

Poomse Taegeuk Pahl Jang (#8)

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

1. Double middle outer arm block, back stance followed by middle punch and front stance.
2. Double jumping front kick (middle and high), kihap, middle block, double punch, front stance.
3. Middle punch, front stance.
4. Single mountain block, mountain stance.
5. Uppercut, front stance.
6. Single mountain block, mountain stance.
7. Uppercut, front stance.
8. Double knife-hand block and back stance.
9. Middle punch, front stance.
10. High front kick, middle palm block, cat stance.
11. Double knife-hand block, cat stance.
12. Front kick middle punch and front stance.
13. Palm block, cat stance.
14. Double knife-hand block, cat stance.
15. Front kick, middle punch and front stance.
16. Palm block, cat stance.
17. Double guarding low block, back stance.
18. Double jumping front kick (middle and high) and kihap and middle block, double punch, front stance.
19. Single knife-hand block, back stance.
20. Elbow strike, back fist, front stance.
21. Middle punch, front stance.
22. Single knife-hand block, back stance.
23. Elbow strike, back fist, front stance.
24. Middle punch, front stance.