



TAEGUEK EE JANG

[▶ SEARCH](#)

Starting in the ready position...



Turn 90° to the left while sliding the left foot into a left walking stance and executing a low block with the left arm.



Move the right foot into a right forward stance while executing a middle-section straight punch with the right fist.



Pivoting on the ball of the left foot, turn to the right (180°) while sliding the right foot into a right walking stance and executing a low block with the right arm.



Move the left foot into a left forward stance while executing a middle-section straight punch with the left fist.



Pivoting on the ball of the right foot, turn to the left (90°) while sliding the left foot into a left walking stance and executing a middle-section inside block with the right hand.



Move the right foot into a right walking stance while executing a middle-section inside block with the left hand.



Pivoting on the ball of the right foot, turn to the left (90°) by moving the left foot into a left walking stance and executing a low-section block with the left hand.



With the left foot fixed, execute a middle-section front-snap kick with the right foot.



Drop into a right forward stance while executing a high-section straight punch with the right fist.



Pivoting on the ball of the left foot, turn to the right (180°) while sliding the right foot into a right walking stance and executing a low-section block with the right hand.



With the right foot fixed, execute a middle-section front-snap kick with the left foot.



Drop into a left forward stance while executing a high-section straight punch with the left fist.



Pivoting on the ball of the right foot, turn to the left (90°) by moving the left foot into a left walking stance and execute a high-section block with the left arm.



With the left foot fixed, move the right foot one step forward into a right walking stance while executing a high-section block with the right arm.



Pivoting on the ball of the right foot, turn to the left (270°) by moving the left foot into a left walking stance and execute a middle-section inside block with the right hand.



Pivoting on the ball of the left foot, turn to the right (180°) by moving the right foot into a right walking stance and execute a middle-section inside block with the left hand.



Pivoting on the ball of the right foot, turn to the left (90°) by moving the left foot into a left walking stance and execute a low-section block with the left hand.



With the left foot fixed, execute a middle-section front-snap kick with the right foot.



Drop into a right walking stance while executing a middle-section straight punch with the right fist.



With the right foot fixed, execute a middle-section front-snap kick with the left foot.



Drop into a left walking stance while executing a middle-section straight punch with the left fist.



With the left foot fixed, execute a middle-section front-snap kick with the right foot.



Drop into a right walking stance while executing a middle-section straight punch with the right fist. Kihap!



Pivoting on the ball of the right foot, turn to the left (180°) and assume a ready position.