

Taeguk 5 - Oh Jong

1. Turn left, left front stance, left low block.
2. Bring front foot back into a relaxed ready stance, left downward hammer fist strike.
3. Turn right all the way behind, into right front stance, right low block.
4. Bring front foot back into a relaxed ready stance, right downward hammer fist strike
5. Turn left into left front stance, left hammer block., right hammer block.
6. Right front kick, land in front stance, right inverted back fist strike, left hammer block.
7. Left front kick, land into front stance, left inverted back fist strike, right hammer block.
8. Step forward into right front stance, right inverted back fist strike.
9. Turn three walls to the left, into left back stance, left single knife hand block.
10. Step forward into right front stance, right forward elbow strike.
11. Turn all the way behind you into right back stance, right single knife hand block.
12. Step forward into left front stance, left forward elbow strike.
13. Turn left into left front stance, left low block, right hammer block.
14. Right front kick, land into a front stance, right low block, left hammer block.
15. Turn left into left front stance, left high block.
16. Right side kick, land into front stance, left reverse elbow strike.
17. Turn to the right all the way behind you into a right front stance, right high block.
18. Left side kick, land into front stance, right reverse elbow strike.
19. Turn left into left front stance, left low block, right hammer block.
20. Right front kick, skip into right X stance, right inverted back fist strike. ***KIHAP***