

Taeguk 6 - Yuk Jong

1. Turn left into a left front stance, left low block.
2. Right front kick, bring the leg back, land into a left back stance and perform a left outer forearm block.
3. Turn to the open belt side, into a right front stance, right low block.
4. Left front kick, bring the leg back, land into a right back stance and perform a right outer forearm block.
5. Turn left and step into a left front stance, right knife hand block.
6. Right roundhouse kick, land next to the other leg, turn left.
7. Step into a left front stance, left outer forearm block, right body punch.
8. Right front kick, land into a right front stance, left body punch.
9. Turn all the way behind into a right front stance, right outer forearm block, left body punch.
10. Left front kick, land into a left front stance, right body punch.
11. Turn left and perform a slow double low block in the relaxed ready stance.
12. Step forward into a right front stance, left knife hand block.
13. Left roundhouse, (***Kihap***), land and turn three walls to the right.
14. Perform a right front stance, right low block.
15. Left front kick, bring the leg back, land into a right back stance and perform a right outer forearm block.
16. Turn to the open belt side, into a left front stance, left low block.
17. Right front kick, bring the leg back, land into a left back stance and perform a left outer forearm block.
18. Turn left, step back with the right foot into a left back stance, double knife hand block.
19. Stepping backwards, perform another double knife hand block in a right back stance.
20. Step back with the right foot into a left front stance, left palm block, right body punch.
22. Step back with the left foot into a right front stance, right palm block, left body block.
(***Kihap***)