

## Tae Guk 3 - Som Jong

1. Turn left into left walking stance, left low block.
2. Right front kick, land into a right front stance, double punch starting with the same side you kicked with.
3. Turn all the way behind to the right into a right walking stance, right low block.
4. Left front kick, land into left front stance, double punch starting with the same side you kicked with.
5. Turn left into left walking stance, right hand inverted knife hand chop.
6. Right walking stance, left inverted knife hand chop.
7. Turn left into a left back stance, single knife hand block.
8. Without stepping, move front foot into a left front stance and punch with right hand.
9. Bring front foot back to center, turn right into right back stance, single knife hand block.
10. Without stepping, move front foot into a front stance and punch with left hand.
11. Turn left into a left walking stance, right hammer block.
12. Right walking stance, left hammer block.
13. Turn three walls to the left into left walking stance, left low block.
14. Right front kick, land into a right front stance, double punch starting with the same side you kicked with.
15. Turn all the way behind to the right into a right walking stance, right low block.
16. Left front kick, land into left front stance, double punch starting with the same side you kicked with.
17. Turn left into left walking stance, left low block, right punch combination.
18. Right walking stance, right low block, left punch combination.
19. Left front kick, left walking stance, left low block, right punch combination.
20. Right front kick, right walking stance, right low block, left body punch combination.

**(Kihap)**