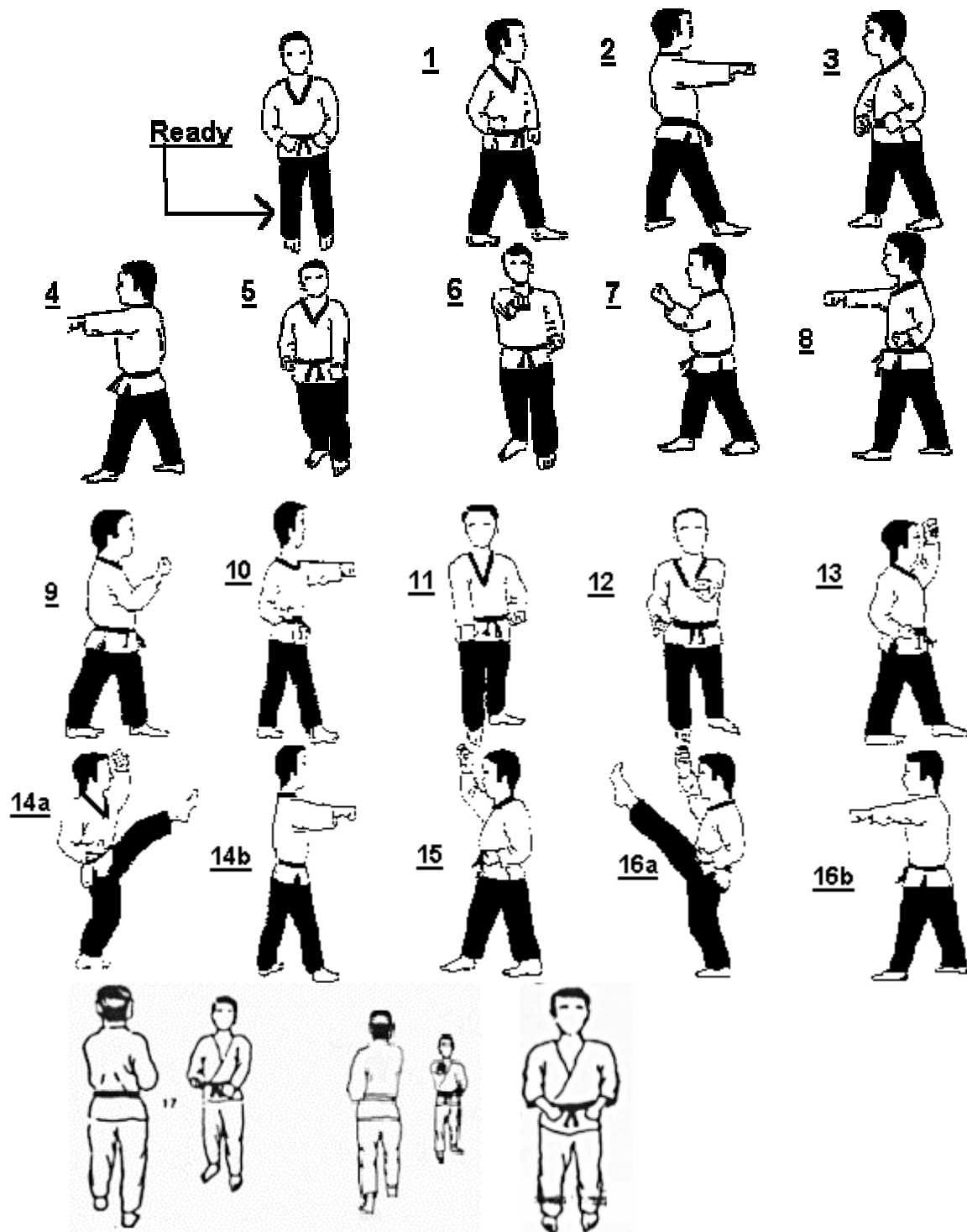


# GRANT'S FAMILY MARTIAL ARTS CENTER

## TAE GEUK IL JANG

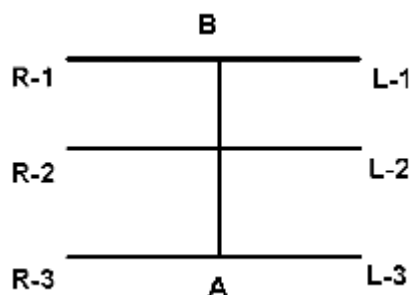


# GRANT'S FAMILY MARTIAL ARTS CENTER

## TAE GEUK IL JANG

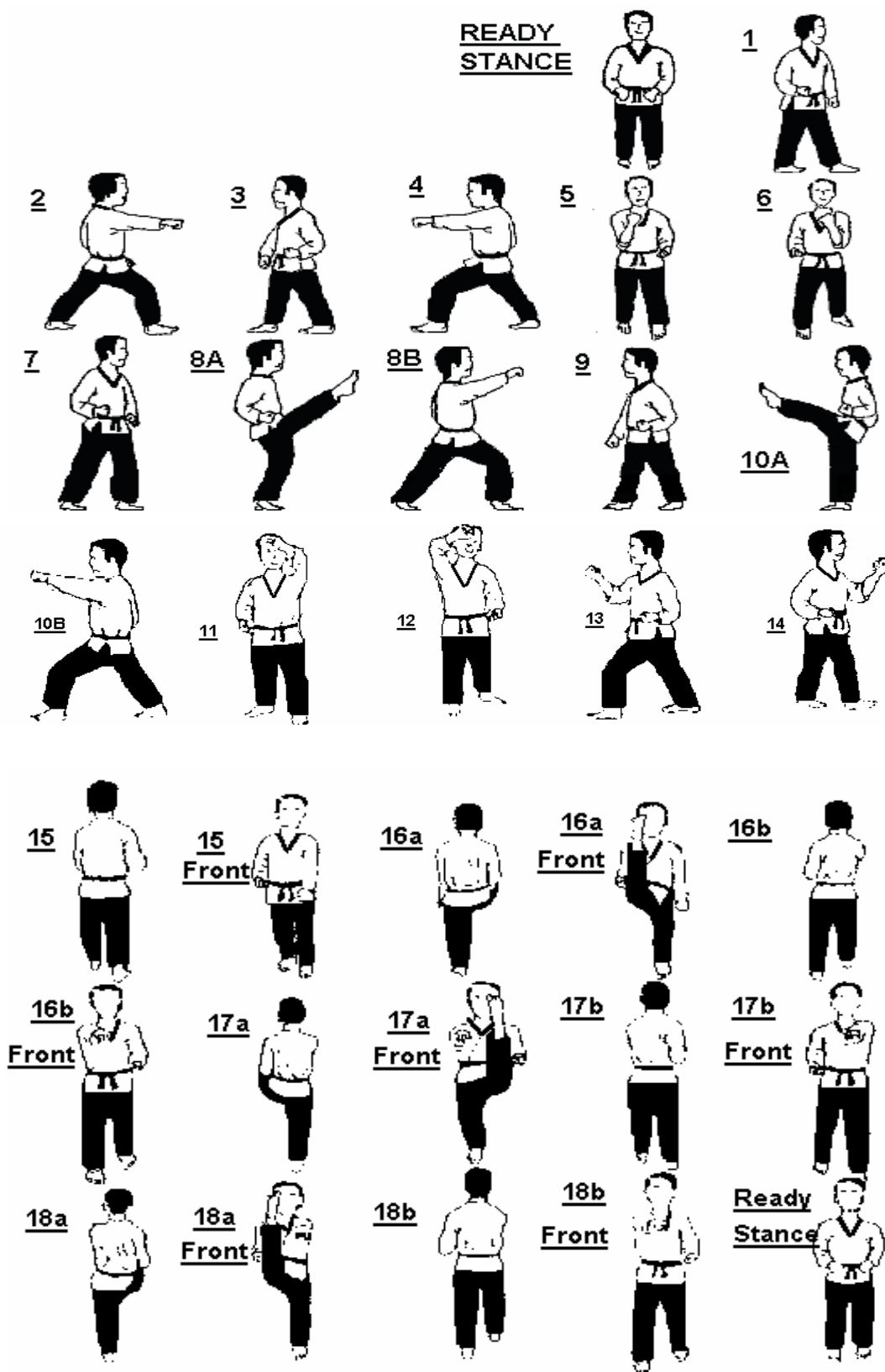
READY STANCE: Facing "A"

