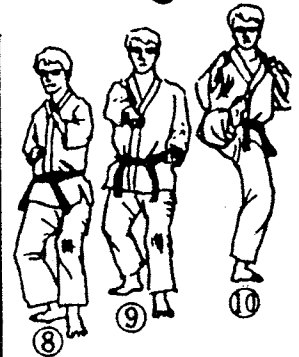
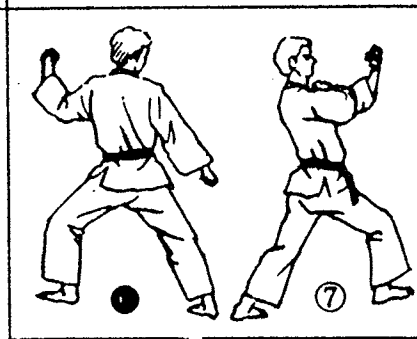
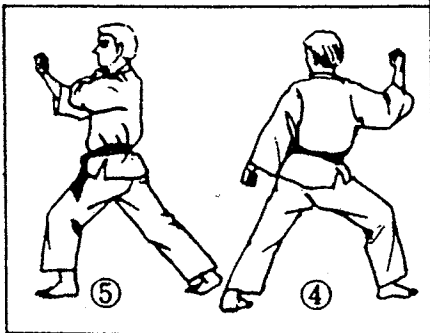
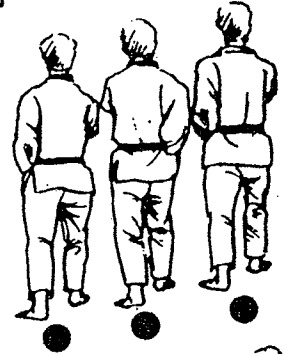
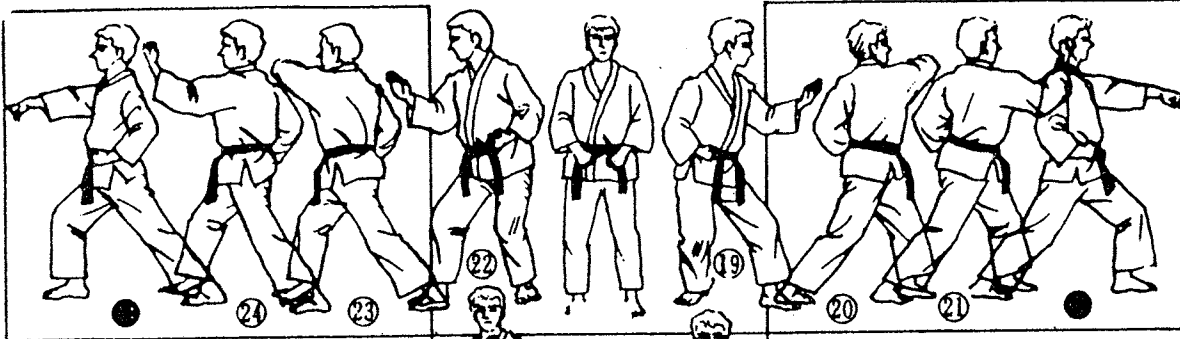


