

# POOMSE TAEGEUK IL JANG

## WTF TAEKWONDO POOMSE #1



5. LEFT MIDDLE PUNCH



4. RIGHT LOW BLOCK



1. READY STANCE



2. LEFT LOW BLOCK



3. RIGHT MIDDLE PUNCH

1. Ready stance

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

3. Step forward with right foot into right walking stance, right middle punch.

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

5. Step forward with left foot into left walking stance, left middle punch.

6. Moving left foot, turn 90 to left into left front stance, left low block.



6. LEFT LOW BLOCK



19. RIGHT MIDDLE PUNCH

12. Moving right foot 90 to right into right front stance, right low block

13. Without moving feet, left middle punch.

14. Moving left foot 90 to left into left walking stance, left high block.

15A. Without moving feet, right front kick.

15B. Step down into right walking stance, right middle punch.

16. Moving right foot 180 to right into right walking stance, right high block.



9. RIGHT MIDDLE PUNCH



8. LEFT INSIDE MIDDLE BLOCK



7. RIGHT MIDDLE PUNCH



10. RIGHT INSIDE MIDDLE BLOCK



11. LEFT MIDDLE PUNCH

7. Without moving feet, right middle punch.

8. Moving right foot, turn 90 to right into right walking stance, left inside middle block.

9. Step forward with left foot into left walking stance, right middle punch.

10. Moving left foot 180 to left into left walking stance, right inside middle block.

11. Step forward with right foot into right walking stance, left middle punch.



12. RIGHT LOW BLOCK



18. LEFT LOW BLOCK

17A. Without moving right foot, left front kick.

17B. Step down into left walking stance, left middle punch.

18. Moving left foot, turn 90 to right into left front stance, left low block.

19. Step forward with right foot into right front stance, right middle punch with kihap.

20. Return to ready stance by moving left foot.



17B. LEFT MIDDLE PUNCH



17A. LEFT FRONT KICK



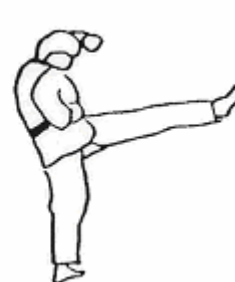
16. RIGHT HIGH BLOCK



13. LEFT MIDDLE PUNCH



14. LEFT HIGH BLOCK



15A. RIGHT FRONT KICK



15B. RIGHT MIDDLE PUNCH