1. Look left and move left foot turning body  $90^{\circ}$  counter-clockwise into a left WALKING STANCE toward L-1 and execute a LEFT LOW BLOCK.
2. Step right foot toward L-1 into a right WALKING STANCE and execute a RIGHT MIDDLE SECTION PUNCH.
3. Look right and move right foot  $180^{\circ}$  clockwise toward R-1 into a right WALKING STANCE and execute a RIGHT LOW BLOCK.
4. Step left foot toward R-1 into a left WALKING STANCE and execute a LEFT MIDDLE SECTION PUNCH.
5. Look left and move left foot  $90^{\circ}$  counter-clockwise toward -A- into a left LONG STANCE and execute a LEFT LOW BLOCK.
6. Leave feet in same position and execute a RIGHT MIDDLE SECTION PUNCH.
7. Look right and move right foot turning  $90^{\circ}$  clockwise into a **RIGHT** WALKING STANCE toward R-2 and execute a **LEFT** OUT-TO-IN CHEST BLOCK.
8. Move left foot toward R-2 into a **LEFT** WALKING STANCE and execute a **RIGHT** MIDDLE SECTION PUNCH.
9. Look left and move left foot  $180^{\circ}$  counter-clockwise toward L-2 into a **LEFT** WALKING STANCE and execute a **RIGHT** OUT-TO-IN CHEST BLOCK.
10. Move right foot toward L-2 into a **RIGHT** WALKING STANCE and execute a **LEFT** MIDDLE SECTION PUNCH.
11. Look right and move right foot  $90^{\circ}$  clockwise toward -A- into a right LONG STANCE and execute a RIGHT LOW BLOCK.
12. Leave feet in same position and execute a LEFT MIDDLE SECTION PUNCH.
13. Look left and move left foot turning body  $90^{\circ}$  counter-clockwise toward L-3 into a left WALKING STANCE and execute a LEFT FACE BLOCK.
14. Execute a RIGHT FRONT KICK toward L-3. Place right foot down forward toward L-3 into a right WALKING STANCE and execute a RIGHT MIDDLE SECTION PUNCH.
15. Look right and move right foot  $180^{\circ}$  clockwise toward R-3 into a right WALKING STANCE and execute a RIGHT FACE BLOCK.
16. Execute a LEFT FRONT KICK toward R-3. Place left foot down forward toward R-3 into a left WALKING STANCE and execute a LEFT MIDDLE PUNCH.
17. Look right and move left foot turning  $90^{\circ}$  clockwise toward -B- into a left LONG STANCE and execute a LEFT LOW BLOCK toward -B-.
18. Step right foot toward -B- into a right LONG STANCE and execute a RIGHT MIDDLE SECTION PUNCH toward -B-. **KIYAP!!**
19. MOVE LEFT FOOT BACK COUNTER-CLOCKWISE TO FACE -A- IN READY STANCE



# GRANT'S FAMILY MARTIAL ARTS CENTER

## TAE GEUK EE JANG

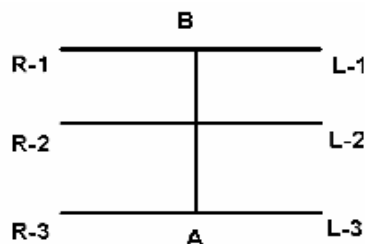


# GRANT'S FAMILY MARTIAL ARTS CENTER

## TAE GEUK EE JANG

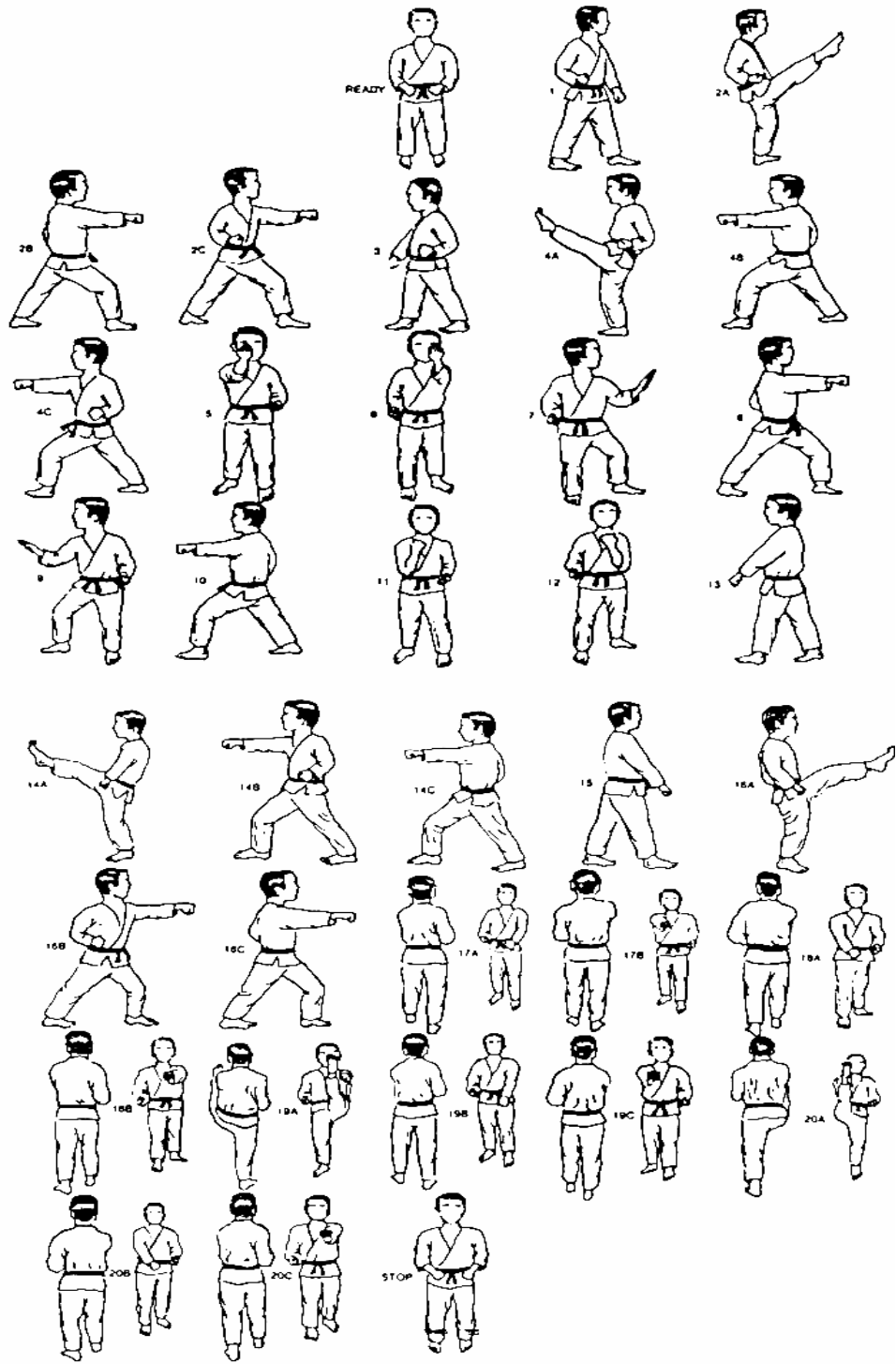
READY STANCE: Facing "A"

