

TAE SUN IL JANG

From Open Chumbi position:

To front: Left foot steps back into right side stance (facing forward), Back Forearm Inward Block, Front Knife Hand Strike, Front Leg Double Swing Kick (same place), (land in right Front Stance), Front Inward Punch, Rear Inward Punch, Dodge, Rear Inward Punch, Front Inward Palm Strike.

To left side: Left Leg Sliding Double Side Kick (same place; land in left Front Stance), Front Knife Hand Strike, Rear Inward Punch, Dodge, Rear Round Punch, Front Upward Punch, Step Back (same stance), Rear Open Hand Inward Block, Front Inward Punch, Rear Inward Punch.

To front: Turn to front (right Front Stance), Rear Inward Punch, Open Hand Low Block, Rear Inward Punch, Front Leg Sliding Front Kick, Front Inward Punch, Rear Inward Punch, Front Round Punch (defensive), Front Leg Sliding Double Side Kick (same place), Front Knife Hand Strike, Rear Inward Punch, Front Round Elbow (defensive) / Front Knife Hand Strike, Rear Inward Punch, Front Reverse Knife Hand Strike (defensive).

To front: Right foot steps back into left Side Stance (facing forward), Back Forearm Inward Block, Front Knife Hand Strike, Front Leg Double Swing Kick (same place; land in left Front Stance), Front Inward Punch, Rear Inward Punch, Dodge, Rear Inward Punch, Front Inward Palm Strike.

To right side: Right Leg Sliding Double Side Kick (same place; land in right Front Stance), Front Knife Hand Strike, Rear Inward Punch, Dodge, Rear Round Punch, Front Upward Punch, Step Back (same stance), Rear Open Hand Inward Block, Front Inward Punch, Rear Inward Punch.

To front: Turn to front (left Front Stance), Rear Inward Punch, Open Hand Low Block, Rear Inward Punch, Front Leg Sliding Front Kick, Front Inward Punch, Rear Inward Punch, Front Round Punch (defensive), Front Leg Sliding Double Side Kick (same place), Front Knife Hand Strike, Rear Inward Punch, Front Round Elbow Strike (defensive) / Front Knife Hand Strike, Rear Inward Punch, Front Reverse Knife Hand Strike (defensive).

To front: Front Leg Reverse Swing Kick, Rear Inward Punch, Inward Block, Rear Inward Punch, Rear Open Hand Inward Block, Front Leg Downward Kick, Rear Round Palm Strike, Left foot steps back into right Side Stance, Back Forearm Inward Block, Front Leg Twisting Kick (land in right Front Stance), Rear Inward Palm Strike, Front Round Palm Strike, Dodge, Front Round Palm Strike (defensive), Rear Curled Finger Strike.

To front: Front Leg Reverse Swing Kick, Rear Inward Punch, Inward Block, Rear Inward Punch, Rear Open Hand Inward Block, Front Leg Downward Kick, Rear Round Palm Strike, Right foot steps back into left Side Stance, Back Forearm Inward Block, Front Leg Twisting Kick, (land in left Front Stance), Rear Inward Palm Strike, Front Round Palm Strike, Dodge, Front Round Palm Strike (defensive), Rear Curled Finger Strike.

Front foot steps back to rear foot to Paro.

All Swing Kicks are performed with the instep unless otherwise indicated

TAE SUN EE JANG

From Open Chumbi position:

To front: Right foot steps back into left Front Stance, Rear Open Hand Inward Block, Front Double Inward Punch, Dodge, Front Inward Punch, Rear Inward Punch.

To right side: Rear Leg Twisting Kick, (land in right Front Stance facing right side), Rear Inward Punch, Inward Block, Front Leg Swing Kick (target thigh level), Rear Inward Punch, Rear Leg Crescent Kick (land in left Front Stance), Rear Round Palm Strike, Left foot steps back into right Front Stance, Rear Open Hand Inward Block, Front Reverse Knife Hand Strike (defensive), Front Leg Sliding Double Swing Kick (same place), Rear Inward Punch, Dodge, Rear Inward Punch, Rear Round Palm Strike, Front Leg Front Kick (sliding backwards), Rear Inward Punch, Front Upward Punch, Front Elbow Strike (defensive), Front Leg Double Side Kick (same place), Rear Inward Punch.

To front: Left Front Leg Downward Kick, (land in left Front Stance facing forward), Rear Knee Strike (put foot back down in rear), Rear Elbow Strike, Rear leg steps to front to Paro.

To front: Left foot steps back into right Front Stance, Rear Open Hand Inward Block, Front Double Inward Punch, Dodge, Front Inward Punch, Rear Inward Punch.

To left side: Rear Leg Twisting Kick, (land in left Front Stance facing left side), Rear Inward Punch, Inward Block, Front Leg Swing Kick (target thigh level), Rear Inward Punch, Rear Leg Crescent Kick (land in right Front Stance), Rear Round Palm Strike, Right foot steps back into left Front Stance, Rear Open Hand Inward Block, Front Reverse Knife Hand Strike (defensive), Front Leg Sliding Double Swing Kick (same place), Rear Inward Punch, Dodge, Rear Inward Punch, Rear Round Palm Strike, Front Leg Front Kick (sliding backwards), Rear Inward Punch, Front Upward Punch, Front Elbow Strike (defensive), Front Leg Double Side Kick (same place), Rear Inward Punch.

To front: Right Front Leg Downward Kick, (land in right Front Stance facing forward), Rear Knee Strike (put foot back down in rear), Rear Elbow Strike.

To front: Front Leg Swing Kick (do not put foot down), Sliding Front Leg Reverse Swing Kick / Front Leg Swing Kick (land in right Front Stance), Rear Round Palm Strike, Jumping forward - Front Inward Punch (body) / Rear Inward Punch (head) (land in right Front Stance).

To rear: Turn 180 degrees to the left by pivoting on the front (right) foot and moving the rear (left) foot into a left Front Stance (facing rear), Front Knife Hand Strike, Rear Inward Punch, Front Round Punch (defensive), Front Side Fist Strike, Rear Inward Punch, Front Upward Punch, Rear Upward Punch, Front Upward Punch, Rear Upward Punch, Front Round Punch, Dodge, Front Round Punch (defensive).

To rear: Front Leg Swing Kick (do not put foot down), Sliding Front Leg Reverse Swing Kick / Front Leg Swing Kick (land in left Front Stance), Rear Round Palm Strike, Jumping forward - Front Inward Punch (body) / Rear Inward Punch (head) (land in left Front Stance).

To front: Turn 180 degrees to the right by pivoting on the front (left) foot and moving the rear (right) foot into right Front Stance (facing front), Front Knife Hand Strike, Rear Inward Punch, Front Round Punch (defensive), Front Side Fist Strike, Rear Inward Punch, Front Upward Punch, Rear Upward Punch, Front Upward Punch, Rear Upward Punch, Front Round Punch, Dodge, Front Round Punch (defensive).

Front foot steps back to Paro.

All Swing Kicks are performed with the instep unless otherwise indicated