

TAEGEUK 4

Footwork	Stance	Face	Action
1 Left foot steps slightly left	Right back stance	Left	Turn left and left double knife hand body block
2 Right foot steps forward	Right forward stance	Left	Right spear hand and left palm down block
3 Right foot steps backward	Left back stance	Right	Turn right and right double knife hand body block
4 Left foot steps forward	Left forward stance	Right	Left spear hand and right palm down block
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	Right front kick, then left body punch
7 Left foot steps forward	Left front stance	Front	Left side kick with fists to chest
8 Right foot steps forward	Left back stance	Front	Right side kick with fists to chest, then right body double knife block
9 Pivot left 270° on ball of right foot	Right back stance	Right	Turn left and left outside body block
10 Right foot steps back again	Right back stance	Right	Right front kick and right body block
11 Pivot on heels of both feet	Left back stance	Left	Turn right and right outside body block
12 Left foot steps back again	Left back stance	Left	Left front kick and left body block
13 Left foot steps to back	Left forward stance	Back	Turn to back, left face knife hand block, right chop to neck
14 Right foot steps forward	Right forward stance	Back	Right front kick and right back fist
15 Left foot steps one foot forward	Left front stance	Right	Turn left and left body block
16 Same stance	Left front stance	Right	Right body punch
17 Right foot steps slightly sideways	Right front stance	Left	Turn right and right body block
18 Same stance	Right front stance	Left	Left body punch
19 Left foot steps to back	Left forward stance	Back	Left body block and right/left double body punch
20 Right foot steps to back	Right forward stance	Back	Right body block and left/right double body punch (yell)
END Pivot left 180° on ball of right foot	Natural stance	Front	Finish position