1. Look left and move left foot turning  $90^{\circ}$  counter clockwise into a left WALKING STANCE toward L-1, execute a LEFT LOW BLOCK.
2. Step right foot toward L-1 into a right LONG STANCE and execute a RIGHT MIDDLE SECTION PUNCH.
3. Look right and move right foot  $180^{\circ}$  clockwise toward R-1 into a right WALKING STANCE and execute a RIGHT LOW BLOCK.
4. Step left foot toward R-1 into a left LONG STANCE and execute a LEFT MIDDLE SECTION PUNCH.
5. Look left and move left foot  $90^{\circ}$  counter-clockwise toward -A- into a **LEFT** WALKING STANCE and execute a **RIGHT** OUT-TO-IN CHEST BLOCK.
6. Step right foot toward -A- into a **RIGHT** WALKING STANCE and execute a **LEFT** OUT-TO-IN CHEST BLOCK.
7. Look left and move left foot turning  $90^{\circ}$  counter-clockwise toward L-2 into a left WALKING STANCE and execute a LEFT LOW BLOCK.
8. Execute a RIGHT FRONT KICK toward L-2, lower right foot into a right LONG STANCE with a RIGHT FACE PUNCH.
9. Look right and move right foot  $180^{\circ}$  clockwise toward R-2 into a right WALKING STANCE and execute a RIGHT LOW BLOCK.
10. Execute a LEFT FRONT KICK toward R-2, lower left foot toward R-2 into a left LONG STANCE with a LEFT FACE PUNCH.
11. Look left and move left foot turning  $90^{\circ}$  toward -A- into a left WALKING STANCE and execute a LEFT FACE BLOCK.
12. Step toward -A- into a right WALKING STANCE and execute a RIGHT FACE BLOCK.
13. Pivot on right foot, move left foot  $270^{\circ}$  clockwise toward R-3 into a **LEFT** WALKING STANCE and execute a **RIGHT** OUT-TO-IN CHEST BLOCK.
14. Pivot  $180^{\circ}$  counter-clockwise toward L-3 into a **RIGHT** WALKING STANCE and execute a **LEFT** OUT-TO-IN CHEST BLOCK.
15. Look left and move left foot turning  $90^{\circ}$  counter-clockwise toward -B- into a left WALKING STANCE and execute a LEFT LOW BLOCK.
16. Execute a RIGHT FRONT KICK, lower foot into right WALKING STANCE and execute a RIGHT MIDDLE SECTION PUNCH toward -B-.
17. Execute a LEFT FRONT KICK, lower foot into left WALKING STANCE and execute a LEFT MIDDLE SECTION PUNCH toward -B-.
18. Execute a RIGHT FRONT KICK, lower foot into right WALKING STANCE and execute a RIGHT MIDDLE SECTION PUNCH toward -B-. **KIYAP!!**
19. MOVE LEFT FOOT BACK COUNTER-CLOCKWISE TO FACE -A- IN READY STANCE



# GRANT'S FAMILY MARTIAL ARTS CENTER

## TAE GEUK SAM JANG



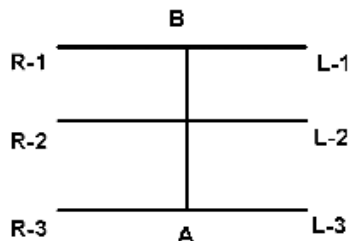
# GRANT'S FAMILY MARTIAL ARTS CENTER

## TAE GEUK SAM JANG

READY STANCE: Facing "A"

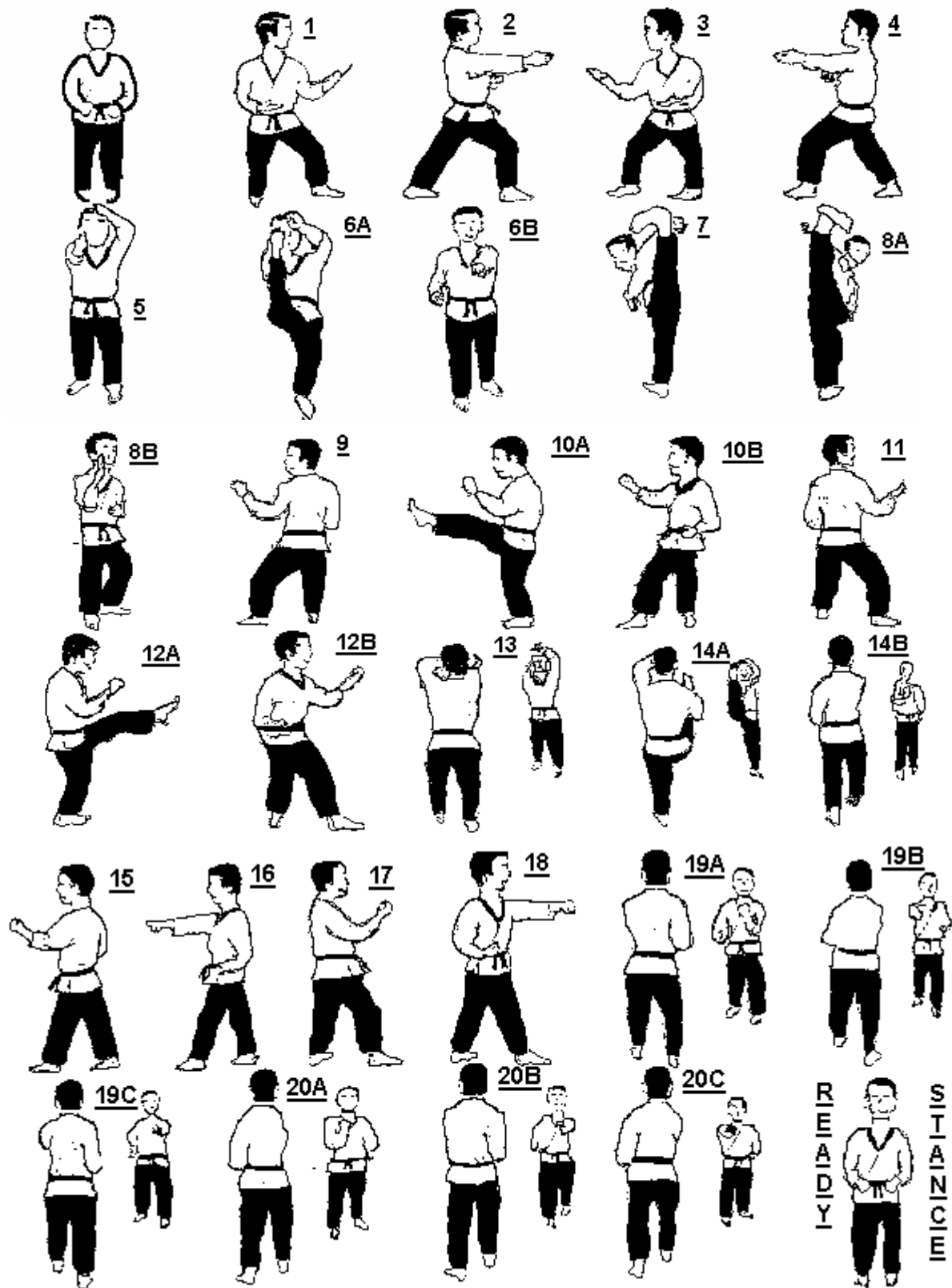
1. Move left foot turning  $90^{\circ}$  CCW into a left WALKING STANCE toward L-1, execute a LEFT LOW BLOCK.
2. Execute a RIGHT FRONT KICK toward L-1, lower foot into a right LONG STANCE and execute a RIGHT MIDDLE SECTION PUNCH and then a LEFT MIDDLE SECTION PUNCH.
3. Move right foot  $180^{\circ}$  CW toward R-1 into a right WALKING STANCE and execute a RIGHT LOW BLOCK.
4. Execute a LEFT FRONT KICK toward R-1, lower foot into a left LONG STANCE and execute a LEFT MIDDLE SECTION PUNCH and then a RIGHT MIDDLE SECTION PUNCH.
5. Move left foot  $90^{\circ}$  CCW toward -A- into a **LEFT** WALKING STANCE and execute a **RIGHT** CHOP (palm up).
6. Step right foot toward -A- into a **RIGHT** WALKING STANCE and execute a **LEFT** CHOP (palm up).
7. Move left foot toward L-2 into a left BACK STANCE and execute a LEFT SINGLE KNIFE-HAND BLOCK.
8. Step left foot out into a **LEFT** LONG STANCE toward L-2 and execute a **RIGHT** MIDDLE SECTION PUNCH.
9. Move right foot  $180^{\circ}$  CW toward R-2 into a right BACK STANCE and execute a RIGHT SINGLE KNIFE-HAND BLOCK.
10. Step right foot out into a **RIGHT** LONG STANCE toward R-2 and execute a **LEFT** MIDDLE SECTION PUNCH.
11. Move left foot turning  $90^{\circ}$  toward -A- into a **LEFT** WALKING STANCE and execute a **RIGHT** OUT-TO-IN CHEST BLOCK.
12. Step right foot toward -A- into a **RIGHT** WALKING STANCE and execute a **LEFT** OUT-TO-IN CHEST BLOCK.
13. Pivot on right foot, move left foot  $270^{\circ}$  clockwise toward R-3 into a left WALKING STANCE and execute a left LOW BLOCK.
14. Execute a RIGHT FRONT KICK toward R-3, lower foot into a right LONG STANCE and execute a RIGHT MIDDLE SECTION PUNCH and then a LEFT MIDDLE SECTION PUNCH.
15. Move right foot  $180^{\circ}$  CW toward L-3 into a right WALKING STANCE and execute a RIGHT LOW BLOCK.
16. Execute a LEFT FRONT KICK toward L-3, lower foot into a left LONG STANCE and execute a LEFT MIDDLE SECTION PUNCH and then a RIGHT MIDDLE SECTION PUNCH.
17. Move left foot turning  $90^{\circ}$  CCW toward -B- into a left WALKING STANCE and execute a LEFT LOW BLOCK and then a RIGHT MIDDLE SECTION PUNCH toward -B-.
18. Step right foot toward -B- into a right WALKING STANCE and execute a RIGHT LOW BLOCK and then a LEFT MIDDLE SECTION PUNCH toward -B-.
19. Execute a LEFT FRONT KICK, lower foot into left WALKING STANCE and execute a LEFT LOW BLOCK and then a RIGHT MIDDLE SECTION PUNCH toward -B-.
20. Execute a RIGHT FRONT KICK, lower foot into right WALKING STANCE and execute a RIGHT LOW BLOCK and then a LEFT MIDDLE SECTION PUNCH toward -B-. **KIYAP!!**

