

## **Blue Tib Belt (G5) - Taeguek 4, SA Jang**

### **Turn to your left, Double Knife Hand Chop**

*(L-shape Back stance, double knife hand chop to the left)*

### **Forward Stance, Strike**

*(Left hand tap, right leg move forward, forward stance, right hand strike)*

### **Turn to your Right, Double Knife Hand Chop**

*(Move your right leg, L-shape back stance, double knife hand chop to the right)*

### **Forward Stance, Strike**

*(Right hand tap, left leg move forward, forward stance, left hand strike)*

### **Left leg forward, (back to back) Double high Chop**

*(Shift left leg, forward stance, left hand block, right hand chop)*

### **Guarding Block, Front Kick, Turn to your left, Punch**

*(Right leg front kick, forward stance, twist body to left, left hand punch)*

### **Left leg side kick, Right leg side kick, Double Knife Hand Chop**

*(Left leg side kick, right leg side kick, L-Shape back stance, double knife hand chop to the right)*

### **Left leg behind, L-Shape stance, Outer Block, Close your hand, Front Kick pull back, Inner Block**

*(Move your left leg, L-Shape back stance, left hand outer block, Close left hand, right leg front kick, pull back, L-Shape back stance, right hand inner block)*

### **Turn to your right, Outer Block, Close your hand, Front Kick pull back, Inner Block**

*(Turn body to right side, L-shape back stance, right hand outer block, Close right hand, left leg front kick, pull back, L-Shape back stance, left hand inner block)*

### **Left leg forward, (back to back) Double high Chop**

*(Shift left leg, forward stance, left hand block, right hand chop)*

### **Guarding Block, Front Kick, Back Fist**

*(Right leg front kick, forward stance, right hand back fist)*

### **Turn to your left, Inner Block, Punch**

*(Pull in your left leg, easy stance, left hand inner block, right hand punch)*

### **Twist and turn to your right, Inner Block, Punch**

*(Twist your right hand, move your right leg, easy stance, right hand inner block, left hand punch)*

### **Left leg forward stance, Inner Block, Double Punch**

*(Move your left leg, forward stance, left hand inner block, right hand punch followed by left hand)*

### **Step forward, Inner Block, Double Punch "SHOUT"**

*(Right leg step forward, right hand inner block, left hand punch followed by right hand)*

Stay there wait for "Paroh".

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

## **Basic Kick = Side Kick, Back thrust x 6**