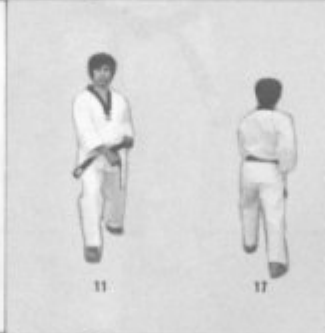




Taegeuk IL Jang 8th gup form



- | | |
|--|--|
| 1. Turn L 90° - L Walking Stance - L Low Block | 2. Step Forward - R Walking Stance - R Middle Punch |
| 3. Turn R 180° - R Walking Stance - R Low Block | 4. Step Forward - L Walking Stance - L Middle Punch |
| 5. Turn L 90° - L Front Stance - L Low Block | 6. From the same position - R Middle Punch |
| 7. Step forward - Turn R 90° - R Walking Stance - L Body Block | 8. Step Forward - L Walking Stance - R Middle Punch |
| 9. Turn L 180° - L Walking Stance - R Body Block | 10. Step Forward - R Walking Stance - L Middle Punch |
| 11. Turn R 90° - R Front Stance - R Low Block | 12. From the same position - L Middle Punch |
| 13. Step forward - Turn L 90° - L Walking Stance - L Upper Block | 14ab. R Front Kick - R Walking Stance - R Middle Punch |
| 15. Turn R 180° - R Walking Stance - R Upper Block | 16ab. L Front Kick - L Walking Stance - L Middle Punch |
| 17.** Turn R 90° - L Front Stance - L Low Block | 18.** Step Forward - R Front Stance - R Middle Punch* |

** Back View

* Denotes **KIHAP**