MOVE LEFT FOOT BACK COUNTER-CLOCKWISE TO FACE -A- IN READY STANCE.



# GRANT'S FAMILY MARTIAL ARTS CENTER

## TAE GEUK SAH JANG



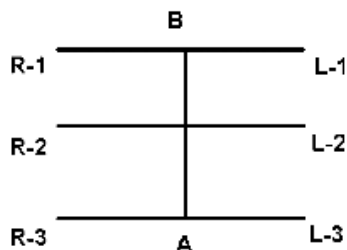
# GRANT'S FAMILY MARTIAL ARTS CENTER

## TAE GEUK SAH JANG

READY STANCE: Facing "A"

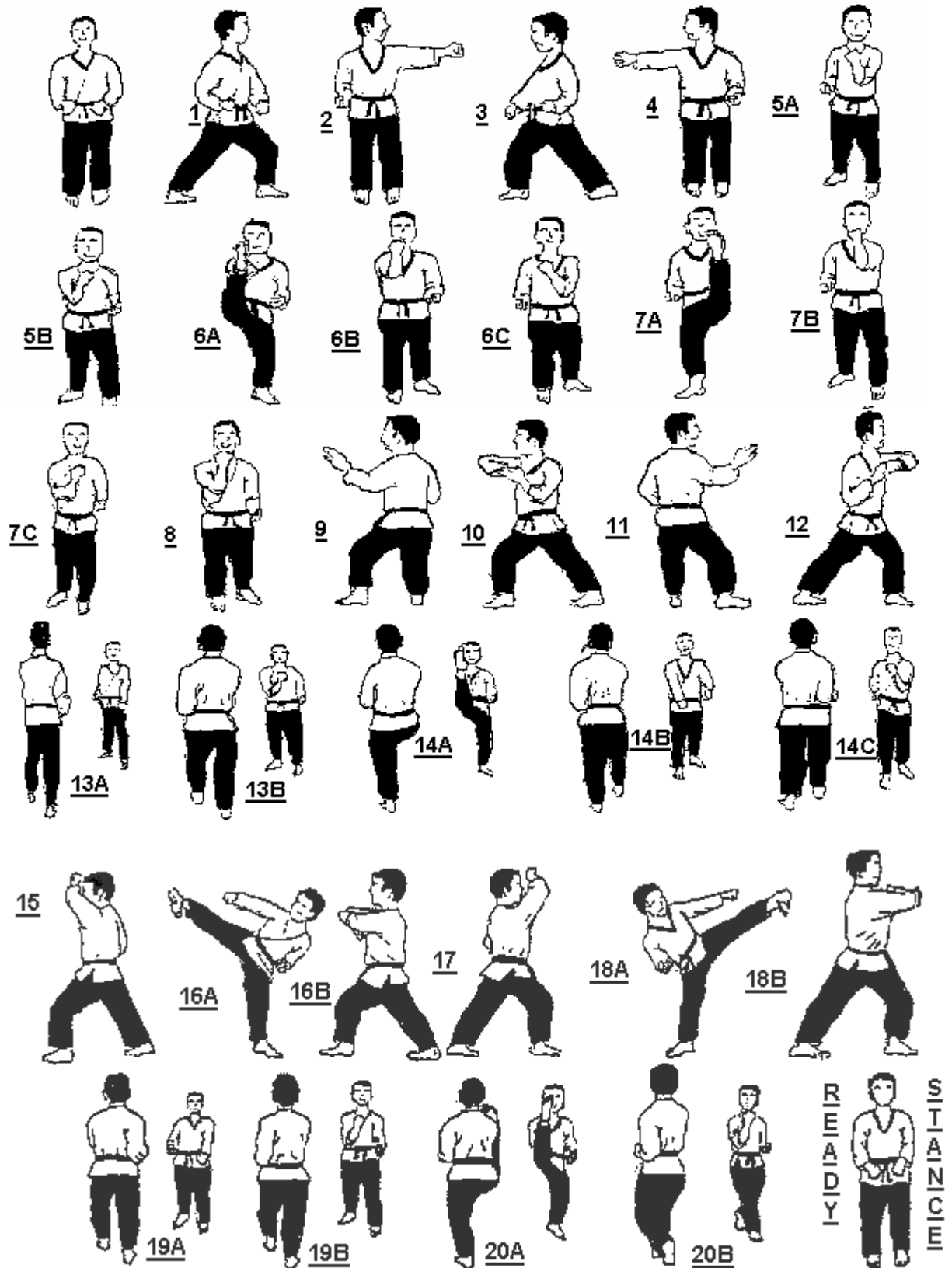
1. Look left and move left foot toward -L1- into a left BACK STANCE and execute a LEFT DOUBLE KNIFE-HAND HIGH BLOCK toward -L1-
2. Step right foot toward -L1- into a right LONG STANCE and execute a RIGHT MIDDLE LEVEL SPEARHAND (thumb-up, and left hand palm down supporting right elbow).
3. Pivot on left foot, move right foot 180<sup>0</sup> clockwise toward -R1- into a right BACK STANCE and execute a RIGHT DOUBLE KNIFE-HAND HIGH BLOCK toward -R1-.
4. Step left foot toward -R1- into a left LONG STANCE and execute A LEFT MIDDLE LEVEL SPEARHAND (thumb-up, and right hand palm down supporting left elbow).
5. Look left, pivot on right foot and move left 90<sup>0</sup> counter-clockwise toward -A- into a left LONG STANCE with simultaneous LEFT OPEN HAND FACE BLOCK AND RIGHT PALM-UP KNIFEHAND STRIKE to neck level toward -A-.
6. Execute a RIGHT FRONT KICK, lowering the foot toward -A- into a right LONG STANCE and execute a LEFT REVERSE PUNCH to -A-.
7. Execute a LEFT SIDE KICK toward -A-, lowering foot toward -A- into a left FIGHTING STANCE
8. Execute a RIGHT SIDE KICK toward -A-, lowering foot into a right BACK STANCE and then execute a RIGHT DOUBLE KNIFE HAND HIGH BLOCK toward -A-.
9. Pivot on right foot and turn 270<sup>0</sup> counter-clockwise to face -R3- into a left BACK STANCE and execute a LEFT SPREAD BLOCK toward -R3-.
10. Execute a RIGHT FRONT KICK toward -R3-, bringing kicking foot back to the left BACK STANCE then slide left foot toward right into a left CAT STANCE and execute a RIGHT OUT-TO-IN CHEST BLOCK toward -R3-.
11. Pivot on both feet 180<sup>0</sup> clockwise into a right BACK STANCE toward -L3- and execute a RIGHT SPREAD BLOCK.
12. Execute a LEFT FRONT KICK toward -L3-, bringing kicking foot back to the right BACK STANCE then slide right foot toward left into a right CAT STANCE and execute a LEFT OUT-TO-IN CHEST BLOCK toward -L3-.
13. Look left, pivot on right foot and move left foot 90<sup>0</sup> counter-clockwise toward -B- into a left LONG STANCE while executing simultaneously a LEFT OPEN HAND FACE BLOCK and RIGHT PALM-UP KNIFEHAND STRIKE to neck level toward -B-.
14. Execute a RIGHT FRONT KICK toward -B-, lowering the foot down into a right LONG STANCE toward -B- and then execute a RIGHT BACKFIST STRIKE to nose level toward -B-.
15. Look left, move left foot turning 90<sup>0</sup> counter-clockwise toward -R2- into a left WALKING STANCE and execute a LEFT OUT-TO-IN CHEST BLOCK and then a RIGHT REVERSE MIDDLE PUNCH.
16. Look right, pivot on left foot and move right foot 180<sup>0</sup> clockwise toward -L2- into a right WALKING STANCE with a RIGHT OUT-TO-IN CHEST BLOCK and then a LEFT REVERSE MIDDLE PUNCH.
17. Look left and move left foot 90<sup>0</sup> counter-clockwise toward -B- into a left LONG STANCE and execute a LEFT OUT-TO-IN CHEST BLOCK then a RIGHT REVERSE MIDDLE PUNCH and LEFT MIDDLE PUNCH.
18. Step to -B- with right foot into a right LONG STANCE and execute a RIGHT OUT-TO-IN CHEST BLOCK then a LEFT REVERSE MIDDLE PUNCH and RIGHT MIDDLE PUNCH. **KIYAP!!**

