TAE GEUK SA JANG (태극 4 장)

1

2

3

Palm Block

4

5

6

7

8

1. Ready Stance

2. Back Stance/Outside Knife Block

3. Front Stance / Downward Palm Block and Flat Spear Hand

4. Back Stance/Outside Knife Block

5. Front Stance / Downward Palm Block and Flat Spear Hand

6. Rising One Knife Block and Inside Knife Hand Strike

7. Front Snap Kick

8. Front Stance/ Reverse Punch

SIDE KICK (Side view)

TAE GEUK SA JANG (태극 4 장)

9

10

11

9. Left - Side Kick (middle)

10. Rifght - Side Kick (middle)

11. Back Stance/Outside Knife Block

12. Back Stance /Outside Middle Block

13. Front Snap Kick

14. Back Stance/ Inside Middle Block

15. Back Stance /Outside Middle Block

16. Front Snap Kick

17. Back Stance/Inside Middle Block

12

13

14

17

16

15

TAE GEUK SA JANG (태극 4 장)

18

19

20

24

23

21

22

18. Front Stance/ Rising One Knife Block and Inside Knife Hand Strike

19. Front Snap Kick

20. Front Stance/Back Fist Strike

21-22. Walking Stance / Inside Middle Block/Middle Punch

23-24. Walking Stance/ Inside Middle Block/Middle Punch

TAE GEUK SA JANG (태극 4 장)

25

26

27

28

29

30

31

25. Front Stance/Inside Middle Block

26-27. Front Stance/Double Middle punch

28. Front Stance/Inside Middle Block

29-30. Front Stance/Double Middle punch/**KI HAP**

31. Ready Stance