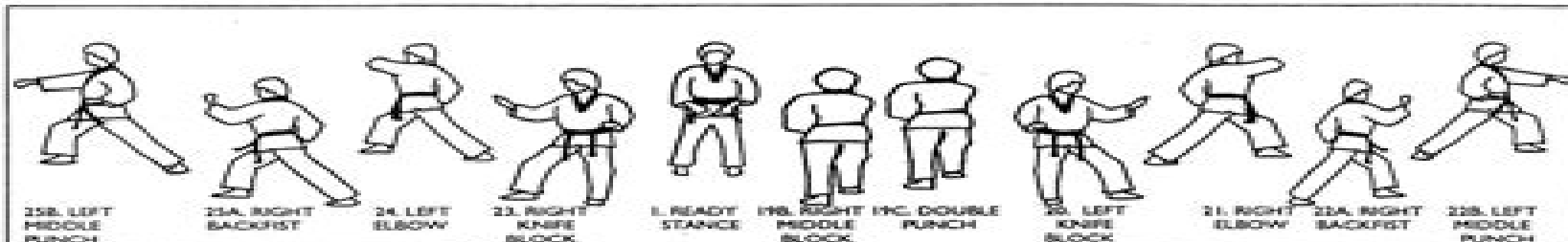


# POOMSE TAEGEUK PAL JANG

## WTF TAEKWONDO POOMSE # 8



### POOMSE TAEGEUK PAL JANG

#### 1. Ready stance

- 2 A. Step forward, moving the left foot into right back stance, left double arm middle block.
- B. Block on left front stance, right middle punch.

#### 3. A. Jump into front kick (Gihap).

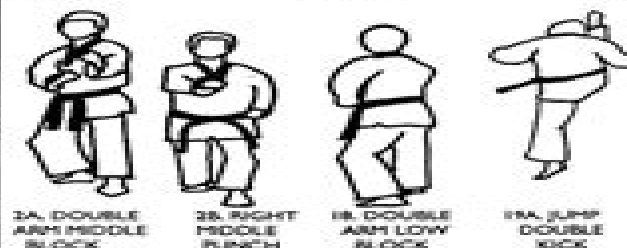
- B. Step down into left front stance, left inside middle block.
- C. Right-left double punch.

#### 4. Moving the right foot, step forward into right front stance, right middle punch.

#### 5. Moving the left foot, turn 180° to the left into right front stance, single mountain block.

#### 6. Turn the body to the left into left front stance, right upper punch.

#### 7. Cross step to the right foot into left front stance, single mountain block.



#### 13. Slide the left foot forward into left front stance, right elbow strike.

#### 14. A. Without moving the feet, right backfist.

#### B. Left middle punch.

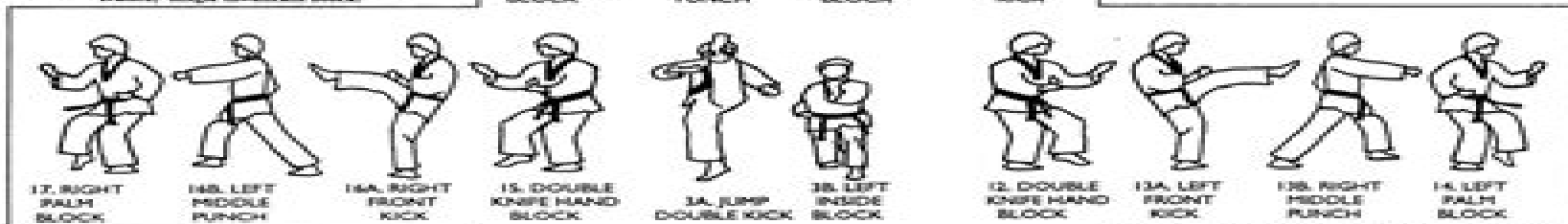
#### 15. Moving the right foot, turn 180° to the right into left back stance, right knife block.

#### 16. Slide the right foot forward into right front stance, left elbow strike.

#### 17. A. Without moving the feet, right backfist.

#### B. Right middle punch.

#### 18. Return to ready stance.



#### 8. Turn the body to the right into right front stance, left upper punch.

#### 9. Moving the right foot, turn 90° to the left, into right back stance, left double knife hand block.

#### 10. Without moving the right foot, slide into left front stance, right middle punch.

#### 11. A. Without moving the left foot, right front kick.

#### B. Step down and slide the left foot over step back into right tiger stance, right palm block.

#### 12. Moving the left foot, turn 90° to the left into left tiger stance, left double knife hand block.

#### 13. A. Without moving the right foot, left front kick.

#### B. Step down into left front stance, right punch.

#### 14. Slide the left foot into left tiger stance, left palm block.



#### 15. Turn the body 180° to the right into right tiger stance, right double knife hand block.

#### 16. A. Without moving the left foot, right front kick.

#### B. Step down into right front stance, left punch.

#### 17. Slide the right foot into right tiger stance, right palm block.

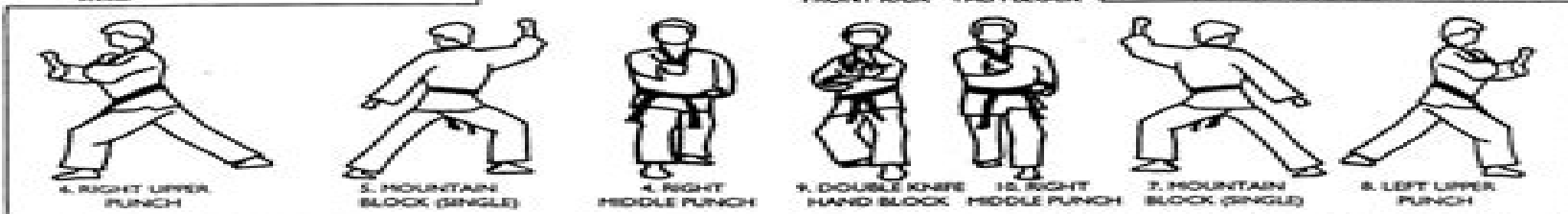
#### 18. Moving the right foot, turn 90° to the right into left back stance, right double arm low block.

#### 19. A. Left front kick, and without putting down the foot, right jump front kick.

#### B. Step down into right front stance, right inside middle block.

#### C. Without moving the feet, left punch. (Gihap)

#### 20. Moving the left foot, turn 180° to the left into right back stance, left knife hand block.



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**Joacim Rocklöv**



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