PIVOT ON RIGHT FOOT BRINGING LEFT FOOT COUNTER-CLOCKWISE TO READY STANCE FACING -A-.



# GRANT'S FAMILY MARTIAL ARTS CENTER

## TAE GEUK O JANG



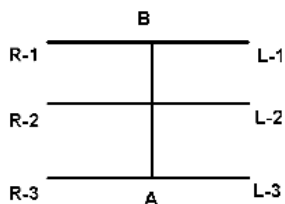
# GRANT'S FAMILY MARTIAL ARTS CENTER

## TAE GEUK O JANG

READY STANCE: Facing "A"

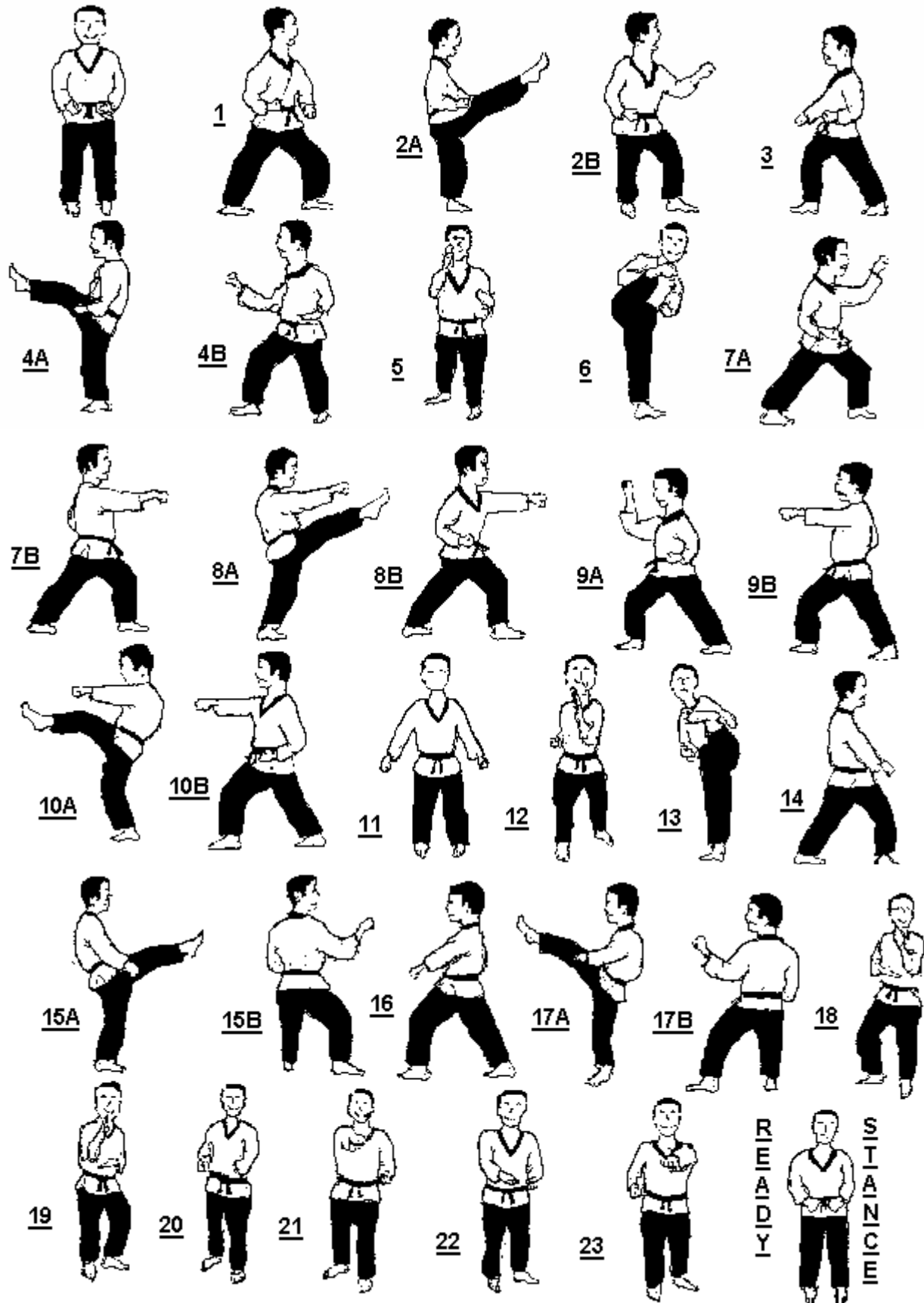
1. Move left foot into left LONG STANCE toward -L1- and execute a LEFT LOW BLOCK.
2. Twist left wrist (as if breaking grip) and pull left foot back to ready stance. Execute a downward hammer fist toward -L1-.
3. Move right foot into a right LONG STANCE toward -R1- and execute a RIGHT LOW BLOCK.
4. Twist right wrist (as if breaking grip) and pull right foot back to a ready stance. Execute a downward hammer fist toward -R1-.
5. Move left foot into a left FRONT STANCE toward -A- and execute a LEFT OUT-TO-IN CHEST BLOCK; then RIGHT OUT-TO-IN CHEST BLOCK.
6. Execute a RIGHT FRONT KICK toward -A-, lower right foot into a right LONG STANCE toward -A- and execute a RIGHT BACKFIST and then a LEFT OUT-TO-IN CHEST BLOCK.
7. Execute a LEFT FRONT KICK toward -A-, lower left foot into a left LONG STANCE and execute a LEFT BACKFIST to -A-; and then a RIGHT OUT-TO-IN CHEST BLOCK.
8. Step to -A- into a right LONG STANCE and execute a RIGHT BACKFIST toward -A-.
9. Pivot on right foot 270<sup>0</sup> counter-clockwise moving left foot toward -R3- into a left BACK STANCE and execute a LEFT SINGLE KNIFE-HAND BLOCK toward -R3-.
10. Step right foot toward -R3- into a right LONG STANCE bringing right fist to left open palm in a punching motion but striking to -R3- with a RIGHT ELBOW STRIKE.
11. Move right foot 180<sup>0</sup> clockwise into a right BACK STANCE toward -L3- and execute a RIGHT SINGLE KNIFE-HAND BLOCK toward -L3-.
12. Step left foot toward -L3- into a left LONG STANCE bringing left fist to open palm in a punching motion but striking to -L3- with a LEFT ELBOW STRIKE.
13. Look left and turn 90<sup>0</sup> counter-clockwise and move left foot toward -B- into a left LONG STANCE and execute a LEFT LOW BLOCK and then a RIGHT OUT-TO-IN CHEST BLOCK.
14. Execute a RIGHT FRONT KICK toward -B-, lower right foot toward -B- into a right LONG STANCE and execute a RIGHT LOW BLOCK and then a LEFT OUT-TO-IN CHEST BLOCK.
15. Look left and bring left foot to right foot then turn 90<sup>0</sup> counter-clockwise and move left foot toward -R2- into a left LONG STANCE and execute a LEFT FACE BLOCK.
16. Execute a RIGHT SIDE KICK toward -R2-, lower foot into a right LONG STANCE toward -R2- and execute a LEFT ELBOW SMASH (right palm covers left elbow).
17. Move right foot 180<sup>0</sup> clockwise toward -L2- into a right LONG STANCE toward -L2- and execute a RIGHT FACE BLOCK.
18. Execute a LEFT SIDE KICK toward -L2-, lower foot into a left LONG STANCE toward -L2- and execute a RIGHT ELBOW SMASH (left palm covers right elbow).
19. Look left and move left foot 90<sup>0</sup> counter-clockwise toward -B- into a left LONG STANCE and execute a LEFT LOW BLOCK and then a RIGHT OUT-TO-IN CHEST BLOCK toward -B-.
20. Execute a RIGHT FRONT KICK toward -B- and jump to -B- landing in a right X-STANCE (left foot flat on floor with right foot touching back of left and on toes) and execute a RIGHT BACKFIST toward -B-. **KIYAP!!**

