

TAEGEUK 8

Footwork	Stance	Face	Action
1 Left foot steps forward, then slightly more forward	Right back stance, left forward stance	Front	Left assisted outside body block, then right body punch
2 Left foot steps forward (after kicks)	Left forward stance	Front	Right body / left high double jumping front kick (yell), left body block, right/left double punch
3 Right foot steps forward	Right forward stance	Front	Right body punch
4 Pivot left 270° on right foot	Right forward stance	Right	Turn left and left low block, and right inside high block
5 Pivot left 180° on both feet	Left forward stance	Right	Right inverted face punch, drawing left hand in (slowly)
6 Both feet step backward (right over left)	Left forward stance	Left	Turn right and right low block, and left inside high block
7 Pivot right 180° on both feet	Right forward stance	Left	Left inverted face punch, drawing right hand in (slowly)
8 Right foot steps to back	Right back stance	Front	Turn left and left double knife hand body block
9 Left foot steps slightly forwards	Left forward stance	Front	Right body punch
10 Right foot back, then left foot back (after kick)	Left forward, left tiger stance	Front	Right front kick, and right palm body block
11 Pivot left 90° on both feet	Right tiger stance	Left	Turn left and left double knife hand block
12 Left foot steps forward	Left forward stance	Left	Left front kick, and right body punch
13 Left foot steps one foot back	Right tiger stance	Left	Left palm body block
14 Right foot steps slightly sideways	Left tiger stance	Right	Turn right and right double knife hand block
15 Right foot steps forward	Right forward stance	Right	Right front kick, and left body punch
16 Right foot steps one foot back	Left tiger stance	Right	Right palm body block
17 Right foot steps to back	Left back stance	Back	Right assisted double low block
18 Right foot steps to back (after kicks)	Right forward stance	Back	Left front kick, right high jumping front kick (yell), right body block, left/right double punch
19 Pivot left 270° on right foot	Right back stance	Left	Turn left and left outside knife hand block
20 Left foot steps slightly forwards	Left forward stance	Left	Right roundhouse elbow attack (to temple)
21 Same stance	Left forward stance	Left	Right back fist, left body punch
22 Right foot steps backwards	Left back stance	Right	Turn right and right outside knife hand block
23 Right foot steps slightly forwards	Right forward stance	Right	Left roundhouse elbow attack (to temple)
24 Same stance	Right forward stance	Right	Left back fist, right body punch
END Pivot left 90° on right foot	Natural stance	Front	Finish position