

# POOMSE TAEGEUK YUK JANG

## WTF TAEKWONDO POOMSE #6



5B. RIGHT INSIDE MIDDLE BLOCK



5A. LEFT FRONT KICK



4. LEFT PALM BLOCK



1. READY STANCE



2. RIGHT PALM BLOCK



3A. RIGHT FRONT KICK



3B. LEFT OUTSIDE MIDDLE BLOCK

1. Ready stance.

2. Turn to left 90 by moving the left foot into left front stance, left low block.

3A. Without moving left foot, right front kick.

3B. Step back into right back stance, left outside middle block.

4. Moving right foot, turn 180 to right into right front stance, right low block.

5A. Without moving right foot, left front kick.

5B. Step back into left back stance, right outside middle block.

6. Moving left foot, turn 90 to left into left front stance, right high knife hand block.



6. RIGHT HIGH KNIFE BLOCK



7. RIGHT ROUNDHOUSE KICK



23. RIGHT PALM BLOCK



24. LEFT MIDDLE PUNCH

19. Moving right foot, turn counterclockwise 90 into right back stance, left double knife hand block.

20. Moving left foot, step back into left back stance, right double knife hand block.

21. Moving right foot, step back into left front stance, left palm block.

22. Without moving feet, right middle punch.

23. Moving left foot, step back into right front stance, right palm block.

24. Without moving feet, left middle punch.

25. Return to ready stance.



11B. RIGHT MIDDLE PUNCH



11A. LEFT FRONT KICK



10B. LEFT MIDDLE PUNCH



10A. RIGHT HIGH BLOCK



12. LOW WEDGE BLOCK



22. RIGHT MIDDLE PUNCH



8A. LEFT HIGH BLOCK



8B. RIGHT MIDDLE PUNCH



9A. RIGHT FRONT KICK



9B. LEFT MIDDLE PUNCH

7. Without moving left foot, right roundhouse kick.

8A. Moving left foot, turn 90 to left into left front stance, left high outside block.

8B. Without moving feet, right middle punch.

9A. Without moving left foot, right front kick.

9B. Step into right front stance, left middle punch.

10A. Moving right foot, turn 180 to right into right front stance, right high outside block.

10B. Without moving feet, left middle punch.

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

11B. Step into left front stance, right middle punch.

12. Moving left foot 90 to left into ready stance, low wedge block.



13. LEFT HIGH KNIFE HAND BLOCK



20. RIGHT DOUBLE KNIFE BLOCK



21. LEFT PALM BLOCK

13. Step forward with right foot into right front stance, right high knife hand block.

14. Without moving right foot, left roundhouse kick. (Kilhap)

15. Moving right foot, turn 270 to right into right front stance, right low block.

16A. Without moving right foot, left front kick.

16B. Step back into left back stance, right outside middle block.

17. Moving left foot, turn 180 to left into left front stance, left low block.

18A. Without moving left foot, right front kick.

18B. Step back into right back stance, left outside middle block.



18B. LEFT OUTSIDE MIDDLE BLOCK



18A. RIGHT FRONT KICK



17. LEFT LOW BLOCK



14. LEFT ROUNDHOUSE KICK



19. LEFT DOUBLE KNIFE BLOCK



15. RIGHT LOW BLOCK



16A. LEFT FRONT KICK



16B. RIGHT OUTSIDE MIDDLE BLOCK