

TAEGEUK IL JAHNG - YELLOW BELT FORM - FIRST FORM

<u>MOVEMENT</u>	<u>TECHNIQUE</u>	<u>STANCE</u>
1. 90° LEFT	LEFT HAND LOW BLOCK	LEFT WALKING STANCE
2. FORWARD	RIGHT HAND CROSS PUNCH TO SOLAR PLEXIS	RIGHT WALKING STANCE
3. 180° RIGHT	RIGHT HAND LOW BLOCK	RIGHT WALKING STANCE
4. FORWARD	LEFT HAND CROSS PUNCH TO SOLAR PLEXIS	LEFT WALKING STANCE
5. 90° LEFT	LEFT HAND LOW BLOCK	LEFT FRONT STANCE
6. NONE	RIGHT HAND CROSS PUNCH TO SOLAR PLEXIS	LEFT FRONT STANCE
7. 90° RIGHT (SLIDE RIGHT LEG UP)	LEFT HAND OUTSIDE MIDDLE BLOCK	RIGHT WALKING STANCE
8. FORWARD	RIGHT HAND CROSS PUNCH TO SOLAR PLEXIS	LEFT WALKING STANCE
9. 180° LEFT	RIGHT HAND OUTSIDE MIDDLE BLOCK	LEFT WALKING STANCE
10. FORWARD	LEFT HAND CROSS PUNCH TO SOLAR PLEXIS	RIGHT WALKING STANCE
11. 90° RIGHT	RIGHT HAND LOW BLOCK	RIGHT FRONT STANCE
12. NONE	LEFT HAND CROSS PUNCH TO SOLAR PLEXIS	RIGHT FRONT STANCE
13. 90° LEFT (SLIDE LEFT LEG UP)	LEFT UPPER BLOCK	LEFT WALKING STANCE
14. FORWARD	RIGHT LEG BACK FRONT KICK RIGHT CROSS PUNCH TO SOLAR PLEXIS	RIGHT WALKING STANCE RIGHT WALKING STANCE
15. 180° LEFT	RIGHT UPPER BLOCK	RIGHT WALKING STANCE
16. FORWARD	LEFT LEG BACK FRONT KICK LEFT CROSS PUNCH TO SOLAR PLEXIS	LEFT WALKING STANCE
17. 90° RIGHT	LEFT HAND LOW BLOCK	LEFT FRONT STANCE
18. FORWARD	RIGHT HAND CROSS PUNCH TO SOLAR PLEXIS (KI HAP)	RIGHT FRONT STANCE

NOTES: - Start From Jhoon Bee Position (Ready Stance)
 - Stay in Jhoon Bee Position until told to move from it