

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

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



6A.. LEFT INSIDE MIDDLE BLOCK

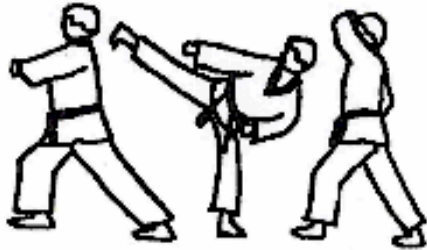


6B. RIGHT INSIDE MIDDLE BLOCK



20A.. RIGHT FRONT KICK
20B. RIGHT BACK FIST

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



17B. LEFT ELBOW STRIKE



17a RIGHT SIDE KICK



16. LEFT HIGH BLOCK



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

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



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