

Yellow Belt (Y8) - Taeguk 1, Il (U) Jang

Turn to your left, Low Block,

(Easy stance, left hand low block)

Step forward Punch.

(Right leg step forward, right hand Punch)

Turn to your right, Low Block,

(Move your right leg, easy stance, right hand Low Block)

Step forward Punch.

(Left leg step forward, left hand Punch)

Left leg forward, Low Block Punch.

(Left leg Forward Stance, left hand low Block, Right hand Punch)

Turn to your right, Inner Block,

(Shift in right leg, easy stance. Left hand inner Block)

Step forward Punch.

(Left leg step forward, Right hand Punch)

Turn to your left, Inner Block,

(Move your left leg, easy stance. Right hand inner Block)

Step forward Punch.

(Right leg step forward, Left hand Punch)

Right leg forward, Low Block Punch.

(Right leg Forward Stance, right hand Low Block, Left hand Punch)

Turn to your left, High Block.

(Shift your left leg in, easy stance, Left hand high Block)

Close your hand, Front Kick Punch.

(Close left hand, Right leg Front Kick, Right hand Punch)

Turn to your right, High Block.

(Move your right leg, easy stance. Right hand high Block)

Close your hand, Front Kick Punch.

(Close right hand, Left leg Front Kick, Left hand Punch)

Left leg forward, Low Block,

(Left leg move to right, forward stance, left hand low block)

Step forward, Punch "SHOUT"

(Right leg step forward, forward stance, right hand punch)

Stay there wait for "Paroh".

(Left Leg close, behind 1 round and "Chun Bi")

Basic Kick = Front Kick, turning kick x 6