

Poomse Taegeuk Yuk Jang (#6)

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

1. Low block, front stance.
2. High front kick, middle outside block, back stance.
3. Low block, front stance.
4. High front kick, middle outside block, back stance.
5. High outside knife-hand block, front stance.
6. High front turning kick, high outside block, middle punch, front stance.
7. High front kick, middle punch, front stance.
8. High outside block, middle punch, and front stance.
9. High front kick, middle punch, front stance.
10. Double side block, easy stance.
11. High outside knife-hand block, front stance.
12. High front turning kick, kihap, low block, front stance.
13. High front kick, middle outside block, back stance.
14. Low block, front stance.
15. High front kick, middle outside block, back stance.
16. Double knife-hand middle block, back stance.
17. Double knife-hand middle block, back stance.
18. Middle palm block, middle punch, and front stance.
19. Middle palm block middle punch, kihap, and front stance.