

### 3 TAEBAEK FORM

Footwork	Stance	Face	Action
START	Natural stance	Front	Basic ready position
1 Pivot on left heel and ball of right foot	Right tiger stance	Left	Turn left and double low outside knife hand block
2 Right foot steps forward	Right forward stance	Left	Right front kick, right/left double body punch
3 Right foot steps back	Left tiger stance	Right	Turn right and double low outside knife hand block
4 Left foot steps forward	Left tiger stance	Right	Left front kick, left/right double body punch
5 Left foot steps to front	Left forward stance	Front	Turn to front, left face knife hand block, right chop to neck
6 Right foot steps forward	Right forward stance	Front	Rotate right arm (softly) while stepping, then left body punch
7 Left foot steps forward	Left forward stance	Front	Rotate left arm (softly) while stepping, then right body punch
8 Right foot steps forward	Right forward stance	Front	Rotate right arm (softly) while stepping, then left body punch (yell)
9 Pivot left 270° on right foot	Right back stance	Right	Turn left and left inside body block, right face block
10 Same stance	Right back stance	Right	Right inverted face punch (drawing left hand in)
11 Same stance	Right back stance	Right	Left side punch
12 Raise left foot to right knee	Right crane stance	Right	Both fists to right hip
13 Left foot steps forward	Left forward stance	Right	Left side kick and punch, then right elbow to left hand
14 Left foot back to right foot, then right foot back	Left back stance	Left	Turn right and right inside body block, left face block
15 Same stance	Left back stance	Left	Left inverted face punch (drawing right hand in)
16 Same stance	Left back stance	Left	Right side punch
17 Raise right foot to left knee	Left crane stance	Left	Both fists to left hip
18 Right foot steps forward	Right forward stance	Left	Right side kick and punch, then left elbow to right hand
19 Right foot back to left foot, then left foot to back	Right back stance	Back	Turn to back and left double knife hand body block
20 Right foot steps to back	Right forward stance	Back	Right spear hand and left palm down block
21 Pivot left 360° on right foot	Left forward stance Right back stance	Back	Pull back of right hand to hip, then step and left spinning back fist to temple
22 Right foot steps forward	Right forward stance	Back	Right body punch (yell)
23 Pivot left 270° on right foot	Left forward stance	Left	Left scissor block
24 Right foot steps forward	Right forward stance	Left	Right front kick and right/left double body punch
25 Right foot steps backward	Right forward stance	Right	Right scissor block
26 Left foot steps forward	Left forward stance	Right	Left front kick and left/right double body punch
END Left foot steps backward	Natural stance	Front	Basic finish position