foot assuming a "T" stance (Pyeonhi Seogi). Making a large circular motion with the left hand, execute a descending Hammer fist strike (Mok Joomeok Naeryo Chigi).
3. Pivoting on the left foot, turn toward 3 o'clock and assume a right front stance (Oreun Apkoobi). Execute a right low block (Arae Makki).
4. Retracting the right foot, assume a "T" stance (Pyeonhi Seogi). Making a large circular motion, execute a right descending hammer fist strike (Me Joomeok Naeryo Chigi).
5. Turn toward 12 o'clock. Assume a left front stance (Oen Apkoobi). Execute a left outside-inside body block followed by a right inside-outside body block (Momtong Makki and Momtong An Makki).
6. Execute a right front kick (Apchagi). Assume a right front stance and execute a right backfist to the philtrum (Oreun Deung Joomeok Eolgool Ape Chigi) followed by a left outside-inside body block (Momtong Makki).
7. Execute a left front kick (Apchagi). Assume a left front stance and execute a left backfist to the philtrum (Oen Deung Joomeok Eolgool Ape Chigi) followed by a right outside-inside body block (Momtong Makki).
8. Advance assuming a front stance (Oreun Apkoobi). Execute a right backfist to the philtrum (Oreun Deung Joomeok Eolgool Ape Chigi).
9. Turn counterclockwise toward 3 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a knife hand body block (Oen Hansonnal Momtong Bakat Makki).
10. Advance assuming a right front stance (Oreun Apkoobi). Execute a right augmented elbow strike to the body (Oreun Palkoop Momtong Chigi).
11. Turn clockwise toward 9 o'clock. Assume a left back stance (Oen Dwitkoobi). Execute a knife hand body block (Oreun Hansonnal Momtong Bakat Makki).
12. Advance assuming a left front stance (Oen Apkoobi). Execute a left body level augmented elbow strike (Oen Polkoop Momtoog Chigi).
13. Turn counterclockwise toward 6 o'clock. Assume a left front stance (Oen Apkoobi). Execute a left low block (Arae Makki) followed by a right outside-inside body block (Momtong An Makki).
14. Execute a right front kick (Oreun Apchigi). Assume a right front stance (Oreun Apkoobi). Execute a right low block (Arae Makki), followed by a left outside-inside body block (Momtong An Makki).
15. Bring the left foot to the right heel. Move the left foot outward toward 3 o'clock assuming a left front stance (Oen Apkoobi). Execute a left face block (Eolgool Makki).
16. Execute a right side kick (Oreun Yeopchagi). Bring the right foot down assuming a right front stance (Oreun Apkoobi). Execute an elbow strike (Oen Palkoop Momtong Pyojeok Chigi).
17. Turn clockwise toward 9 o'clock. Assume a right front stance (Oreun Apkoobi). Execute a right face block (Eolgool Makki).
18. Execute a left side kick toward 9 o'clock. Bring the left foot down assuming a left front stance (Oen Apkoobi). Execute a right elbow strike (Oreun Palkoop Pyojeok Chigi).
19. Turn counterclockwise toward 6 o'clock. Assume a left front stance (Oen Apkoobi). Execute a left low block (Arae Makki) followed by a right outside-inside body block (Momtong An Makki).
20. Execute a right front kick (Oreun Apkoobi). Spring forward assuming a crossleg stance, right foot forward (Oreun Bol Dwit Koaseogi). Execute a backfist to the philtrum (Oreun Keung Joomeok Eolgool Ape Chigi). Yell (Kihap).

Pivot on the right foot. Turn counterclockwise toward 6 o'clock. Assume the Ready Stance.

Attention

Bow