

## **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**