

TAEGEUK 5

READY STANCE

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

LEFT L STANCE. LEFT HAMMER FIST.

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

RIGHT L STANCE. RIGHT HAMMER FIST.

¼ turn left (move left foot). **FRONT STANCE.**
LEFT INWARD BLOCK, RIGHT INWARD
BLOCK.

RIGHT FRONT KICK, **FRONT STANCE.**
RIGHT BACK-FIST, LEFT INWARD BLOCK
(REVERSE).

LEFT FRONT SNAP KICK, **FRONT STANCE.**
LEFT BACK-FIST, RIGHT INWARD BLOCK.

Right foot step forward, **FRONT STANCE.**
RIGHT BACK-FIST.

¾ turn left , **LEFT BACK STANCE.**
LEFT OUTWARD KNIFE-HAND BLOCK.

Step forward, **FRONT STANCE.**
RIGHT ELBOW SMASH (to face).

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

Step forward, **FRONT STANCE.**
LEFT ELBOW SMASH (to face).

¼ turn left. **FRONT STANCE.**
LEFT LOW BLOCK, RIGHT INWARD BLOCK
(reverse).

RIGHT FRONT SNAP KICK. **FRONT STANCE.**
RIGHT LOW BLOCK, LEFT INWARD BLOCK
(reverse).

1/4 turn left. **FRONT STANCE.**
LEFT HIGH BLOCK.

RIGHT SIDE KICK. **FRONT STANCE.**
LEFT ELBOW SMASH (to face).

½ turn right. **FRONT STANCE.**
RIGHT HIGH BLOCK.

LEFT SIDE KICK. **FRONT STANCE.**
RIGHT ELBOW SMASH (to face).

¼ turn left. **FRONT STANCE.**
LEFT LOW BLOCK. RIGHT INWARD BLOCK
(reverse).

RIGHT FRONT SNAP KICK, slide forward.
CROSS LEGGED STANCE. RIGHT BACK-FIST.

KIEP.

Return to ready stance.