

# Tae Geuk Il-Jang

Philosophy: heaven and light

14 front kick, mid punch RWS	13 high block LWS	15 high block RWS	16 front kick, mid low punch LWS
11 & 12 low block, RFS followed by reverse punch (no step)		17 low block LFS	
10 reverse mid punch RWS	9 reverse inside block LWS	7 reverse inside block RWS	8 reverse mid punch LWS
5 & 6 low block, LFS followed by reverse punch (no step)		18 mid punch RFS Kiap!	
2 mid punch RWS	1 low block LWS	3 low block RWS	4 mid punch LWS

Long stances are on the low block/mid punches down the front and back.