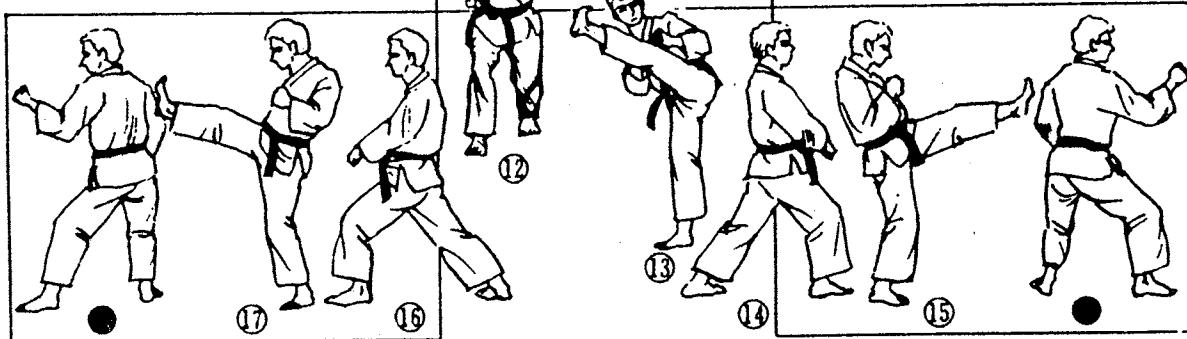
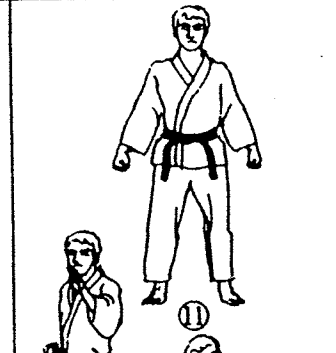
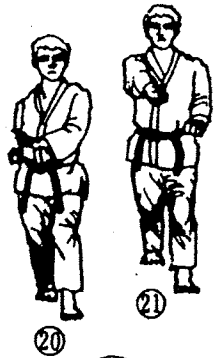
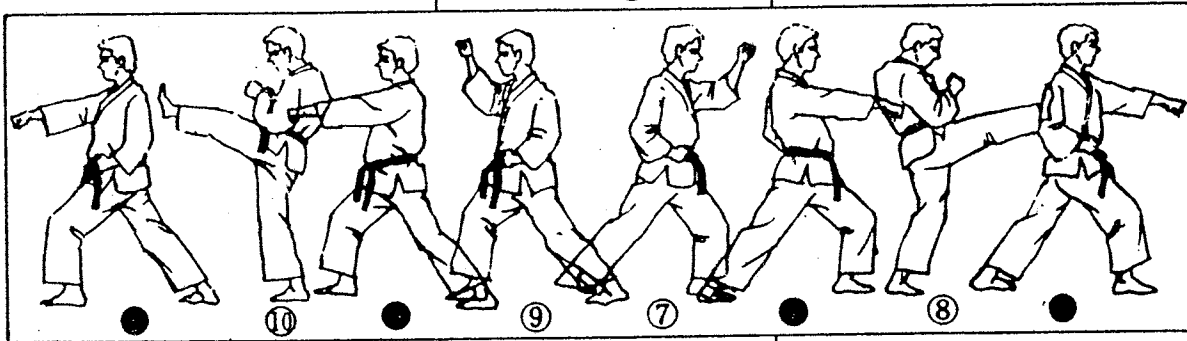
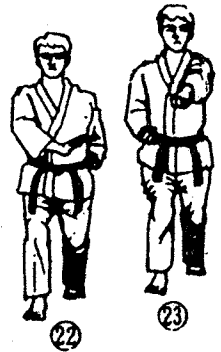
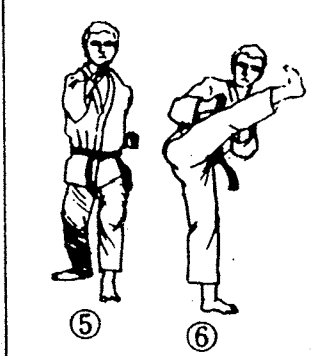
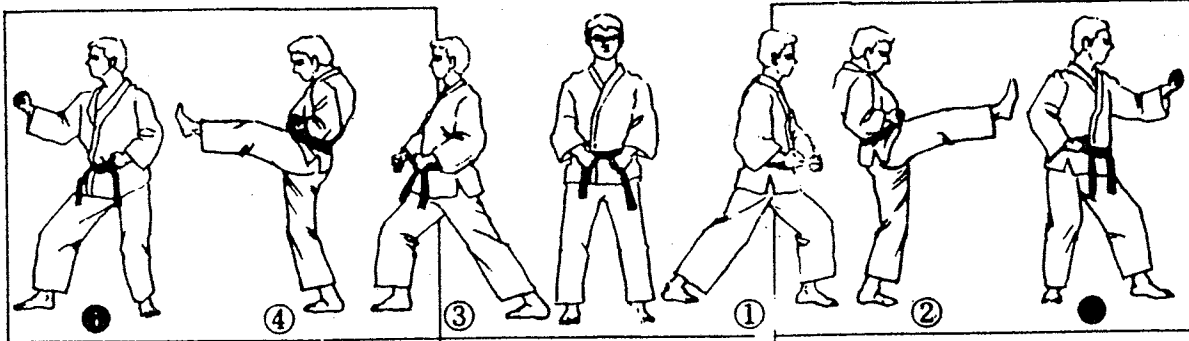


