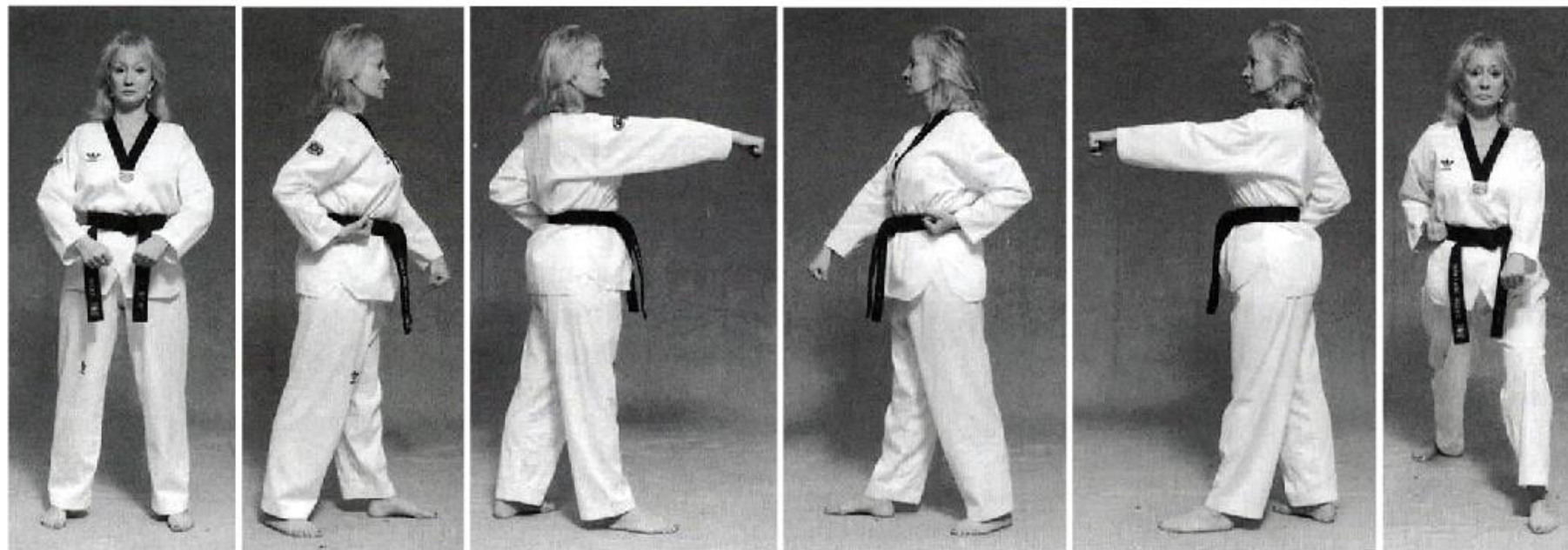
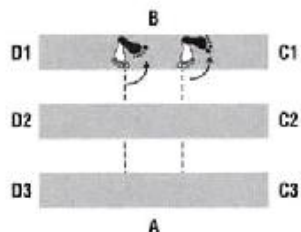


Form 1 - Taeguk IL Jang

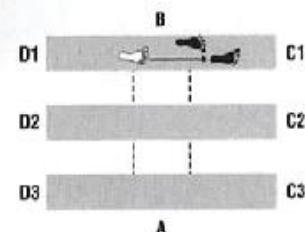


Ready stance:
Joon-bi

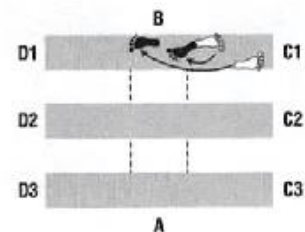
1. Turn 90° to the left, while moving your left foot into a left walking stance and execute a low block with the left arm.



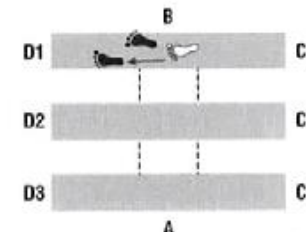
2. Move the right foot into a right walking stance while executing a regular punch with the right fist.



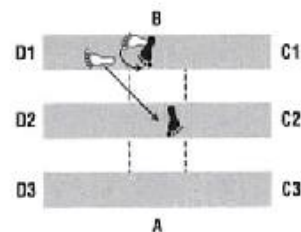
3. Pivoting on the ball of the left foot, turn right 180°. Move the right foot into a right walking stance while executing a low block with the right arm.



4. Move the left foot into a left walking stance while executing a regular punch with the left fist.



5. Turn to the left (facing A) while sliding the left foot into a left front stance and execute a low block with the left arm.



Form 1 - Taeguek IL Jang



6. Remain in the same position and execute a reverse punch with the right fist.



7. Step to the right (90° facing D2) with the right foot into a right walking stance while executing an inside middle block (mahki) with the left arm.



