

Tae Guk 8 - Pahl Jong

1. Step with left foot forward into a left back stance, left guarding block.
2. Move left foot into a left front stance, right body punch.
3. Jump left front kick (**Kihap**), land into left front stance, left hammer block, then double punch right away, starting with the right hand.
4. Step forward into a right front stance, right body punch.
5. Three walls turn to the left, left reverse front stance. Perform a slow, strong low block with the left hand and a back fist strike with the right hand.
6. Move the left foot into a left front stance. Perform a slow, strong, right hand upset punch, as you bring the left hand into the body.
7. Turning to the right, step over with the left foot in front of the right foot, then follow with the right foot to get into a right reverse front stance. Perform a slow, strong low block with the right hand and a back fist with the left hand.
8. Move the right foot into a right front stance. Perform a slow, strong, left hand upset punch, as you bring the right hand into the body.
9. Keep the left foot in place, turn left into a left double knife hand bloc, looking to your left.
10. Move the left foot that is in the front into a left front stance, right body punch.
11. Right front kick, then step back and back into a right cat stance, right palm block.
12. Turn left into a left cat stance, high double knife hand block.
13. Left lead leg front kick, land into a left front stance, right reverse punch.
14. Bring the front foot back into a left cat stance, left palm block.
15. Turn all the way behind, into a right cat stance, high double knife hand block.
16. Right lead leg front kick, land into a right front stance, left reverse body punch.
17. Bring the front foot back into a right cat stance, right palm block.
18. Turn right into a right back stance, double low guarding block.
19. Jump front kick with the right leg (**Kihap**), land into a right front stance, right hammer block, then double punch right away, starting with the left hand.
20. Three walls turn into a left back stance, left single knife hand block. Move the front foot into a left front stance, right round elbow strike, right back fist to the face, finish with left body punch.
21. Turn all the way behind, into a right back stance, right single knife hand block, move the front foot into a right front stance, left round elbow strike, left back fist to the face, finish with right body punch. (**Kihap**)