TAE GUK YOK CHANG #6



TAE GUK YOK CHANG #6

Attention

Bow

Ready Stance

1. Turn toward 9 o'clock. Assume a left front stance (Oen Apkoobi). Execute a left low block (Arae Makki).
2. Execute a right front kick (Apchagi). Return the right foot to its original position and assume a right back stance (Oreun Dwitkoobi). Execute a left 45° pushing block (Oen Palmok Momtong Bakat Makki).
3. Keep the left foot fixed. Turn clockwise toward 3 o'clock. Assume a right front stance (Oreun Apkoobi). Execute a right low block (Arae Makki).
4. Execute a left front kick (Oen Apchagi). Bring the left foot back to its original position. Assume a left back stance (Oen Dwitkoobi). Execute a right 45° pushing block (Oreun Palmok Momtong Bakat Makki).
5. Turn toward 12 o'clock. Assume a left front stance. Execute a right knife hand sweeping face block (Jebipoom Oreun Hansonnal Eolgool Bakat Makki). Begin the block with the left fist near the right ear and the right knife hand held at waist level. Retract the left fist to the left side and twist the body slightly to the left.
6. Execute a right roundhouse kick to the head (Dollyo Chagi). Assume a right front stance facing 12 o'clock. Bring the left foot to the right heel. Move the left foot outward toward 9 o'clock. Assume a left front stance (Oen Apkoobi) as quickly as possible.
7. Execute a left outward face block (Oen Palmok Eolgool Bakat Makki). Followed by a right body punch (Oreun Momtong Chireugi).
8. Execute a right front kick (Oreun Apchagi). Assume a right front stance (Oreun Apkoobi). Execute a left body punch (Oen Momtong Chireugi).
9. Pivot clockwise on the left foot toward 3 o'clock. Assume a right front stance (Oreun Apkoobi). Execute a right outward face block (Oreun Palmok Eolgool Bakat Chireugi).
10. Execute a left front kick (Oen Apchagi). Assume a left front stance (Oen Apkoobi). Execute a right body punch (Oreun Momtong Chireugi).
11. Turn to the left toward 12 o'clock moving the left foot. Assume a ready stance (Pyonhi Seogi). Cross both fists in front of the chest. Bring the fists down slowly exhaling forcibly and execute a low wedge block (Arae Hechyo Makki).
12. Assume a right front stance facing 12 o'clock. Execute a right knife hand sweeping face block (Jebipoom Oen Hansonnal Bakat Makki).
13. Execute a left roundhouse kick to the face (Dollyo Chagi). Yell (Kihap). Bring the left foot down in a left front stance (Oen Apkoobi).
14. Bring the right foot toward the left. Turn toward 9 o'clock. Assume a right front stance (Oreun Apkoobi). Execute a low block (Arae Makki).
15. Execute a left front kick (Oen Apkoobi). Bring the left foot back to its original position. Assume a left back stance (Oen Dwitkoobi). Execute a right 45° pushing body block (Oreun Palmok Momtong Bakat Makki).
16. With the right foot fixed, turn counterclockwise toward 3 o'clock. Assume a left front stance (Oen Apkoobi). Execute a left low block (Arae Makki).
17. Execute a right front kick (Oreun Apchagi). Bring the kicking foot back to its original position. Assume a right back stance (Oreun Dwitkoobi). Execute a left 45° pushing block (Oen Palmok Momtong Bakat Makki).
18. Bring the right foot to the left heel. Move the left foot toward 12 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a knife hand body block (Sonnal Momtong Makki).
19. Retreat assuming a left back stance (Oen Dwitkoobi). Execute a knife hand body block (Sonnal Momtong Makki).
20. Retreat. Assume a left front stance (Oen Apkoobi). Execute a left palm heel body block (Oen Batangson Momtong Makki).
21. Keep both feet fixed. Execute a right body punch (Oreun Momtong Baro Chireugi).
22. Retreat. Assume a right front stance (Oreun Apkoobi). Execute a right palm heel body block (Oreun Batangson Momtong Makki).
23. Keep both feet fixed. Execute a left body punch (Oen Momtong Baro Chireugi).
24. Move the right foot to the rear. Assume a ready stance (Joonbi).

Attention

Bow