

POOMSE TAEGEUK EE JANG

WTF TAEKWONDO POOMSE # 2



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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 front 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 front stance, left middle punch.
6. Moving the left foot, turn 90° to the left into left walking stance, right inside middle block.

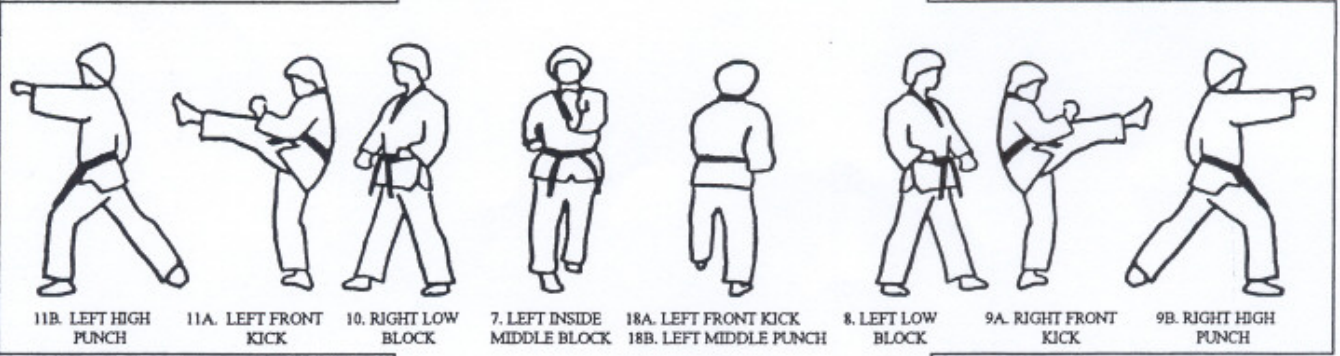


6. RIGHT INSIDE MIDDLE BLOCK



19A. RIGHT FRONT KICK
19B. RIGHT MIDDLE PUNCH

17. A. Without moving the left foot, right front kick.
B. Step down into right walking stance, right middle punch.
18. A. Without moving the right foot, left front kick.
B. Step down into left walking stance, left middle punch.
19. A. Without moving the left foot, right front kick.
B. Step down into right walking stance, right middle punch (kipap).
20. Return to ready stance by moving the left foot.



7. Step forward with the right foot into right walking stance, left inside middle block.
8. Moving the left foot, turn 90° to the left into left walking stance, left low block.
9. A. Without moving the left foot, right front kick.
B. Step down into right front stance, right high punch
10. Moving the right foot 180° to the right into right walking stance, right low block.
11. A. Without moving the right foot, left front kick.
B. Step down into left front stance, left high punch.



12. LEFT HIGH BLOCK



17A. RIGHT FRONT KICK
17B. RIGHT MIDDLE PUNCH

12. Moving the left foot 90° to the left into left walking stance, left high block.
13. Step forward with the right foot into right walking stance, right high block.
14. Moving the left foot 270° to the left into left walking stance, right inside middle block.
15. Turn 180° to the right and slide the right foot into right walking stance, left inside middle block.
16. Moving the left foot 90° to the left into left walking stance, left low block.



14. RIGHT INSIDE MIDDLE BLOCK



13. RIGHT HIGH BLOCK



16. LEFT LOW BLOCK



15. LEFT INSIDE MIDDLE BLOCK