

Taeguk 1

1. Turn left, left walking stance, left low block.
2. Step forward, right walking stance, right body punch.
3. Turn behind, right walking stance, right low block.
4. Step forward, left walking stance, left body punch.
5. Turn left, left front stance, left low block, right body punch.
6. The rear foot, the right foot, comes up to the center, turn right and then get into right walking stance, left hammer block.
7. Step forward into left walking stance, right body punch.
8. Turn behind you into a left walking stance, right hammer block.
9. Step forward into right walking stance, left body punch
10. Turn right into a right front stance, right low block, left body punch.
11. Turn left into left walking stance, left high block.
12. Right front kick, land into walking stance, right body punch.
13. Turn behind into right walking stance, left body punch.
14. Left front kick, left walking stance, right high block.
15. Bring front foot, the left foot, back to center, turn *right*, step into *left* front stance, left low block.
16. Step forward into right front stance, right body punch. **KIHAP**