

TAEGEUK 4

READY STANCE

¼ turn left. **LEFT BACK STANCE.**
DOUBLE KNIFE-HAND BLOCK.

LEFT PRESSING BLOCK. Step forward.
FRONT STANCE. RIGHT SPEAR THRUST.

½ turn right, **RIGHT BACK STANCE.**
DOUBLE KNIFE-HAND BLOCK.

RIGHT PRESSING BLOCK. Step forward.
FRONT STANCE. LEFT SPEAR THRUST.

¼ turn left. **FRONT STANCE.**
LEFT KNIFE-HAND HIGH BLOCK AND RIGHT
KNIFE-HAND TO NECK.

RIGHT FRONT KICK INTO **FRONT STANCE.**
LEFT MIDDLE PUNCH (reverse).

LEFT SIDE KICK, RIGHT SIDE KICK, INTO
RIGHT BACK STANCE. DOUBLE KNIFE-
HAND.

¾ turn left into **LEFT BACK STANCE.**
LEFT OUTWARD BLOCK.

RIGHT FRONT SNAP KICK. Right foot return to
BACK STANCE. RIGHT INWARD BLOCK.

½ turn right, **BACK STANCE.**
RIGHT OUTWARD BLOCK.

LEFT FRONT SNAP KICK, left foot return to
BACK STANCE. LEFT INWARD BLOCK.

¼ turn left, **FRONT STANCE.**
LEFT KNIFE-HAND BLOCK,
RIGHT KNIFE-HAND TO NECK.

RIGHT FRONT KICK. **FRONT STANCE.**
RIGHT BACKFIST.

¼ turn left, **LEFT WALKING STANCE.**
LEFT INWARD BLOCK. RIGHT MIDDLE
PUNCH (reverse).

½ turn right, **RIGHT WALKING STANCE.**
RIGHT INWARD BLOCK. LEFT MIDDLE
PUNCH (reverse).

¼ turn left, **LEFT FRONT STANCE.**
LEFT INWARD BLOCK. DOUBLE PUNCH (right
first).

Step forward, **RIGHT FRONT STANCE.** RIGHT
INWARD BLOCK. DOUBLE PUNCH (left first).
KIEP.

Return to ready stance.