

# POOMSE TAEGEUK EE JANG

## WTF TAEKWONDO POOMSE #2



5. LEFT MIDDLE PUNCH



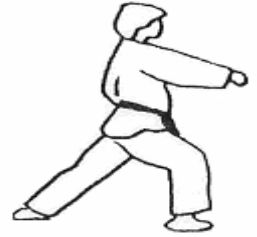
4. RIGHT LOW BLOCK



1. READY STANCE



2. LEFT LOW BLOCK



3. RIGHT MIDDLE PUNCH

1. Ready stance
2. Turn to left 90 by moving left foot into left walking stance, left low block.
3. Step forward with right foot into right front stance, right middle punch.
4. Moving right foot, turn 180 to right into right walking stance, right low block.
5. Step forward with left foot into left front stance, left middle punch.
6. Moving left foot, turn 90 to left into left walking stance, right inside middle block.



6. RIGHT INSIDE MIDDLE BLOCK



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

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



11B. LEFT HIGH PUNCH



11A. LEFT FRONT KICK



10. RIGHT LOW BLOCK



7. LEFT INSIDE MIDDLE BLOCK



18A. LEFT FRONT KICK  
18B. LEFT MIDDLE PUNCH



8. LEFT LOW BLOCK



9A. RIGHT FRONT KICK



9B. RIGHT HIGH PUNCH

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



12. LEFT HIGH BLOCK



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

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