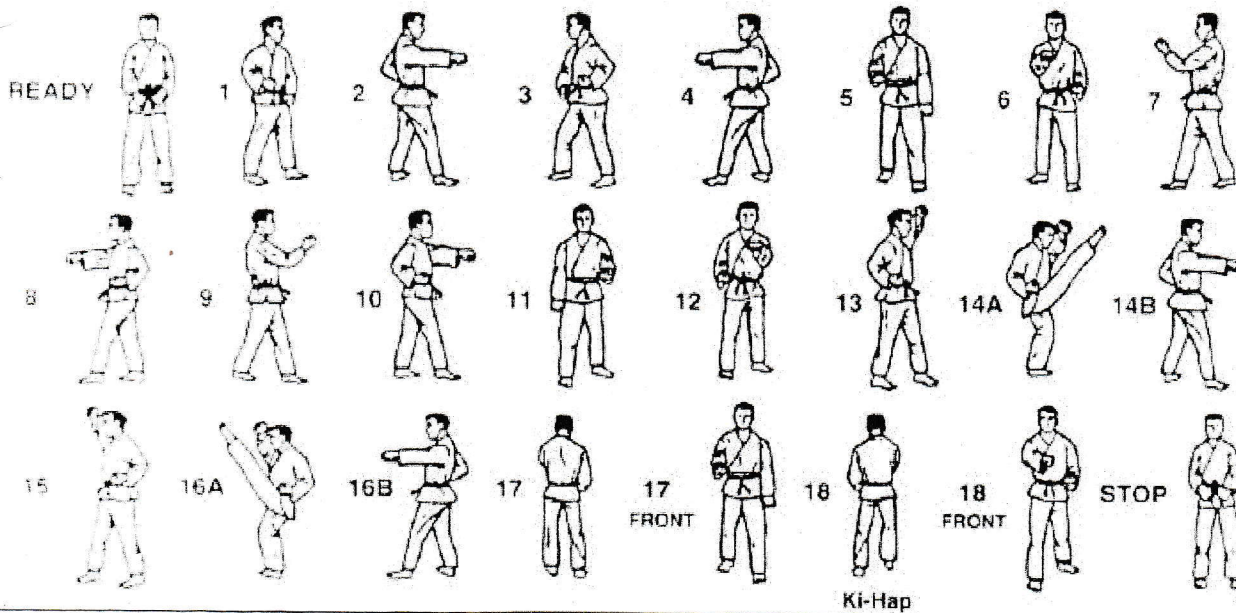
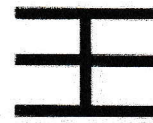


# TAEGEUK IL JANG 1



## TAE GUEK IL-JANG (Heaven)

Cha ryot (*attention*) / Kyung yeh (*bow*) / Joonbi (*ready stance*)

1. Turn head to the left, move left foot 90-degrees to left into walking stance, left arm low block
  2. Step right foot forward into walking stance, right hand mid-section punch
  3. Turn head to the right, move right foot 180-degrees to right into right walking stance, right arm low block
  4. Step left foot forward into walking stance, left hand mid-section punch
  5. Turn head to the left, move left foot 90-degrees into left front stance, left arm low block
  6. Right hand mid-section reverse punch
  7. Turn head to the right, turn body 90-degrees to the right while sliding right foot up into a right walking stance, left arm out-to-in middle block
  8. Step left foot forward into walking stance, right hand mid-section reverse punch
  9. Turn head to left, move left foot 180-degrees to left into left walking stance, right arm out-to-in middle block
  10. Step right foot forward into walking stance, left hand mid-section punch
  11. Turn head to the right, move right foot 90-degrees to right into right front stance, right arm low block
  12. Left hand mid-section reverse punch
  13. Turn head to the left, turn body 90-degrees to the left while sliding left foot up into left walking stance, left arm high block
  14. Right foot front snap kick, setting right foot forward into right walking stance, right hand mid-section punch
  15. Turn head to the right, move right foot 180-degrees to right into right walking stance, right arm high block
  16. Left foot front snap kick, setting left foot forward into left walking stance, left hand mid-section punch
  17. Turn head to the right, move left foot 90-degrees to right into left front stance, left arm low block
  18. Step right foot forward into front stance, right hand mid-section punch and KIHAP
- Ba ro (*back to ready stance*) / Cha ryot (*attention*) / Kyung yeh (*bow*)

