

Tae Guk 4 - Sah Jong

1. Turn left into a left back stance, double knife hand block.
2. Step forward into a front stance, right body thrust.
3. Turn all the way behind into a right back stance, double knife hand block.
4. Step forward into front stance, left hand body thrust.
5. Turn left into left front stance, swallow tail block (left open high block, right inverted knife hand strike to the neck).
6. Keep hands in place, right front kick, right front stance, left body punch.
7. Left side kick, land into left front stance.
8. Right side kick, land into a right back stance, double knife hand block.
9. Turn three walls to the left, left back stance, left outer forearm block.
10. Right front kick, then bring the leg all the way back to starting place. Land into a left back stance, right hammer block.
11. Turn to the open belt side into a right back stance, right outer forearm block.
12. Left front kick,, then bring the leg all the way back to starting place. Land into a right back stance, left hammer block.
13. Turn left into left front stance, swallow tail block (left open high block, right inverted knife hand strike to the neck).
14. Keep hands in place, right front kick, land into right front stance, right inverted back fist strike to the nose.
15. Turn left into left walking stance, left hammer block, right body punch combination.
16. Turn all the way behind into right walking stance, right hammer block, left body punch combination.
17. Turn left into left front stance, left hammer block, double body punch starting with the side that is in the front.
18. Step forward into front stance, right hammer block, double body punch starting with the side that is in the front. (*KIHAP*)