

Tae Geuk 3

Sam Jong

to earn Blue Belt

#	+	Move	Stance	Action
1	W	Left	L walking	L-down block
2		Forward		R-front snap kick
		Land	R Long	R-middle punch
		<fixed>	R Long	L-middle reverse punch
3	E	Right	R walking	R-down block
4		Forward		L-front snap kick
		Land	L Long	L-middle punch
		<fixed>	L Long	R-middle reverse punch
5	N	Left	L walking	R-high knifehand strike (palm up)
6		Forward	R walking	L-high knifehand strike (palm up)
7	W	Left	L back	L-middle knifehand block (R-fist @ belt)
8		<shift>	L Long	R-middle reverse punch
9	E	Right	R back	R-middle knifehand block (L-fist @ belt)
10		<shift>	R Long	L-middle reverse punch
11	N	Left	L walking	R-inside middle block
12		Forward	R walking	L-inside middle block
13	E	Left	L walking	L-down block
14		Forward		R-front snap kick
		Land	R Long	R-middle punch
		<fixed>	R Long	L-middle reverse punch
15	W	Right	R walking	R-down block
16		Forward		L-front snap kick
		Land	L Long	L-middle punch
		<fixed>	L Long	R-middle reverse punch
17	S	Left	L walking	L-down block
		<fixed>	L walking	R-middle reverse punch
18		Forward	R walking	R-down block
		<fixed>	R walking	L-middle reverse punch
19		Forward		L-front snap kick

		Land	L walking	L-down block
		<fixed>	L walking	R-middle reverse punch
20		Forward		R-front snap kick
		Land	R walking	R-down block
		<fixed>	R walking	L-middle reverse punch <Yell>
	N	Left	Pull left foot to the right, into Attention	
<i># = Counts, + = Direction, CW = Clockwise, CCW = Counter-Clockwise, * = Degrees</i>				