

Poomse Taegeuk Ee Jang (#2)

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

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