

Poomse Taegeuk Sam Jang (#3)

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

1. Low block, front stance.
2. High Front kick, double middle punch, and front stance.
3. Low block, front stance.
4. High Front kick, double middle punch, and front stance.
5. Knife-hand, walking stance.
6. Knife-hand walking stance.
7. Single Knife-hand block, back stance.
8. Middle punch, front stance.
9. Single Knife-hand block, back stance.
10. Middle punch, front stance.
11. Middle block, walking stance.
12. Middle block, walking stance.
13. Low block, front stance.
14. High Front kick, double middle punch, and front stance.
15. Low block, front stance.
16. High Front kick, double middle punch, and front stance.
17. Low block, middle punch, walking stance.
18. Low block, middle punch, walking stance.
19. High Front kick, low block, middle punch, walking stance.
20. High Front kick, low block, middle punch, walking stance, kihap.