

# Tae Geuk Pal-jang

philosophy: earth

8 reverse uppercut RFS	7 low block rev outside block rev LFS	5 low block rev outside block rev RFS	6 reverse uppercut LFS
		4 mid punch RFS	9 step back sonal maki LBS reverse punch LFS
		3 inside block double punch LFS	10 right front kick step back twice palm block RTS
12 left front kick rev punch in LFS palm block LTS	11 sonal maki LTS	13 sonal maki RTS	14 right front kick, rev punch in RFS palm block RTS
		2 double jump front kick KIAP!	15 low double forarm block RBS
		1 double forarm block LBS shifting to rev punch LFS	16 left front kick switch to right front kick inside block double punch RFS
18 rev elbow back fist punch LFS	17 outside sonal block LBS	19 outside sonal block LBS	20 rev elbow back fist punch RFS

This form encompasses movements from each taeguk poomse.