

# TAEGEUK 1

## READY STANCE

¼ turn left. **WALKING STANCE.**  
LEFT LOW BLOCK.

Step right foot forward. **WALKING STANCE.**  
RIGHT MIDDLE PUNCH.

½ turn right. **WALKING STANCE.**  
RIGHT LOW BLOCK.

Step left foot forward. **WALKING STANCE.**  
LEFT MIDDLE PUNCH.

¼ turn left. **FRONT STANCE.**  
LEFT LOW BLOCK, RIGHT MIDDLE PUNCH.

¼ turn right (right leg moves to be the lead leg).  
**WALKING STANCE.**  
LEFT INWARD BLOCK (reverse).

Step forward left foot, **WALKING STANCE.**  
RIGHT MIDDLE PUNCH (reverse).

½ turn left, **WALKING STANCE.**  
RIGHT INWARD BLOCK (reverse).

Step forward right foot, **WALKING STANCE.**  
LEFT MIDDLE PUNCH (reverse).

¼ turn right, **FRONT STANCE.**  
RIGHT LOW BLOCK, LEFT MIDDLE PUNCH.

¼ turn left (left leg moves to be the lead leg).  
**WALKING STANCE.** LEFT HIGH BLOCK.

RIGHT FRONT KICK, **WALKING STANCE.**  
RIGHT MIDDLE PUNCH.

½ turn right, **WALKING STANCE.**  
RIGHT HIGH BLOCK.

LEFT FRONT KICK, **WALKING STANCE.** LEFT  
MIDDLE PUNCH.

¼ turn right (left leg moves to be the lead leg).  
**FRONT STANCE.** LEFT LOW BLOCK.

Step forward right foot. **FRONT STANCE.**  
RIGHT MIDDLE PUNCH. **KIEP.**

Return to ready stance.