

POOMSE TAEGEUK PAL JANG

WTF TAEKWONDO POOMSE #8



25B. LEFT MICCLE PUNCH

25A. RIGHT BACKFIST

24. LEFT ELBOW

23. RIGHT KNIFE BLOCK

1. READY STANCE

19B. RIGHT MIDDLE BLOCK

19C. DOUBLE PUNCH

20. LEFT KNIFE BLOCK

21. RIGHT ELBOW

22A. RIGHT BACKFIST

22B. LEFT MIDDLE PUNCH

1. Ready Stance
- 2A. Step forward, moving left foot into right back stance, left double arm middle block.
- 2B. Shift to left front stance, right middle punch.
- 3A. Jump twin front kick (kihap).
- 3B. Step down into left front stance, left inside middle block.
- 3C. Right-left double punch.
4. Moving right foot, step forward into right front stance, right middle punch.
5. Moving left foot, turn 180 to left into right front stance, single mountain block.
6. Turn body to left into left front stance, right upper punch.
7. Cross step to right foot into left front stance, single mountain block.



2A. DOUBLE ARM MIDDLE BLOCK

2B. RIGHT MIDDLE PUNCH

18. DOUBLE ARM LOW BLOCK

19A. JUMP DOUBLE KICK

21. Slide left foot forward into left front stance, right elbow strike.
- 22A. Without moving feet, right backfist.
- 22B. Left middle punch.
23. Moving right foot, turn 180 to right into left back stance, right knife block.
24. Slide right foot forward into right front stance, left elbow strike.
- 25A. Without moving feet, right backfist.
- 25B. Right middle punch.
26. Return to ready stance.



17. RIGHT PALM BLOCK

16B. LEFT MIDDLE PUNCH

16A. RIGHT FRONT KICK

15. DOUBLE KNIFE HAND BLOCK

3A JUMP DOUBLE KICK

3B. LEFT INSIDE BLOCK

12. DOUBLE KNIFE HAND BLOCK

13A. LEFT FRONT KICK

13B. RIGHT MIDDLE PUNCH

14. LEFT PALM BLOCK

8. Turn body to right into right front stance, left upper punch.
9. Moving right foot, turn 90 to left, into right back stance, left double knife hand block.
10. Without moving right foot, slide into left front stance, right middle punch.
- 11A. without moving left foot, right front kick.
- 11B. Step down and slide left foot one step back into right tiger stance, right palm block.
12. Moving left foot, turn 90 to left into left tiger stance, left double knife hand block.
- 13A. Without moving right foot, left front kick.
- 13B. Step down into left front stance, right punch.
14. Slide left foot into left tiger stance, left palm block.



3C. DOUBLE PUNCH

11A. RIGHT FRONT KICK

11B. RIGHT PALM BLOCK

15. Turn body 180 to right into right tiger stance, right double knife hand block.
- 16A. Without moving left foot, right front kick.
- 16B. Step down into right front stance, left punch.
17. Slide right foot into right tiger stance, right palm block.
18. Moving right foot, turn 90 to right into left back stance, right double arm low block.
- 19A. Left front kick and without putting foot down, right jump front kick.
- 19B. Step down into right front stance, right inside middle block.
- 19C. Without moving feet, left punch. (kihap)
20. Moving left foot, turn 180 to left into right back stance, left knife hand block.



6. RIGHT UPPER PUNCH

5. MOUNTAIN BLOCK (SINGLE)

4. RIGHT MIDDLE PUNCH

9. DOUBLE KNIFE HAND BLOCK

10. RIGHT MIDDLE PUNCH

7. MOUNTAIN BLOCK (SINGLE)

8. LEFT UPPER PUNCH