

Poomse Taegeuk Sah Jang (#4)

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

1. Double knife-hand block, back stance.
2. Palm block, middle spear-hand strike, and front stance.
3. Double knife-hand block, back stance.
4. Palm block, middle spear-hand strike, and front stance.
5. High knife-hand block, knife-hand strike, front stance.
6. Front kick, middle punch, front stance.
7. Middle Sidekick, fighting stance.
8. High Side kick, double knife-hand block, kihap, back stance.
9. Middle Outside block, back stance.
10. High Front kick, middle block, back stance.
11. Middle outside block, back stance.
12. Front kick, middle block, back stance.
13. High knife-hand block, knife-hand strike, front stance.
14. High Front kick, back fist, front stance.
15. Middle block, middle punch, walking stance.
16. Middle block, middle punch, walking stance.
17. Middle block, double punch, and front stance.
18. Middle block, double punch, front stance, and kihap.