

Black Tib Belt (B1) - Taeguk 8, Pal Jang (Pg 1/2)

Left leg out, Double block

(Left leg move forward, L-Shape back stance, double block to left)

Half step Forward Stance, Punch

(Left leg forward Stance, right hand punch)

Close your hand, Jumping front kick (middle high)

(Close right hand, right leg jumping followed by left leg on the same spot)

Forward stance, Inner Block, Double Punch

(Left leg forward stance, Left hand inner block, right hand punch followed by left hand)

Step forward, Punch

(Right leg forward stance, right hand punch)

Left leg behind 1 round, Cross block

(Move your left leg, Right leg Forward stance, cross block with right hand outer block, left hand low block)

Left leg Forward stance, Right hand upper cut

(Left leg forward stance, right hand from waist punch upward to chin level, with left hand resting on right chest)

Left leg cross in front, Cross block

(Left leg cross in front of right leg, pull out right leg, left leg forward stance, cross block with left hand outer block, right hand low block)

Right leg Forward stance, Left hand upper cut

(Right leg forward stance, left hand from waist punch upward to chin level, with right hand resting on left chest)

Move right leg, double knife hand chop

(Right leg anticlockwise 90degrees, double knife hand chop)

Half step Forward Stance, Punch

(Left leg forward Stance, right hand punch)

Close your hand, Front kick, pull back 1, 2, Right Cat stance, Right hand Push block

(Close right hand, right leg front kick and land behind, left leg pull behind, right leg cat stance with right hand push block)

Turn to your left, Cat stance, double knife hand chop

(Left leg cat stance, double knife hand chop to left)

Left leg front kick, forward stance, punch

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

Pull back, cat stance, left push block

(Pull back left leg, left leg cat stance with left hand push block)

Turn to your right, Cat stance, double knife hand chop

(Right leg cat stance, double knife hand chop to right)

Right leg front kick, forward stance, punch

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

Black Tib Belt (B1) - Taeguek 8, Pal Jang (Pg 2/2)

Pull back, cat stance, right push block

(Pull back right leg, right leg cat stance with right hand push block)

Turn to your right, L-shape stance, double low block

(Right leg move to right, L-Shape back stance, double low block to right facing floor)

Left, right front kick (middle high)

(Left leg front kick, Pause, followed by right leg on the same spot)

Forward stance, Inner Block, Double Punch

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

Left leg behind 1 round, Back stance, Single knife hand chop

(Move your left leg behind, L-shaped stance, left hand single knife hand chop)

Half step Forward Stance, Elbow, Back fist, Punch

(Left leg forward Stance, right hand elbow, right hand back fist, left hand punch)

Turn to your right, Back stance, Single knife hand chop

(Turn to your right, pull back right leg to L-shaped stance, right hand single knife hand chop)

Half step Forward Stance, Elbow, Back fist, Punch

"SHOUT"

(Right leg forward Stance, left hand elbow, left hand back fist, right hand punch)

Stay there wait for "Paroh". *(Close left Leg and "Chun Bi")*

Basic Kick = 360 degrees Turning Kick, back thrust x 6