

Green Belt (G6) - Taeguk 3, Sum Jang

Turn to your left, Low Block

(Easy stance, left hand low block)

Close your hand, Front kick, Double Punch

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

Turn to your right, Low Block (Right)

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

Close your hand, Front Kick, Double Punch

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

Turn to your Left, Right hand Single Knife Hand Chop

(Shift in left leg, easy stance)

Step forward, Change hand Single Knife Hand Chop

(Right leg step forward, easy stance, left hand single knife hand chop)

Turn to your left, L shape stance, Single Knife hand Chop

(Move your left leg, L-Shape back stance, left hand single knife hand chop)

Half step Forward stance, Punch

(Left leg half step forward, Right hand punch)

Turn to your right, L shape stance, Single Knife hand Chop

(Shift in your right leg, L-Shape back stance, right hand single knife hand chop)

Half step Forward stance, Punch

(Right leg half step forward, 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)

Left leg behind 1 round, Low Block

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

Close your hand, Front kick, Double Punch

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

Turn to your right, Low Block (Right)

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

Close your hand, Front Kick, Double Punch

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

Turn to your left, Low Block Punch [1]

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

Step forward, Low Block Punch [2]

(Right leg step forward, easy stance, right hand low block, left hand punch)

Close your hand, Front kick, Low Block Punch [1]

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

Close your hand, Front kick, Low Block Punch [2] "SHOUT"

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

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

Basic Kick = Backthrust x 6

Compiled by Raiders TKD Group