

PATTERN 6 TAEGEUK YUK JANG

1. Choombi
2. Turn to your left into front stance left foot in front. Low block with the left hand.
3. Front kick with the right foot pulling it back behind you into back stance left foot in front. Outer fist block with the left hand.
4. Turn on the spot into front stance right foot in front. Low block with the right hand.
5. Front kick with the left foot pulling it back behind you into a back stance right foot in front. Outer fist block with the right hand.
6. Step the left foot forwards into front stance left foot in front. High outer knife hand block with the right hand.
7. Turning kick with the right foot, landing in horse riding stance right foot in front. Step the left foot to the left into front stance left foot in front. Outer fist block with the left hand mid punch with the right.
8. Front kick with the right foot landing in front stance right foot in front. Mid punch with the left hand.
9. Step the right foot behind you into front stance right foot in front. Outer fist block with the right.
10. Front kick with the left foot landing in front stance left foot in front. Mid punch with the right hand.
11. Step the left foot across your right into a Choombi stance. Slowly cross your arms in front of your face bringing the arms down into low blocks either side of you.
12. Step the right foot forwards into front stance right foot in front. High outer knife hand block with the left hand.
13. Turning kick with the left foot (KIHAP) landing in horse riding stance left foot in front. Reverse turn the right foot to face the left in front stance right foot in front. Low block with the right hand.
14. Front kick with the left foot pulling the foot back into a back stance right foot in front. Outer fist block with the right hand.
15. Turn on the spot into front stance left foot in front. Low block with the left hand.

16. Front kick with the right foot pulling the foot back into a back stance left foot in front. Outer fist block with the left hand.
17. Step the right foot to the back stance into back stance left foot in front (facing the front) double knife hand block.
18. Step the left foot back into back stance right foot in front (facing the front) double knife hand block.
19. Step the right foot back into front stance left foot in front (facing the front) pushing block with the left hand mid punch with the right.
20. Step the left foot back into front stance right foot in front (facing the front) pushing block with the right hand mid punch with the left.