

POOMSE TAEGEUK SAM JANG

WTF TAEKWONDO POOMSE #3



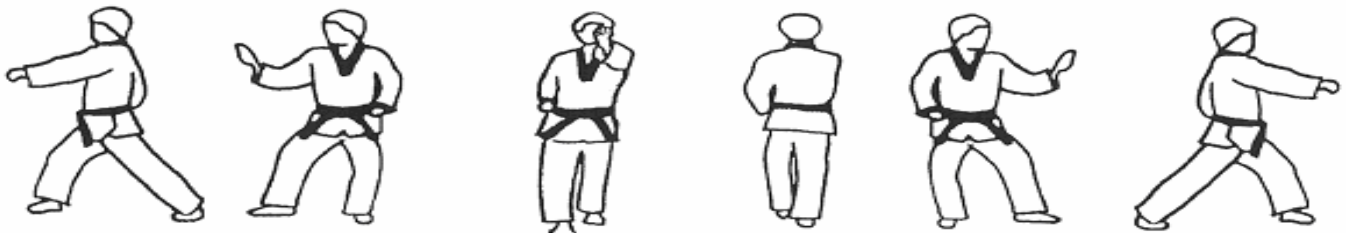
5C. RIGHT MIDDLE PUNCH 5B. LEFT MIDDLE PUNCH 5A. LEFT FRONT KICK 4 RIGHT LOW BLOCK 1. READY STANCE 2. LEFT LOW BLOCK 3A. RIGHT FRONT KICK 3B. RIGHT MIDDLE PUNCH 3C. LEFT MIDDLE PUNCH

1. Ready stance
2. Turn to the left 90 by moving the left foot into left walking stance, left low block.
- 3A. Without moving left foot, right front kick
- 3B. Step down into right front stance, right middle punch
- 3C. Without moving feet, left middle punch
4. Moving right foot, turn 180 to right into right walking stance, right low block.
- 5A. Without moving right foot, left front kick
- 5B. Step down into left front stance, left middle punch
- 5C. Without moving feet, right middle punch
6. Moving left foot, turn 90 to the left into left walking stance, right knife hand strike.



6. RIGHT KNIFE HAND STRIKE 21A RIGHT FRONT KICK
21B RIGHT LOW BLOCK
21 C LEFT MIDDLE PUNCH

7. Step forward with right foot into right walking stance, left knife hand strike.
8. Moving left foot, turn 90 to left into right back stance, left outside knife hand block.
9. Without moving right foot, slide left foot into left front stance, right middle punch.
10. Moving right foot, turn 180 to right into left back stance, right outside knife hand block.
11. Without moving left foot, slide right foot into right front stance, left middle punch.
12. Moving left foot 90 to left into left walking stance, right inside middle block.



11. LEFT MIDDLE PUNCH 10. RIGHT OUTSIDE KNIFE HAND BLOCK 7. LEFT KNIFE HAND STRIKE 20A. LEFT FRONT KICK 20B. LEFT LOW BLOCK 20C. RIGHT MIDDLE PUNCH 8. LEFT OUTSIDE KNIFE HAND BLOCK 9. RIGHT MIDDLE PUNCH

7. Step forward with right foot into right walking stance, left knife hand strike.
8. Moving left foot, turn 90 to left into right back stance, left outside knife hand block.
9. Without moving right foot, slide left foot into left front stance, right middle punch.
10. Moving right foot, turn 180 to right into left back stance, right outside knife hand block.
11. Without moving left foot, slide right foot into right front stance, left middle punch.
12. Moving left foot 90 to left into left walking stance, right inside middle block.



12. RIGHT INSIDE MIDDLE BLOCK 19A. RIGHT LOW BLOCK
19B. LEFT MIDDLE PUNCH

13. Step forward with right foot into right walking stance, left inside middle block.
14. Moving left foot 270 to the left into left walking stance, left low block.
- 15A. Without moving left foot, right front kick
- 15B Step down into right front stance, right middle punch.
- 15C. Without moving feet, left middle punch.
16. Turn 180 to right into right walking stance, right low block.
- 17A. Without moving right foot, left front kick.
- 17B. Step down into left front stance, left middle punch.
- 17C. Without moving feet, right middle punch.



15C. LEFT MIDDLE PUNCH	15B. RIGHT MIDDLE PUNCH	15A. RIGHT FRONT KICK	14. LEFT LOW BLOCK	13. LEFT INSIDE MIDDLE BLOCK	18. L. LOW BLOCK R. MIDDLE PUNCH	16. RIGHT LOW BLOCK	17A. LEFT FRONT KICK	17B. LEFT MIDDLE PUNCH	17C. RIGHT MIDDLE PUNCH
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