

Tae Geuk 5

O Jong

to earn Brown Belt

#	+	Move	Stance	Action
1	W	Left	L Long	L-down block
2		Lf -> Rf	Feet together	L-hammer fist (circular motion)
3	E	Right	R Long	R-down block
4		Rf -> Lf	Feet together	R-hammer fist (circular motion)
5	N	Forward	L Long	L-inside middle block
		<fixed>	L Long	R-inside middle block
6		Forward		R-high front kick
		Land	R Long	R-high backhand strike
		<fixed>	R Long	L-inside middle block
7		Forward		L-high front kick
		Land	L Long	L-high backfist strike
		<fixed>	L Long	R-inside middle block
8		Forward	R Long (stomp floor)	R-high backfist strike
9	E	Left	L back	L-knifehand block (L-fst @belt)
10		Forward	R Long	R-elbow strike (Pivot all the way around so that the point of the elbow points toward E. The left hand should be covering the right fist & knuckles.)
11	W	Right	R back	R-knifehand block (L-fst @belt)
12		Forward	L Long	L-elbow strike (as above)
13	S	Left	L Long	L-down block
		<fixed>	L Long	R-inside middle block
14		Forward		R-front snap kick
		Land	R Long	R-down block
		<fixed>	R Long	L-inside middle block
15	E	Left	L Long	L-rising block (high block)
16		Forward		R-Side Kick
		Land	R Long	L-elbow strike into right hand
17	W	Right	R Long	R-rising block (high block)
18		Forward		L-Side Kick

		Land	L Long	R-elbow strike into left hand
19	S	Left	L Long	L-down block
		<fixed>	L Long	R-inside middle block
20		Forward		R-front snap kick
		(hop -->)	Rf x'd in front of L	R-high backhand strike <Yell> (fist - palm up) ! (fist closed)
				(high strike shouldn't be TOO high.)
	N	Left		Pivoting on R foot into Geuman
<i># = Counts, + = Direction, CW = Clockwise, CCW = Counter-Clockwise, * = Degrees</i>				