

POOMSE TAEGEUK IL JANG

WTF TAEKWONDO POOMSE # 1



5. LEFT MIDDLE PUNCH



4. RIGHT LOW BLOCK



1. READY STANCE



2. LEFT LOW BLOCK



3. RIGHT MIDDLE PUNCH

POOMSE TAE GEUK IL JANG

1. Ready stance
2. Turn to the left 90° by moving the left foot into left walking stance, left low block.
3. Step forward with the right foot into right walking stance, right middle punch.
4. Moving the right foot, turn 180° to the right into right walking stance, right low block.
5. Step forward with the left foot into left walking stance, left middle punch.
6. Moving the left foot, turn 90° to the left into left front stance, left low block.



6. LF 6. LEFT LOW BLOCK



19. RIGHT MIDDLE PUNCH

12. Moving the right foot 90° to the right into right front stance, right low block.
13. Without moving the feet, left middle punch.
14. Moving the left foot 90° to the left into left walking stance, left high block.
15. A. Without moving the left foot, right front kick.
B. Step down into right walking stance, right middle punch.
16. Moving the right foot 180° to the right into right walking stance, right high block.



9. RIGHT MIDDLE PUNCH



8. LEFT INSIDE MIDDLE BLOCK



7. RIGHT MIDDLE PUNCH



10. RIGHT INSIDE MIDDLE BLOCK



11. LEFT MIDDLE PUNCH

7. Without moving the feet, right middle punch.
8. Moving the right foot, turn 90° to the right into right walking stance, left inside middle block.
9. Step forward with the left foot into left walking stance, right middle punch.
10. Moving the left foot 180° to the left into left walking stance, right inside middle block.
11. Step forward with the right foot into right walking stance, left middle punch.



12. RIGHT LOW BLOCK



18. LEFT LOW BLOCK

17. A. Without moving the right foot, left front kick.
B. Step down into left walking stance, left middle punch.
18. Moving the left foot, turn 90° to the right into left front stance, left low block.
19. Step forward with the right foot into right front stance, right middle punch with kisp.
20. Return to ready stance by moving the left foot.



17B. LEFT MIDDLE PUNCH



17A. LEFT FRONT KICK



16. RIGHT HIGH BLOCK



13. LEFT MIDDLE PUNCH



14. LEFT HIGH BLOCK



15A. RIGHT FRONT KICK



15B. RIGHT MIDDLE PUNCH