

Poomse Taegeuk Oh Jang (#5)

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

1. Low block, front stance.
2. Hammer strike, open stance.
3. Low block, front stance.
4. Hammer strike, open stance.
5. Double Middle block, front stance.
6. High front kick, back fist, middle block, and front stance.
7. High front kick, back fist, middle block, and front stance.
8. Back fist, kihap, and front stance.
9. Single Knife-hand block, back stance.
10. Elbow strike, front stance.
11. Single Knife-hand block, back stance.
12. Elbow strike, front stance.
13. Low block, middle block, front stance.
14. High front kick, low block, middle block, and front stance.
15. High block, front stance.
16. Sidekick, elbow strike, front stance.
17. High block, front stance.
18. Sidekick, elbow strike, front stance.
19. Low block, middle block, front stance.
20. High front kick, back fist, kihap, crossed leg stance.