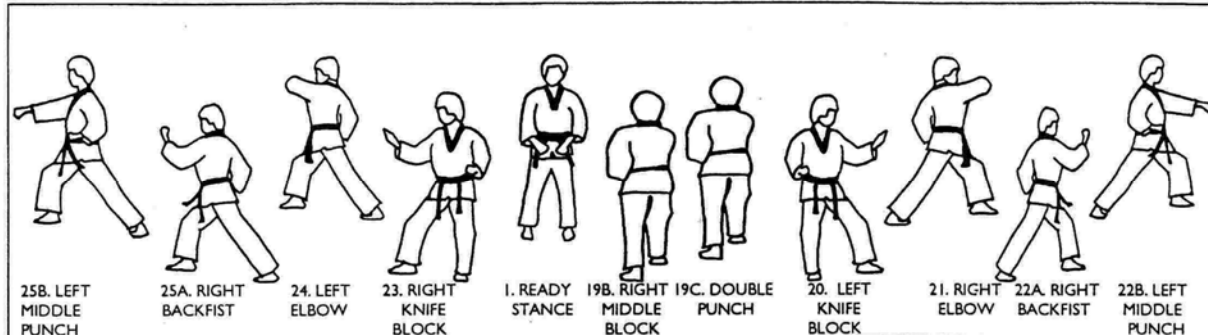


POOMSE TAEGEUK PAL JANG

WTF TAEKWONDO POOMSE # 8



POOMSE TAE GEUK PAL JANG

1. Ready stance

2 A. Step forward, moving the left foot into right back stance, left double arm middle block.
B. Shift to left front stance, right middle punch

3. A. Jump twin front kick (kihap).
B. Step down into left front stance, left inside middle block.
C. Right-left double punch.

4. Moving the right foot, step forward into right front stance, right middle punch.

5. Moving the left foot, turn 180° to the left into right front stance, single mountain block.

6. Turn the body to the left into left front stance, right upper punch.

7. Cross step to the right foot into left front stance, single mountain block.



2A. DOUBLE ARM MIDDLE BLOCK



2B. RIGHT MIDDLE PUNCH



18. DOUBLE ARM LOW BLOCK



19A. JUMP DOUBLE KICK

21. Slide the left foot forward into left front stance, right elbow strike.

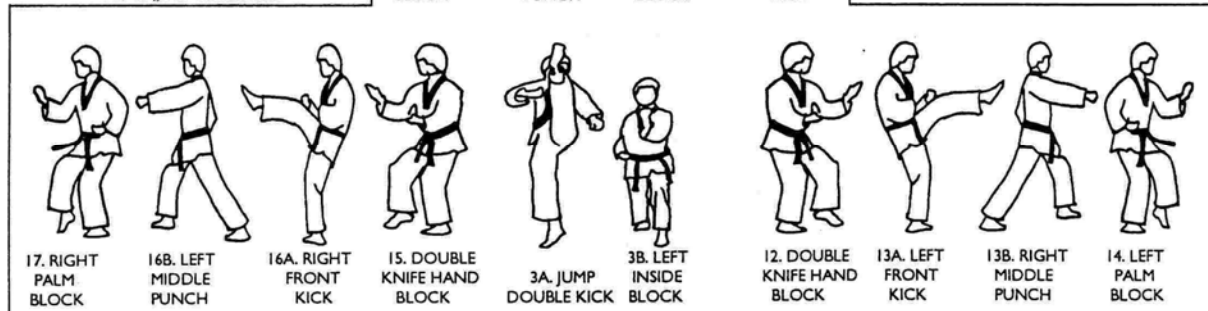
22. A. Without moving the feet, right backfist.
B. Left middle punch.

23. Moving the right foot, turn 180° to the right into left back stance, right knife block.

24. Slide the right foot forward into right front stance, left elbow strike.

25. A. Without moving the feet, right backfist.
B. Right middle punch.

26. Return to ready stance.



8 Turn the body to the right into right front stance, left upper punch.

9. Moving the right foot, turn 90° to the left, into right back stance, left double knife hand block.

10. Without moving the right foot, slide into left front stance, right middle punch.

11. A. Without moving the left foot, right front kick.
B. Step down and slide the left foot one step back into right tiger stance, right palm block.

12. Moving the left foot, turn 90° to the left into left tiger stance, left double knife hand block.

13. A. Without moving the right foot, left front kick.
B. Step down into left front stance, right punch.

14. Slide the left foot into left tiger stance, left palm block.



3C. DOUBLE PUNCH



11A. RIGHT FRONT KICK



11B. RIGHT PALM BLOCK

15. Turn the body 180° to the right into right tiger stance, right double knife hand block.

16. A. Without moving the left foot, right front kick.
B. Step down into right front stance, left punch.

17. Slide the right foot into right tiger stance, right palm block.

18. Moving the right foot, turn 90° to the right into left back stance, right double arm low block.

19. A. Left front kick and without putting down the foot, right jump front kick.
B. Step down into right front stance, right inside middle block.
C. Without moving the feet, left punch. (Kihap)

20. Moving the left foot, turn 180° to the left into right back stance, left knife hand block.

