

Blue Belt (B4) - Taeguk 5, O Jang

Turn to your left, Low Block, Scoop, Hammer

(Forward stance, left hand low block, left hand bring in and hammer)

Turn to your right, Low Block, Scoop, Hammer

(Right leg forward stance, right hand low block, right hand bring in and hammer)

Left leg Forward, Left hand Inner Block, Change hand Inner Block

(Left leg forward stance, left hand inner block followed by right hand)

Close your hand, Front Kick, Back Fist, Change hand Inner Block

(Close right hand, Right leg front kick, Right leg forward stance, right hand back fist, left hand inner block)

Close your hand, Front Kick, Back Fist, Change hand Inner Block

(Close left hand, Left leg front kick, Left leg forward stance, left hand back fist, right hand inner block)

Step forward, Back Fist

(Right leg step forward, forward stance, right hand back fist)

Left leg behind, L-Shape stance, Single Knife Hand Chop

(Move your left leg behind, L-shape back stance, left hand single knife hand chop)

Forward stance, Elbow

(Right leg step forward, forward stance, right hand elbow)

Turn to your right, L-Shape stance, Single Knife Hand Chop

(Move your right leg, L-shape back stance, right hand single knife hand chop)

Forward stance, Elbow

(Left leg step forward, forward stance, left hand elbow)

Turn to your left, Low Block, Change hand Inner Block

(Move your left leg, forward stance, left hand low block, right hand inner block)

Close your hand, Front Kick, Low Block, Change hand Inner Block

(Close right hand, Right leg front kick, forward stance, right hand low block, left hand inner block)

Turn to your left, Left hand High Block

(Move your left leg forward stance, left hand high block)

Move your right leg, Side Kick, Strike and Elbow

(Bring up Right leg, right hand on top, Right leg side kick, right hand strike, forward stance, left hand elbow)

Turn to your right, Right hand High Block

(Move your right leg, forward stance, right hand high block)

Move your left leg, Side Kick, Strike and Elbow

(Bring up Left leg, left hand on top, Left leg side kick, left hand strike, forward stance, right hand elbow)

Turn to your left, Low Block, Change hand Inner Block

(Move your left leg, forward stance, left hand low block, right hand inner block)

Close your hand, Front Kick, Stamp and Back Fist "SHOUT"

(Close right hand, Right leg front kick, stamp. Right hand back fist)

Stay there wait for "Paroh". (Left Leg close, behind 1 round and "Chun Bi")

Basic Kick = Reverse Kick x 6