

POOMSE TAEGEUK SAM JANG

WTF TAEKWONDO POOMSE # 3



1. Ready stance
2. Turn to the left 90° by moving the left foot into left walking stance, left low block.
3. A. Without moving the left foot, right front kick
B. Step down into right front stance, right middle punch
C. Without moving the feet, left middle punch
4. Moving the right foot, turn 180° to the right into right walking stance, right low block.
5. A. Without moving the right foot, left front kick
B. Step down into left front stance, left middle punch
C. Without moving the feet, right middle punch
6. Moving the left foot, turn 90° to the left into left walking stance, right knife hand strike.



6. RIGHT KNIFE HAND STRIKE



21A. RIGHT FRONT KICK
21B. RIGHT LOW BLOCK
21C. LEFT MIDDLE PUNCH

18. A. Moving the left foot, turn 90° to the left into left walking stance, left low block.
B. Without moving the feet, right middle punch.
19. A. Step forward with the right foot into right walking stance, right low block
B. Without moving the feet, left middle punch.
20. A. Without moving the right foot, left front kick
B. Step down into left walking stance, left low block.
C. Without moving the feet, right middle punch.
21. A. Without moving the left foot, right front kick.
B. Step down into right walking stance, right low block.
C. Without moving the feet, left middle punch. (Kihap)
22. Return to ready stance by moving the left foot.



7. Step forward with the right foot into right walking stance, left knife hand strike.
8. Moving the left foot, turn 90° to the left into right back stance, left outside knife hand block.
9. Without moving the right foot, slide the left foot into left front stance, right middle punch.
10. Moving the right foot, turn 180° to the right into left back stance, right outside knife hand block.
11. Without moving the left foot, slide the right foot into right front stance, left middle punch.
12. Moving the left foot 90° to the left into left walking stance, right inside middle block.



12. RIGHT INSIDE MIDDLE BLOCK



19A. RIGHT LOW BLOCK
19B. LEFT MIDDLE PUNCH

13. Step forward with the right foot into right walking stance, left inside middle block.
14. Moving the left foot 270° to the left into left walking stance, left low block.
15. A. Without moving the left foot, right front kick.
B. Step down into right front stance, right middle punch.
C. Without moving the feet, left middle punch.
16. Turn 180° to the right into right walking stance, right low block.
17. A. Without moving the right foot, left front kick.
B. Step down into left front stance, left middle punch.
C. Without moving the feet, right middle punch.



15C. LEFT MIDDLE PUNCH 15B. RIGHT MIDDLE PUNCH 15A. RIGHT FRONT KICK 14. LEFT LOW BLOCK 13. LEFT INSIDE MIDDLE BLOCK 18. L. LOW BLOCK 16. RIGHT LOW BLOCK 17A. LEFT FRONT KICK 17B. LEFT MIDDLE PUNCH 17C. RIGHT MIDDLE PUNCH