

# TAEGEUK 8

## READY STANCE

Left foot forward, **BACK STANCE**. DOUBLE MIDDLE BLOCK.

Left foot step aside, **FRONT STANCE**. RIGHT MIDDLE PUNCH (reverse).

LEFT JUMPING FRONT KICK (**KIEP**), **FRONT STANCE**. LEFT INWARD BLOCK, RIGHT PUNCH, LEFT PUNCH.

Step forward with right foot, **FRONT STANCE**. RIGHT PUNCH.

$\frac{1}{4}$  turn left, **REVERSE FRONT STANCE**. LEFT LOW BLOCK, RIGHT MOUNTAIN BLOCK.

$\frac{1}{2}$  turn left, **FRONT STANCE**. RIGHT UPPER CUT (slow).

CROSS OVER LEFT FOOT IN FRONT OF RIGHT FOOT WHILE STEPPING BACK INTO **REVERSE FRONT STANCE**. RIGHT LOW BLOCK, LEFT MOUNTAIN BLOCK.

$\frac{1}{2}$  turn right, **FRONT STANCE**. LEFT UPPER CUT (slow).

$\frac{3}{4}$  turn left. **BACK STANCE**. DOUBLE KNIFEHAND.

Left foot step aside, **FRONT STANCE**. RIGHT PUNCH.

RIGHT FRONT SNAP KICK, RETURN, left step back, right drag back. **TIGER STANCE**. RIGHT PALM BLOCK.

$\frac{1}{4}$  turn left, **TIGER STANCE**. DOUBLE KNIFEHAND

LEFT FRONT KICK, **FRONT STANCE**. RIGHT PUNCH (reverse). Drag left foot back, **TIGER STANCE**. LEFT PALM BLOCK.

$\frac{1}{2}$  turn right. **TIGER STANCE**. DOUBLE KNIFEHAND.

RIGHT FRONT KICK, **FRONT STANCE**. LEFT PUNCH (reverse). Drag right foot back, **TIGER STANCE**. RIGHT PALM BLOCK.

$\frac{1}{4}$  turn right, **BACK STANCE**. DOUBLE BLOCK LEFT MIDDLE (right low).

DOUBLE FRONT SNAP KICK (L then R), **FRONT STANCE**. RIGHT INWARD BLOCK, DOUBLE PUNCH (L then R). **KIEP**.

$\frac{3}{4}$  turn left, **BACK STANCE**. LEFT OUTWARD KNIFEHAND.

Step aside with left into **FRONT STANCE**. RIGHT ELBOW, RIGHT BACKFIST, LEFT PUNCH.

$\frac{1}{2}$  turn right, **BACK STANCE**. RIGHT OUTWARD KNIFEHAND. Right foot step aside into **FRONT STANCE**. LEFT ELBOW, LEFT BACKFIST, RIGHT PUNCH.

**Return to ready stance.**