PIVOT ON RIGHT FOOT AND MOVE LEFT FOOT COUNTER-CLOCKWISE TO FACE -A- IN READY POSITION



# GRANT'S FAMILY MARTIAL ARTS CENTER

## TAE GEUK YUK JANG



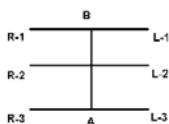
# GRANT'S FAMILY MARTIAL ARTS CENTER

## TAE GEUK YUK JANG

READY STANCE: Facing "A"

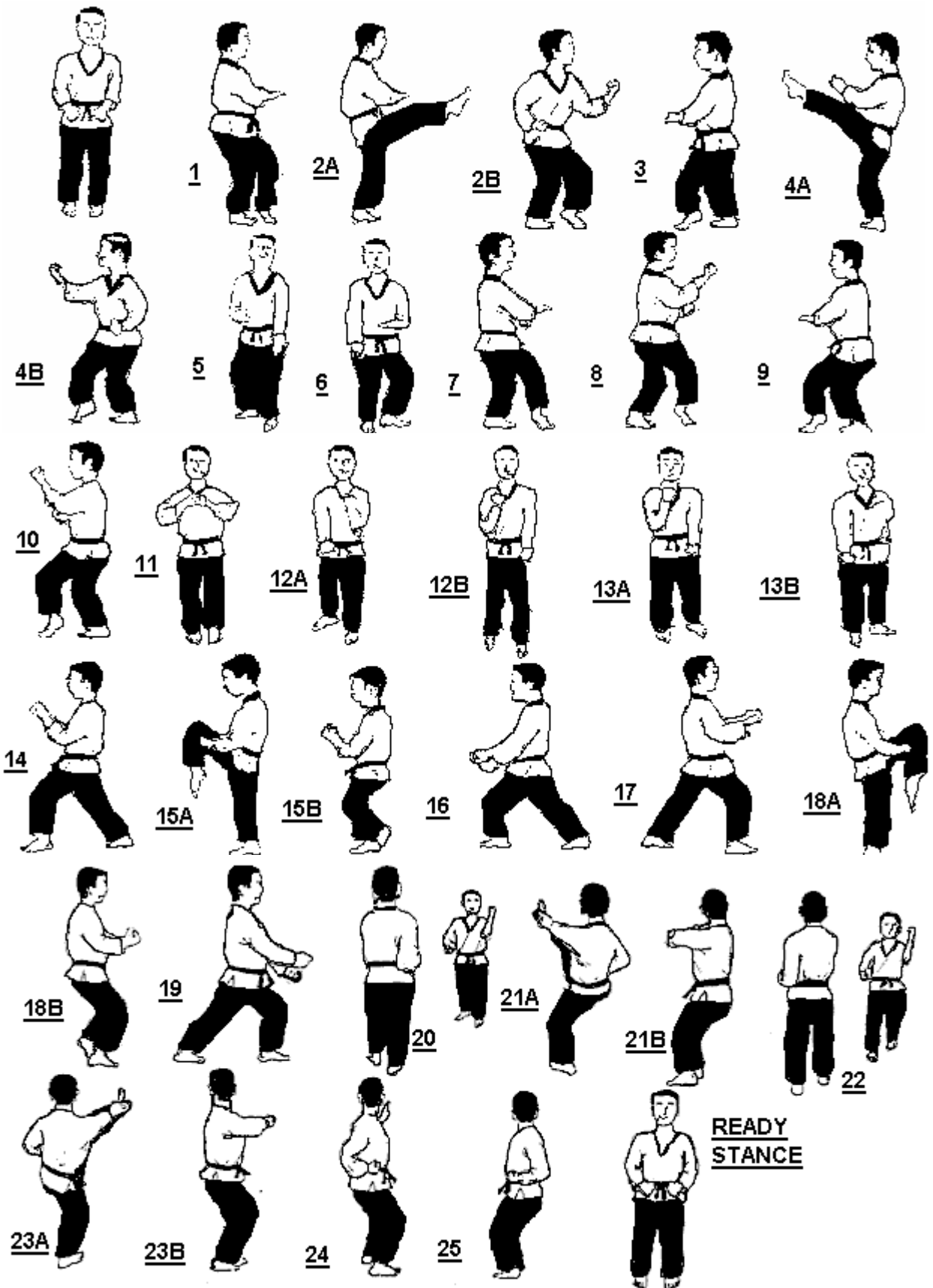
1. Move left foot into a left LONG STANCE toward -L1- and execute a left low block.
2. Execute a RIGHT FRONT KICK toward -L1- (bringing kicking foot back to starting position but into a left BACK STANCE) and then execute a LEFT SPREAD BLOCK toward -L1-.
3. Move left foot to right foot, then move right foot toward -R1- turning 180<sup>0</sup> clockwise into a right LONG STANCE and execute a right low block toward -R1-.
4. Execute a LEFT FRONT KICK toward -R1- (bringing kicking foot back to starting position but into a right BACK STANCE) then execute a RIGHT SPREAD BLOCK toward -R1-.
5. Look left and move left foot 90<sup>0</sup> counter-clockwise toward -A- into a left LONG STANCE with a HIGH RIGHT KNIFE-HAND HOOKING BLOCK toward -A-.
6. Execute a RIGHT ROUND KICK toward -A- **KIYAP!!**
7. Lower right foot to left foot then step left foot toward -L2- into a left LONG STANCE and execute a LEFT SPREAD BLOCK then RIGHT REVERSE MIDDLE PUNCH.
8. Execute a RIGHT FRONT KICK, lower foot into a right LONG STANCE and then execute a LEFT REVERSE MIDDLE PUNCH toward -L2-.
9. Move right foot 180<sup>0</sup> clockwise toward -R2- into a right LONG STANCE and execute a RIGHT SPREAD BLOCK and then a LEFT REVERSE MIDDLE PUNCH.
10. Execute a LEFT FRONT KICK, lower foot into a left LONG STANCE and then execute a RIGHT REVERSE MIDDLE PUNCH.
11. Bring left foot back to a PARALLEL STANCE toward -A-. Raise and cross both hands at head level and slowly lower into twin low blocks to the sides (STRENGTH MOVE).
12. Step right foot toward -A- into a right LONG STANCE and execute a LEFT HIGH KNIFE-HAND HOOKING BLOCK toward -A-.
13. Execute a left round kick toward -A-. **KIYAP!!**
14. Lower the kicking foot to the right foot toward -A- and then spin 180<sup>0</sup> clockwise toward -L3- into a right LONG STANCE and execute a RIGHT LOW BLOCK.
15. Execute a LEFT FRONT KICK (bringing kicking foot back to a right BACK STANCE) and then execute a RIGHT SPREAD BLOCK.
16. Move left foot toward -R3- turning 180<sup>0</sup> counter-clockwise into a left LONG STANCE and execute a LEFT LOW BLOCK toward -R3-.
17. Execute a RIGHT FRONT KICK (bring kicking foot back into a left BACK STANCE) then execute a LEFT SPREAD BLOCK toward -R3-.
18. Bring right foot to left then turn 90<sup>0</sup> counter-clockwise and step back with the right foot toward -B- into a left BACK STANCE toward -A- and execute a LEFT DOUBLE KNIFE HAND HIGH BLOCK toward -A-.
19. Step left foot backwards toward -B- into a right BACK STANCE toward -A- and execute a RIGHT DOUBLE KNIFE HAND HIGH BLOCK toward -A-.
20. Step right foot backwards toward -B- into a left LONG STANCE and execute a LEFT PALM ACROSS MIDDLE DOWN BLOCK.
21. Keep feet in same position and execute a RIGHT REVERSE MIDDLE PUNCH toward -A-.
22. Step left foot backwards toward -B- into a right LONG STANCE towards -A- and execute a RIGHT PALM ACROSS MIDDLE DOWN BLOCK.
23. Keep feet in same position and execute a LEFT REVERSE MIDDLE PUNCH toward -A-. **KIYAP!!**

