

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

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 feet, right middle punch.

18. Moving right foot, turn 180 to the right into right walking stance, right inside middle block.

19. Without moving feet, left middle punch.

20. A. Moving left foot, turn 90 to left into left front stance, left inside middle block.

20B. Without moving feet, right middle punch.

20 C. Without moving feet, left middle punch.

21. A. Step forward with right foot into right front stance, right inside middle block.

21B. Without moving feet, left middle punch.

21C. Without moving feet, right middle punch. (Kihap)

22. Return to ready stance by moving 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

7A. Without moving left foot, right front kick.

7B. Step down into right front stance, left middle punch.

8. Pivot on right foot, left side kick.

9A. Pivot on left foot, right side kick.

9B. Step down into left back stance, right double knife hand block.

10. Moving left foot, turn 270 to the left into right back stance, left outside middle block.

11A. Without moving left foot, right front kick.

11B. 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 right foot, turn 180 to right into right back stance, right outside middle block.

13A. Without moving right foot, left front kick.

13B. Step back into left back stance, left inside middle block.

14. Moving left foot 90 to left into left front stance, right swallow shape knife hand block & strike.

15A. Without moving the left foot, right front kick.

15B. Step down into right front stance, right backfist.

16. Moving left foot, turn 90 to 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