

Green Tib Belt (Y7) - Taeguk 2, E Jang

Turn to your left, Low Block,

(Easy stance, Left hand low block)

Forward Stance, Middle Punch

(Right leg forward stance, right hand Punch)

Turn to your right, Low Block,

(Move your right leg, easy stance, Right hand low block)

Forward Stance, Middle Punch

(Left leg forward stance, left hand Punch)

Turn to your left, Right hand Inner Block

(Shift in left leg, easy stance)

Step forward, Change hand Inner Block

(Right leg step forward, easy stance, left hand inner block)

Turn to your left, Low Block

(Move your left leg, easy stance, Left hand low block)

Close your hand, Front kick, High Punch

(Close left hand, Right leg front kick, forward stance, right hand high punch)

Turn to your right, Low Block

(Move your right leg, easy stance, Right hand low block)

Close your hand, Front kick, High Punch

(Close right hand, Left leg front kick, forward stance, left hand high punch)

Turn to your Left, Left hand High Block

(Shift in left leg, easy stance)

Step forward, Right hand High Block

(Right leg step forward, easy stance)

Left leg behind 1 round, Inner Block

(Cross left leg behind and turn 1 round, easy stance, right hand inner block)

Turn to your right, Change hand Inner Block

(Move your right leg, easy stance, left hand inner block)

Turn to your left, Low Block

(Move your left leg, easy stance, Left hand low block)

Close your hand, Front kick, Punch [1]

(Close left hand, Right leg front kick, easy stance, right hand punch)

Close your hand, Front kick, Punch [2]

(Close right hand, Left leg front kick, easy stance, left hand punch)

Close your hand, Front kick, Punch [3] "SHOUT"

(Close left hand, Right leg front kick, easy stance, right hand punch)

Stay there wait for "Paroh". *(Left Leg close, behind 1 round and "Chun Bi")*

Basic Kick = Side Kick x 6