STEP LEFT FOOT TO RIGHT FOOT INTO READY STANCE facing -A-.



# GRANT'S FAMILY MARTIAL ARTS CENTER

## TAE GEUK CHIL JANG



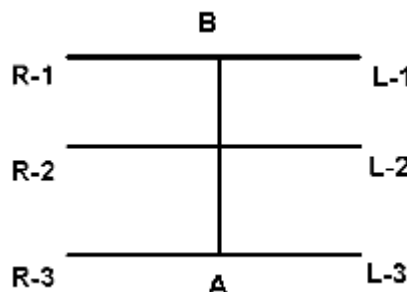
# GRANT'S FAMILY MARTIAL ARTS CENTER

## TAE GEUK CHIL JANG

READY STANCE: Facing "A"

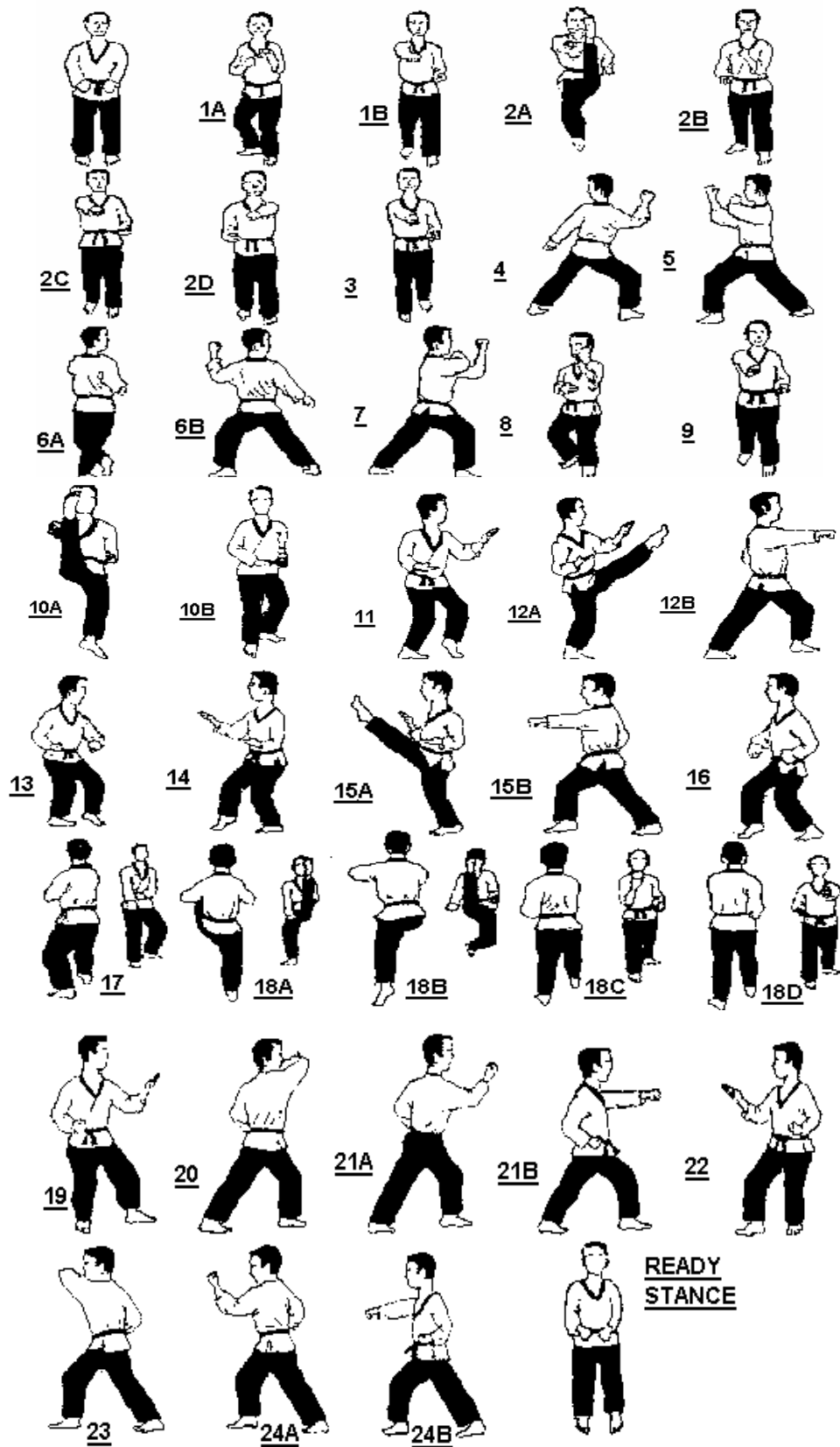
1. Pivot to left toward L-1 into a left TIGER STANCE; execute a RIGHT MIDDLE PALM HEEL block.
2. Execute a RIGHT FRONT KICK, bringing kicking foot back to original position into a TIGER STANCE; execute a LEFT OUT-TO-IN BLOCK with the middle forearm.
3. Pivot 180° clockwise toward R-1 into a right TIGER STANCE; execute a LEFT MIDDLE PALM HEEL BLOCK.
4. Execute a LEFT FRONT KICK, bringing kicking foot back to original position into a TIGER STANCE; execute a RIGHT OUT-TO-IN BLOCK with the middle forearm.
5. Move left foot toward -A- into a left BACK STANCE; execute a LEFT DOUBLE KNIFE-HAND LOW BLOCK.
6. Step forward with the right foot toward -A- into a right BACK STANCE; execute a RIGHT DOUBLE KNIFE-HAND LOW BLOCK.
7. Move left foot toward L-2 into a left TIGER STANCE; execute a COVER BLOCK WITH LEFT PALM then a RIGHT PALM HEEL STRIKE.
8. Execute a RIGHT BACKFIST downward.
9. Pivot 180° clockwise toward R-2 into a right TIGER STANCE; execute a COVER BLOCK WITH RIGHT PALM then a LEFT PALM HEEL STRIKE.
10. Execute LEFT BACKFIST downward.
11. Pivot 90° counter-clockwise toward -A-; move both arms UP and AROUND and DOWN then BACK UP in big wide circle, ending at chin level with right hand covering left fist; feet come together (left to right).  
DO #11 IN SLOW MOTION AND CONTROL BREATHING.
12. Step left foot toward -A- into a left LONG STANCE; execute a SCISSORS BLOCK (LEFT IN-TO-OUT CHEST BLOCK & RIGHT LOW BLOCK) then execute a second SCISSORS BLOCK (RIGHT IN-TO-OUT CHEST BLOCK & LEFT LOW BLOCK).
13. Step right foot forward into a right LONG STANCE toward -A-; execute a SCISSORS BLOCK (RIGHT IN-TO-OUT CHEST BLOCK & LEFT LOW BLOCK) then execute a second SCISSORS BLOCK (LEFT IN-TO-OUT CHEST BLOCK & RIGHT LOW BLOCK).
14. Cross hands in front of chest and pivot on right foot, moving left foot 270° counter-clockwise into a left LONG STANCE toward R-3; execute a DOUBLE SPREAD BLOCK toward R-3.
15. Execute a RIGHT KNEE STRIKE while pulling both fists down to right knee (break a stick). Jump forward toward R-3 and land on right foot in a right X-STANCE; execute a DOUBLE KNUCKLE STRIKE to middle level.  
DO #15 AND THEN #16 WITHOUT STOPPING
16. Step back with left foot into a right LONG STANCE while pulling both fists back to hip then thrust them out into a LOW X-BLOCK (right on top).
17. Pivot on left foot, moving right foot 180° clockwise toward L-3 into a right LONG STANCE and execute a DOUBLE SPREAD BLOCK toward L-3.  
DO #17 AND THEN #18 WITHOUT STOPPING
18. Execute a left KNEE STRIKE while pulling both fists down to knee (break a stick). Jump forward toward L-3 and land on left foot in a left X-STANCE; execute a DOUBLE KNUCKLE STRIKE to middle level.
19. Step back with right foot into a left LONG STANCE while pulling both fists back to hips then thrust them out into a LOW X-BLOCK (left on top).
20. Move left foot 90° counter-clockwise into a left WALKING STANCE toward -B-; execute a LEFT HORIZONTAL BACKFIST.
21. Open left hand and execute a RIGHT OUT-TO-IN CRESCENT KICK to left open palm; set right foot down into a HORSEBACK STANCE and execute a RIGHT ELBOW SMASH. (Body faces R-2; head looks toward -B-).
22. Pivot right foot toward -B-, bring left foot up to right in a right WALKING STANCE toward -B- and execute a RIGHT HORIZONTAL BACKFIST.
23. Open right hand and execute a LEFT OUT-TO-IN CRESCENT KICK to right open palm; set left foot down into a HORSEBACK STANCE with a LEFT ELBOW SMASH. (Body faces L-2; head looks toward -B-).
24. Keep stance the same and execute a LEFT SINGLE KNIFE-HAND BLOCK toward -B-.
25. Step right foot around counter-clockwise toward -B- into a HORSEBACK STANCE (body faces R-1), execute a RIGHT SIDE PUNCH toward -B- . **KIYAP!!**

