

POOMSE TAEGEUK OH JANG

WTF TAEKWONDO POOMSE # 5



5. RIGHT DOWNWARD HAMMER FIST



4. RIGHT LOW BLOCK



1. READY STANCE



2. RIGHT LOW BLOCK



3. LEFT DOWNWARD HAMMER FIST

POOMSE TAE GEUK OH JANG

1. Ready stance
2. Turn to the left 90° by moving the left foot into left front stance, left low block.
3. Without moving the right foot, draw the left foot into left walking stance, left downward hammer fist strike.
4. Moving the right foot, turn 180° to the right into right front stance, right low block.
5. Without moving the left foot, draw the right foot into right walking stance, right downward hammer fist strike.
6. A. Moving the left foot, turn 90° to the left into left front stance, left inside middle block.
B. Without moving the feet, right inside middle block.



6A.



6B.



6A. LEFT INSIDE MIDDLE BLOCK 20A. RIGHT FRONT KICK
6B. RIGHT INSIDE MIDDLE BLOCK 20B. RIGHT BACK FIST

17. A. Pivot on the left foot, right side kick.
B. Step down into right front stance, left elbow strike
18. Moving the right foot, turn 180° to the right into right front stance, right high block.
19. A. Pivot on the right foot, left side kick.
B. Step down into left front stance, right elbow strike
20. A. Moving the left foot, turn 90° to the left into left front stance, left low block.
B. Without moving the feet, right inside middle block.
21. A. Without moving the left foot, right front kick.
B. Spring forward and land in right cross stance, right back fist. (kihap)
22. Return to ready stance by moving the left foot.



17B. LEFT ELBOW STRIKE



17A. RIGHT SIDE KICK



16. LEFT HIGH BLOCK



7A.



7B.



7C.

7A. RIGHT FRONT KICK
7B. RIGHT BACK FIST
7C. LEFT INSIDE MIDDLE BLOCK



20A. LEFT LOW BLOCK
20B. RIGHT INSIDE MIDDLE BLOCK



18. RIGHT HIGH BLOCK



19A. LEFT SIDE KICK



19B. RIGHT ELBOW STRIKE

7. A. Without moving the left foot, right front kick.
B. Step down into right front stance, right back fist.
C. Without moving the feet, left inside middle block.
8. A. Without moving the right foot, left front kick.
B. Step down into left front stance, left back fist.
C. Without moving the feet, right inside middle block.
9. Step forward with the right foot into right front stance, right back fist.
10. Moving the left foot, turn 270° to the left into right back stance, left single knife hand block.
11. Step forward with the right foot into right front stance, right elbow strike.



8A.



8B.



8C.

8A. LEFT FRONT KICK
8B. LEFT BACK FIST
8C. RIGHT INSIDE MIDDLE BLOCK



15A. RIGHT FRONT KICK
15B. RIGHT LOW BLOCK
15C. LEFT INSIDE MIDDLE BLOCK

12. Moving the right foot, turn 180° to the right into left back stance, right single knife hand block.
13. Step forward with the left foot into left front stance, left elbow strike.
14. A. Moving the left foot 90° to the left into left front stance, left low block.
B. Without moving the feet, right inside middle block
15. A. Without moving the left foot, right front kick.
B. Step down into right front stance, right low block.
C. Without moving the feet, left inside middle block
16. Moving the left foot, turn 90° to the left into left front stance, left high block.



11. RIGHT ELBOW STRIKE



10. LEFT SINGLE KNIFE HAND BLOCK



9. RIGHT BACK FIST



14A. LEFT LOW BLOCK
14B. RIGHT INSIDE MIDDLE BLOCK



12. RIGHT SINGLE KNIFE HAND BLOCK



13. LEFT ELBOW STRIKE