

Blue Tib Belt (G5) - Taeguek 4, SA Jang

Turn to your left, Double Knife Hand Chop

(L-shape Back stance, double knife hand chop to the left)

Forward Stance, Strike

(Left hand tap, right leg move forward, forward stance, right hand strike)

Turn to your Right, Double Knife Hand Chop

(Move your right leg, L-shape back stance, double knife hand chop to the right)

Forward Stance, Strike

(Right hand tap, left leg move forward, forward stance, left hand strike)

Left leg forward, (back to back) Double high Chop

(Shift left leg, forward stance, left hand block, right hand chop)

Guarding Block, Front Kick, Turn to your left, Punch

(Right leg front kick, forward stance, twist body to left, left hand punch)

Left leg side kick, Right leg side kick, Double Knife Hand Chop

(Left leg side kick, right leg side kick, L-Shape back stance, double knife hand chop to the right)

Left leg behind, L-Shape stance, Outer Block, Close your hand, Front Kick pull back, Inner Block

(Move your left leg, L-Shape back stance, left hand outer block, Close left hand, right leg front kick, pull back, L-Shape back stance, right hand inner block)

Turn to your right, Outer Block, Close your hand, Front Kick pull back, Inner Block

(Turn body to right side, L-shape back stance, right hand outer block, Close right hand, left leg front kick, pull back, L-Shape back stance, left hand inner block)

Left leg forward, (back to back) Double high Chop

(Shift left leg, forward stance, left hand block, right hand chop)

Guarding Block, Front Kick, Back Fist

(Right leg front kick, forward stance, right hand back fist)

Turn to your left, Inner Block, Punch

(Pull in your left leg, easy stance, left hand inner block, right hand punch)

Twist and turn to your right, Inner Block, Punch

(Twist your right hand, move your right leg, easy stance, right hand inner block, left hand punch)

Left leg forward stance, Inner Block, Double Punch

(Move your left leg, forward stance, left hand inner block, right hand punch followed by left hand)

Step forward, Inner Block, Double Punch "SHOUT"

(Right leg step forward, right hand inner block, left hand punch followed by right hand)

Stay there wait for "Paroh".

(Left Leg close, behind 1 round and "Chun Bi")

Basic Kick = Side Kick, Back thrust x 6