# TAE GUK PAL CHANG #8



## TAE GUK PAL CHANG #8

Attention

Bow

Ready Stance

1. Assume a right back stance facing 12 o'clock (Oreun Dwiitkoobi). Execute a left augmented body block (Oen Geodeureo Bakat Makki). Shift to a left front stance (Oen Apkoobi) and execute a right body punch (Oreun Momtong Baro Chireugi).
2. Pushing off with the left foot, execute a double front jump kick, right front kick followed by a left front kick (Doobaldangsang Apchagi). Yell (Kihap) on second kick. Land in a left front stance (Oen Apkoobi). Execute a left outside-inside body block (Momtong Makki) followed rapidly by a left-right double body punch (Momtong Doobeon Chireugi).
3. Advance to a right front stance (Oreun Apkoobi), Execute a right body punch (Momtong Bandae Chireugi).
4. Pivot on the ball of the right foot turning counterclockwise toward 6 o'clock. Assume a front stance, feet facing 9 o'clock. Execute a low block to the rear with the left hand, and a face block toward 9 o'clock with the right (Oesanteul Makki).
5. Slowly shift the body toward 3 o'clock assuming a left front stance (Oen Apkoobi) without moving the feet. Demonstrate tension in the movement. Bring the left fist to the right shoulder and in a circular motion slowly execute a right uppercut (Oreun Joomeok Dangyo Teok Chireugi).
6. Bring the left foot over the right toward 9 o'clock. Assume a crossed stance (Oen Ap Koaseogi). Extend the right foot toward 9 o'clock. Assume a left front stance, feet facing 3 o'clock (Oen Apkoobi). Execute a right low block and a left high block, looking toward 9 o'clock (Oesanteul Makki).
7. Turn slowly toward 9 o'clock demonstrating tension without moving the feet. Assume a right front stance (Oreun Apkoobi). Execute a left uppercut (Oen Joomeok Teok Chireugi) slowly and in a circular motion — turning the right fist to the left shoulder.
8. Pivot on the left foot toward 12 o'clock. Assume a right back stance (Oreun Dwiitkoobi). Execute a knife hand body block (Sonnal Momtong Makki).
9. Shift to a left front stance (Oen Apkoobi). Execute a right body punch (Momtong Baro Chireugi).
10. Execute a right front kick (Apchagi) with the punching arm still extended. Bring the kicking leg back to its original position then move the left leg to its rear, assuming a right tiger stance (Oreun Beom Seogi). Execute a right palm heel body block (Batongson Baro Chireugi).
11. Pivot toward 9 o'clock on the right foot. Assume a left tiger stance (Oen Beom Seogi). Execute a knife hand body block (Sonnol Momton Makki).
12. Execute a left front kick (Apchagi). Assume a left front stance (Oen Apkoobi) and execute a right body punch (Momtong Baro Chireugi) quickly.
13. Retract the left leg, assuming a left tiger stance (Oen Beom Seogi). Execute a left palm heel body block (Batangson Momtong Mokki) rapidly.
14. Turn the body clockwise toward 3 o'clock. Assume a right tiger stance (Oreun Beom Seogi). Execute a knife hand body block (Sonnal Momtong Makki).
15. Execute a right front kick (Apchagi). Assume a right front stance (Oreun Apkoobi) and execute a left body punch (Momtong Baro Chireugi) swiftly.
16. Retract the right foot assuming a right tiger stance (Oreun Beom Seogi). Execute a right palm heel body block (Batangson Momtong Makki) quickly.
17. Turn clockwise toward 6 o'clock. Assume a left back stance (Oen Dwiitkoobi). Execute a low augmented block (Geodeureo Arae Makki).
18. Execute a left front kick (Apchagi) followed by a front jump kick with the right foot — Push off and kick with the right foot. The left foot lands where the right foot formerly was. Yell (Kihap) on second kick.
19. Turn counterclockwise toward 9 o'clock pivoting on the ball of the right foot. Assume a right back stance (Oreun Dwiitkoobi). Execute a left knife hand body block, right fist on the right hip (Hansonnal Momtong Bakat Makki).
20. Shift to a left front stance (Oen Apkoobi). Execute a right elbow face strike (Oreun Palkoop Eolgool Dollyo Chigi).
21. With both feet fixed in the left front stance (Oen Apkoobi) execute a right backfist to the face (Oreun Deung Joomeok Eolgool Ape Chigi) followed by a left body punch (Momtong Bandae Chireugi).
22. Turn the body clockwise toward 3 o'clock keeping the left foot fixed. Assume a left back stance (Oen Dwiitkoobi). Execute a right knife hand body block (Hansonnal Momtong Bakat Makki).
23. Shift to a right front stance (Oreun Apkoobi). Execute a left elbow face strike (Oen Palkoop Eolgool Dollyo Chigi).
24. Execute a left backfist to the face (Oen Deung Joomeok Eolgool Apre Chigi) followed by a right body punch (Momtong Bandae Chireugi).

Move the left foot toward the right foot. Turn toward 12 o'clock.

Ready Stance

Attention

Bow