

TAEGEUK 1

Footwork	Stance	Face	Action
1 Pivot on left heel and ball of right foot	Left front stance	Left	Turn left and left low block
2 Right foot steps forward	Right front stance	Left	Right body punch
3 Right foot steps backward	Right front stance	Right	Turn right and right low block
4 Left foot steps forward	Left front stance	Right	Left body punch
5 Left foot steps to front	Left forward stance	Front	Turn to front and left low block
6 Same stance	Left forward stance	Front	Right body punch (quickly)
7 Right foot steps one foot forward	Right front stance	Right	Turn right and left body block
8 Left foot steps forward	Left front stance	Right	Right body punch
9 Left foot steps backward	Left front stance	Left	Turn left and right body block
10 Right foot steps forward	Right front stance	Left	Left body punch
11 Right foot steps to front	Right forward stance	Front	Turn to front and right low block
12 Same stance	Right forward stance	Front	Left body punch (quickly)
13 Left foot steps one foot forward	Left front stance	Left	Turn left and left face block
14 Right foot steps forward	Right front stance	Left	Right front kick and right body punch
15 Right foot steps backward	Right front stance	Right	Turn right and right face block
16 Left foot steps forward	Left front stance	Right	Left front kick and left body punch
17 Left foot steps to back	Left forward stance	Back	Turn to back and left low block
18 Right foot steps forward	Right forward stance	Back	Right body punch (yell)
END Pivot left 180° on ball of right foot	Natural stance	Front	Finish position