

PATTERN 4 TAEGEUK SAH JANG

1. Joombi.
2. Turn to the left into back stance left foot in front. Double knife hand block.
3. Step forwards into front stance right foot in front. As you step pressing block with the left hand spearhand strike with the right.
4. Step the right foot behind you into back stance right foot in front. Double knife hand block.
5. Step forwards into front stance left foot in front. As you step pressing block with the right hand spearhand strike with the left.
6. Step the left foot to the front into front stance left foot in front. High open hand block with the left hand high inner knife hand strike with the right.
7. Front kick with the right foot landing in front stance right foot in front. Mid punch with the left hand.
8. Side kick with the left foot. Side kick with the right foot landing in back stance right foot in front. Outer knife hand block with the right hand.
9. Reverse turn the left foot to the right into back stance left foot in front. Outer fist block with the left hand.
10. Front kick with the right foot pulling it back into back stance left foot in front. Inner block with the right hand.
11. Turn on the spot to face the left in back stance right foot in front. Outer fist block with the right hand.
12. Front kick with the left foot pulling it back into back stance right foot in front. Inner block with the left hand.
13. Step the left foot to the back into front stance left foot in front. High open hand block with the left hand high inner knife hand strike with the right.
14. Front kick with the right foot landing in front stance right foot in front. Back fist to the nose with the right hand.
15. Step the left foot to the left into walking stance left foot in front. Inner block with the left hand mid punch with the right.
17. Turn on the spot to face the right. Inner block with the right hand mid punch with the left.
18. Step the left foot to the back into front stance left foot in front. Inner block with the left hand mid punch with the right then left.
19. Step the right foot forwards into front stance right foot in front. Inner block with the right hand mid punch with the left then right. Kihap.