

# TAEGEUK OH JANG (5) PART ONE

	<p>1. Ready stance</p>		<p>2. Front stance, low block</p>		<p>3. Left stance, hammer fist</p>		<p>4. Front stance, low block</p>		<p>5. Right stance, hammer fist</p>		<p>6. Front stance, middle block</p>		<p>7. Front stance, reverse middle block</p>		<p>8. Front kick</p>		<p>9. Front stance, back fist</p>		<p>10. Front stance, reverse middle block</p>		<p>11. Front kick</p>		<p>12. Front stance, back fist</p>		<p>13. Front stance, reverse middle block</p>		<p>14. Front stance, back fist</p>		<p>15. Back stance, single knife hand middle block</p>		<p>16. Front stance, elbow strike</p>		<p>17. Back stance, single knife hand middle block</p>		<p>18. Front stance, elbow strike</p>		<p>19. Front stance, low block</p>		<p>20. Front stance, reverse middle block</p>
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