

PATTERN 8 TAEGEUK PAL JANG

1. Choombi
2. Step the left foot forwards into back stance left foot in front. Guarding block.
3. Slide the left foot forwards into front stance left foot in front. Mid punch with the right hand.
4. Double front kick right foot then left (KIHAP) landing in front stance left foot in front. Inner block with the left hand. Mid punch with the right hand then left.
5. Step the right foot forwards into front stance right foot in front. Mid punch with the right hand.
6. Reverse turn the left foot to right. Landing in front stance right foot in front BUT looking back over your left foot (the back leg). High outer block with your right hand low block over the left leg with your left.
7. Shift your weight into a front stance left foot in front. Grabbing with the left hand pull onto a slow upper cut with your right.
8. Step your left foot behind you right into cross leg stance as you bring your left fist to your right shoulder and your right fist to your left hip. Step your right foot out into a front stance left foot in front BUT looking back over your right foot (the back leg). High outer block with your left hand low block over the right leg with your right.
9. Shift your weight into a front stance right foot in front. Grabbing with the right hand pull onto a slow upper cut with your left.
10. Step your right leg to the back into a back stance left leg in front (facing the front). Double knife hand block.
11. Slide the left foot forwards into front stance left leg in front. Mid punch with the right hand.
12. Front kick with the right foot. Pull the foot behind you and step the left foot back into a cat stance right foot in front. Pushing block with the right hand.
13. Step your left foot to the left into a cat stance left foot in front. Double knife hand block.
14. Front kick with the left foot landing in front stance left foot in front. Mid punch with the right hand. Pull the left foot back into cat stance left foot in front. Pushing block with the left hand.

15. Turn on the spot into cat stance right foot in front. Double knife hand block.
16. Front kick with the right foot landing in front stance right foot in front. Mid punch with the left hand. Pull the right foot back into cat stance right foot in front. Pushing block with the right hand.
17. Step the right foot to the back into back stance right foot in front. Low guarding block.
18. Front kick with the left foot holding for a split second. Front kick with the right foot (KIHAP). Landing in front stance right foot in front. Inner block with the right hand. Mid punch with the left hand then right.
19. Reverse turn the left foot to left into back stance left foot in front. Outer knife hand block with the left hand.
20. Slide the left foot forward into front stance left foot in front. Elbow with the right arm, backfist to the nose with the right hand, mid punch with the left.
21. Turn on the spot into back stance right foot in front. Outer knife hand block with the right hand.
22. Slide the right foot forwards into front stance right foot in front. Elbow with the left arm, backfist to the nose with the left hand, mid punch with the right.