

Taegeuk 8

Pal Jong

to earn Black Belt

Taegeuk 8 (Pal Jang)				
#	+	Move	Stance	Action
1	N	Forward	L back	L close fist sudo block
2		<fixed>	<pivot>	R-middle reverse punch
3		<JUMP>		R-front snap kick Jump L front snap kick
		<drop>	L Long	L-inside middle block
		<fixed>	L Long	R-middle reverse punch
		<fixed>	L Long	L-middle punch
4		Forward	R Long	R-middle punch
5	E	Left	L rear defense (mountain)	Extended backstance L hand down block R hand middle block behind head
6		<fixed>	Pivot into L front	R-high upset punch <SLOWLY & BREATHING> (L-fist @ right shoulder)
7	W	Lf x's over Rf		
		Slide R foot, into R rear defense (mountain)		Extended backstance L hand down block R hand middle block behind head
8		<fixed>	Pivot into R front	L-high upset punch (as above)
9	N	Left	R back	middle knifehand block
10		<fixed>	<pivot>	R-middle reverse punch
11		Forward		R-chugndan front kick
		Land	L back	R-middle inside palm block <SLOWLY & BREATHING>
12	W	Slide Lf	R cat	middle knifehand block
13		Forward		L-front snap kick
		Land	L Long	R-middle reverse punch
		Pull in Lf	L cat, again	L-middle inside palm block (right fist cocked at belt)
14	E	Right	R cat	middle knifehand block
15		Forward		R-front snap kick
		Land	R Long	L-middle reverser punch
		Pull in Rf	R cat, again	R-middle inside palm block (as above)
16	S	Right	R back	R-low close-fisted sudo block
17		Forward		L-front snap kick

		w/o landing, <JUMP>		R-jumping front kick
		Land	R Long	R-inside middle block
		<fixed>	R Long	L-middle reverse punch <YELL!>
18	W	Left	L back	L-knifehand block (w/R fist @belt)
19		<pivot>	L Long	horizontal R-elbow strike (left fist @ belt)
		<fixed>	L Long	R-middle backfist strike (to the face)
		<fixed>	L Long	L-middle punch
20	E	Right	R back	R-knifehand block (as above)
21		<pivot>	R Long	horizontal L-elbow strike (right fist @ belt)
		<fixed>	R Long	L-middle backfist strike (to the face)
		<fixed>	R Long	R-middle punch
	N	Left	Pull in right foot to Geuman.	
<i># = Counts, + = Direction, CW = Clockwise, CCW = Counter-Clockwise, * = Degree</i>				