MOVE LEFT FOOT BACK TO READY STANCE FACING -A-.



# GRANT'S FAMILY MARTIAL ARTS CENTER

## TAE GEUK PAH JANG



# GRANT'S FAMILY MARTIAL ARTS CENTER

## TAE GEUK PAH JANG

READY STANCE: Facing "A"

1. Move left foot forward into a BACK STANCE toward -A- and execute a LEFT SPREAD BLOCK; immediately shift left foot into a left LONG STANCE and execute a RIGHT REVERSE MIDDLE PUNCH.
2. Execute a LEFT JUMPING FRONT KICK landing in a left LONG STANCE; execute a LEFT OUT-TO-IN CHEST BLOCK; RIGHT REVERSE MIDDLE PUNCH; LEFT MIDDLE PUNCH (perform quickly). **KIYAP!!**
3. Step right foot forward into a right LONG STANCE and execute a RIGHT MIDDLE PUNCH.
4. Move left foot counter-clockwise into a left MOUNTAIN STANCE (body facing -B- and looking toward R-3); execute a LEFT MOUNTAIN BLOCK (high right in-to-out block with a left low block) toward R-3.
5. Step left foot out into a left LONG STANCE toward R-3; execute a RIGHT UPPERCUT to left forearm.
6. Step left foot across in front of right foot; then step right foot toward L-3, facing L-3 in a MOUNTAIN STANCE (body facing -B- and looking toward L-3); execute a RIGHT MOUNTAIN BLOCK (high left in-to-out block and a right low block) toward L-3.
7. Step right foot out into a right LONG STANCE toward L-3; execute a LEFT UPPERCUT to left forearm.
8. Pivot on left foot while moving right foot counter-clockwise into a left BACK STANCE toward -A- and execute a DOUBLE KNIFE-HAND HIGH BLOCK.
9. Step left foot out into a LEFT long STANCE and execute a RIGHT REVERSE MIDDLE PUNCH.
10. Execute a RIGHT FRONT KICK toward -A-; bring right foot back to left foot then step back with left foot into a right TIGER STANCE with a RIGHT PALM ACROSS PRESSING BLOCK.
11. Pivot 90<sup>0</sup> counter-clockwise into a left TIGER STANCE toward L-2 and execute a left DOUBLE KNIFE-HAND CHESK BLOCK.
12. Execute a LEFT FRONT KICK toward L-2; lower left foot into a left LONG STANCE and execute a RIGHT REVERSE MIDDLE PUNCH.
13. Pull left foot back into a left TIGER STANCE and execute a LEFT PALM ACROSS BLOCK toward L-2.
14. Pivot 180<sup>0</sup> clockwise toward R-2 into a right TIGER STANCE and execute a right DOUBLE KNIFE-HAND CHESK BLOCK.
15. Execute a RIGHT FRONT KICK toward R-2; lower right foot into a right LONG STANCE and execute a LEFT REVERSE MIDDLE PUNCH.
16. Pull right foot back into a right TIGER STANCE and execute a RIGHT PALM ACROSS BLOCK toward R-2.
17. Move right foot 90<sup>0</sup> clockwise toward -B- into a right BACK STANCE and execute a RIGHT DOUBLE KNIFE-HAND LOW BLOCK.
18. Execute a LEFT FRONT KICK then RIGHT JUMPING FRONT KICK toward -B- landing in a right LONG STANCE. Execute a RIGHT OUT-TO-IN CHEST BLOCK then LEFT REVERSE MIDDLE PUNCH. **KIYAP!!**
19. Pivot on right foot, moving left foot 270<sup>0</sup> counter-clockwise into a left BACK STANCE toward L-1 and execute a LEFT KNIFE-HAND BLOCK.
20. Shift left foot into a left LONG STANCE toward L-1 and execute a RIGHT ELBOW STRIKE.
21. Keep feet in same position and execute a RIGHT BACKFIST and then LEFT MIDDLE PUNCH.
22. Pivot on left foot, moving right foot 180<sup>0</sup> clockwise into a right BACK STANCE toward R-1 and execute a RIGHT KNIFE-HAND BLOCK.
23. Shift right foot into a right LONG STANCE toward R-1 and execute a LEFT ELBOW STRIKE.
24. Keep feet in same position and execute a LEFT BACKFIST and then RIGHT MIDDLE PUNCH.

MOVE LEFT FOOT TO RIGHT FOOT AND RETURN TO READY POSITION FACING -A- .

