

Poomse Taegeuk Il Jang (#1)

- ✓ Chunbee stance (ready stance)
- ✓ Charyut (attention stance) and Kyongneh (bow)
- ✓ Chunbee stance (ready stance)

1. Low block, walking stance
2. Middle punch, walking stance
3. Low block, walking stance
4. Middle punch, walking stance
5. Low block, front stance
6. Middle punch, front stance
7. Middle block, walking stance
8. Middle punch, walking stance
9. Middle block, walking stance
10. Middle punch, walking stance
11. Low block, front stance
12. Middle punch, front stance
13. High block, walking stance
14. High front kick, middle punch, walking stance
15. High block, walking stance
16. High front kick, middle punch, walking stance
17. Low block, front stance
18. Middle punch, front stance and KIHAP