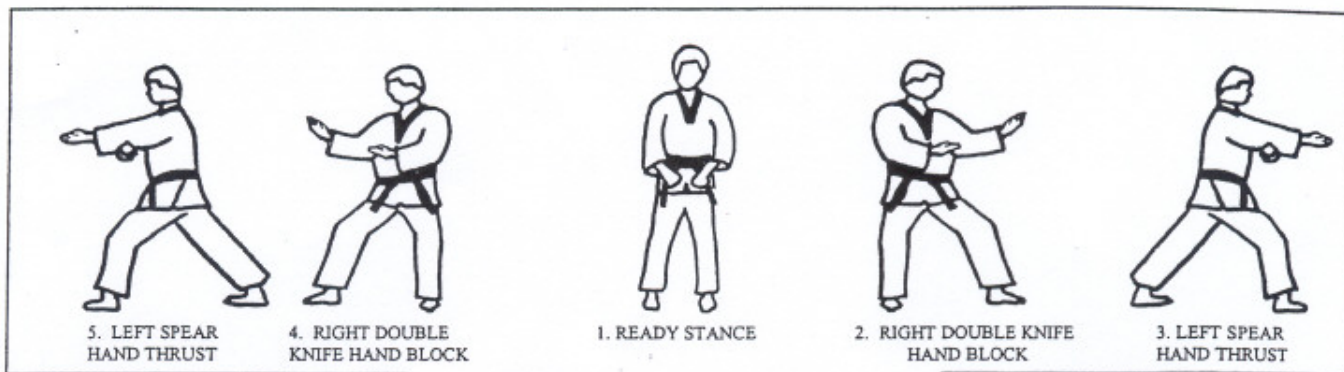


POOMSE TAEGEUK SA JANG

WTF TAEKWONDO POOMSE # 4



5. LEFT SPEAR HAND THRUST

4. RIGHT DOUBLE KNIFE HAND BLOCK

1. READY STANCE

2. RIGHT DOUBLE KNIFE HAND BLOCK

3. LEFT SPEAR HAND THRUST

POOMSE TAE GEUK SA JANG

1. Ready stance
2. Turn to the left 90° by moving the left foot into right back stance, left double knife hand middle block.
3. Step forward with the right foot into right front stance, right spear hand thrust.
4. Moving the right foot, turn 180° to the right into left back stance, right double knife hand middle block.
5. Step forward with the left foot into left front stance, left spear hand thrust.
6. Moving the left foot, turn 90° to the left into left front stance, right swallow shape knife hand block and strike.

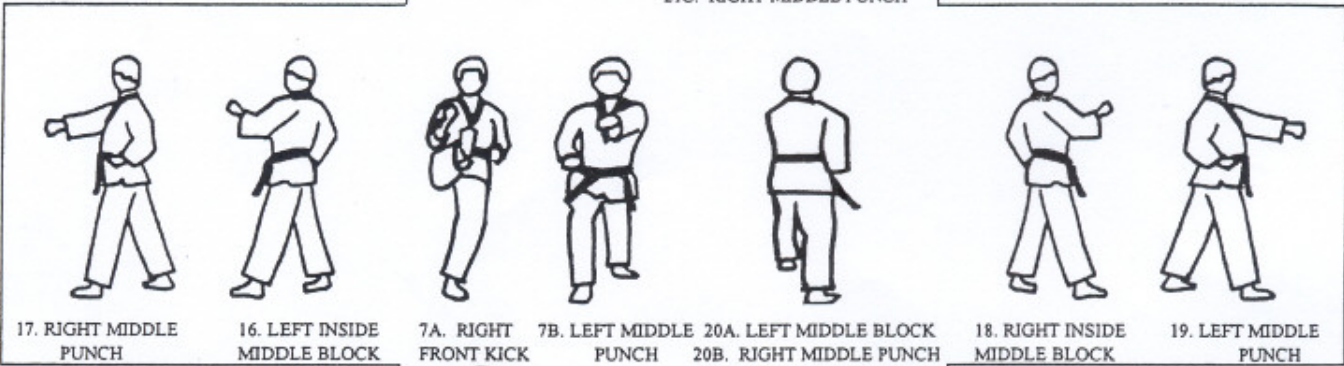


6. SWALLOW SHAPE RIGHT KNIFE STRIKE



21A. RIGHT MIDDLE BLOCK
21B. LEFT MIDDLE PUNCH
21C. RIGHT MIDDLE PUNCH

17. Without moving the feet, right middle punch.
18. Moving the right foot, turn 180° to the right into right walking stance, right inside middle block.
19. Without moving the feet, left middle punch.
20. A. Moving the left foot, turn 90° to the left into left front stance, left inside middle block.
B. Without moving the feet, right middle punch.
C. Without moving the feet, left middle punch.
21. A. Step forward with the right foot, into right front stance, right inside middle block
B. Without moving the feet, left middle punch.
C. Without moving the feet, right middle punch. (Kiha)
22. Return to ready stance by moving the left foot.



17. RIGHT MIDDLE PUNCH

16. LEFT INSIDE MIDDLE BLOCK

7A. RIGHT FRONT KICK

7B. LEFT MIDDLE PUNCH

20A. LEFT MIDDLE BLOCK
20B. RIGHT MIDDLE PUNCH
20C. LEFT MIDDLE PUNCH

18. RIGHT INSIDE MIDDLE BLOCK

19. LEFT MIDDLE PUNCH

7. A. Without moving the left foot, right front kick.
B. Step down into right front stance, left middle punch.
8. Pivot on the right foot, left side kick.
9. A. Pivot on the left foot, right side kick.
B. Step down into left back stance, right double knife hand block.
10. Moving the left foot, turn 270° to the left into right back stance, left outside middle block.
11. A. Without moving the left foot, right front kick.
B. Step back into right back stance, right inside middle block.



8. LEFT SIDE KICK



9A. RIGHT SIDE KICK



15A. RIGHT FRONT KICK

15B. RIGHT BACK FIST

12. Moving the right foot, turn 180° to the right into right back stance, right outside middle block.
13. A. Without moving the right foot, left front kick.
B. Step back into left back stance, left inside middle block.
14. Moving the left foot 90° to the left into left front stance, right swallow shape knife hand block & strike.
15. A. Without moving the left foot, right front kick.
B. Step down into right front stance, right backfist.
16. Moving the left foot, turn 90° to the left into left walking stance, left inside middle block.



11B. RIGHT INSIDE MIDDLE BLOCK

11A. RIGHT FRONT KICK

10. LEFT OUTSIDE MIDDLE BLOCK

9B. RIGHT DOUBLE KNIFE HAND BLOCK

14. SWALLOW SHAPE RIGHT KNIFE STRIKE

12. RIGHT OUTSIDE MIDDLE BLOCK

13A. LEFT FRONT KICK

13B. LEFT INSIDE MIDDLE BLOCK