8. Step forward with the left foot into a left walking stance while executing a reverse punch with the right fist.



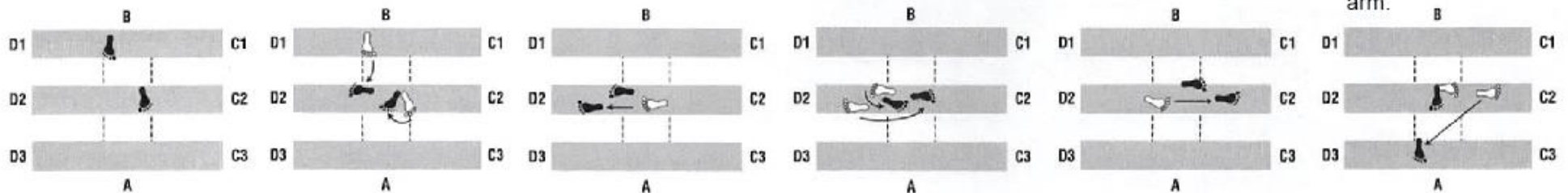
9. Step to the left (180° facing C2) with the left foot into a left walking stance while executing an inside middle block (mahki) with the right arm.



10. Step forward with the right foot into a right walking stance while executing a reverse punch with the left fist.



11. Turn to the right (90° facing A) with the right foot into a right front stance while executing a low block with the right arm.



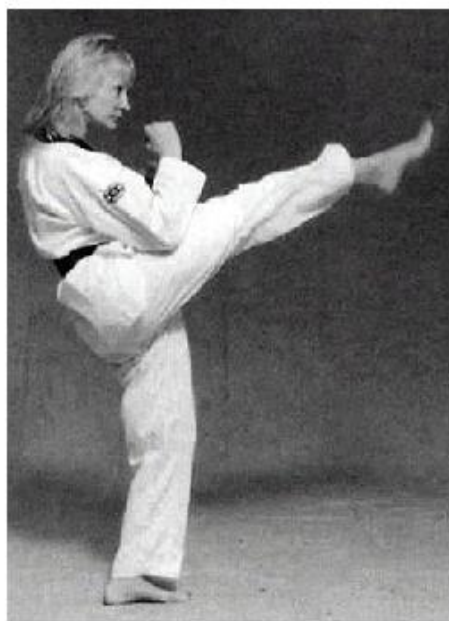
Form 1 - Taeguk IL Jang



12. Remain in the same position and execute a reverse punch with the left fist.



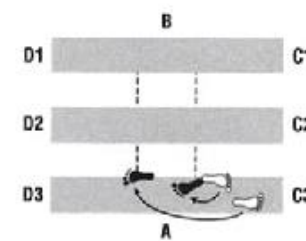
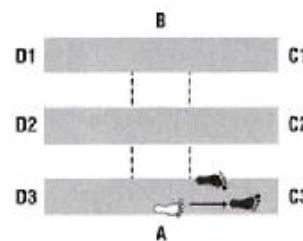
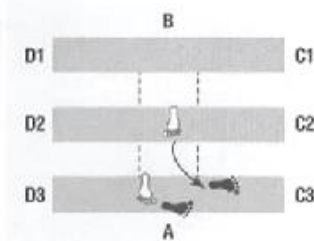
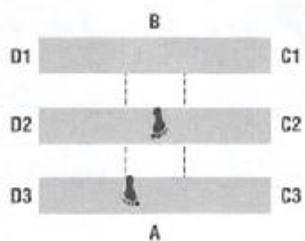
13. Step to the left (90° facing C3) into a left walking stance while executing a high block with the left arm.



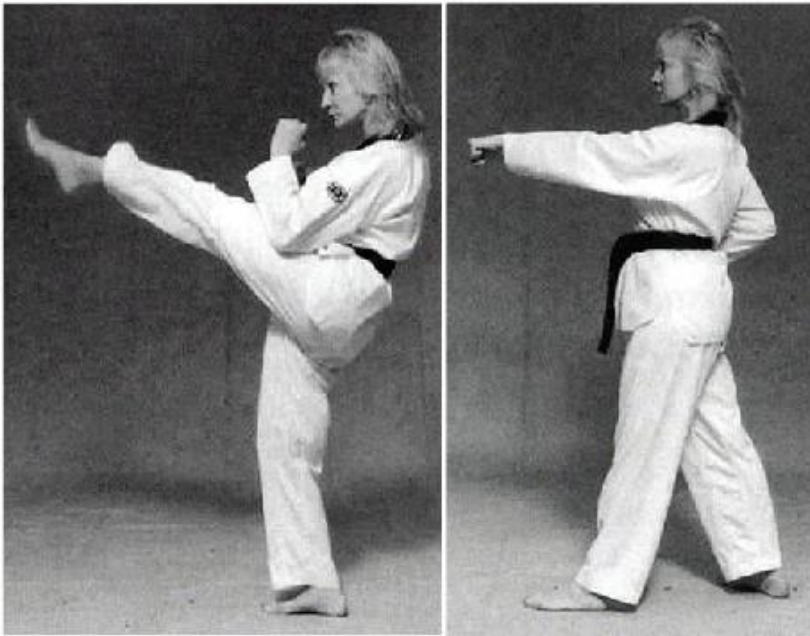
14. Keeping the left foot in place, execute a front snap kick with the right foot. Step down into a right walking stance and execute a regular punch with the right fist.



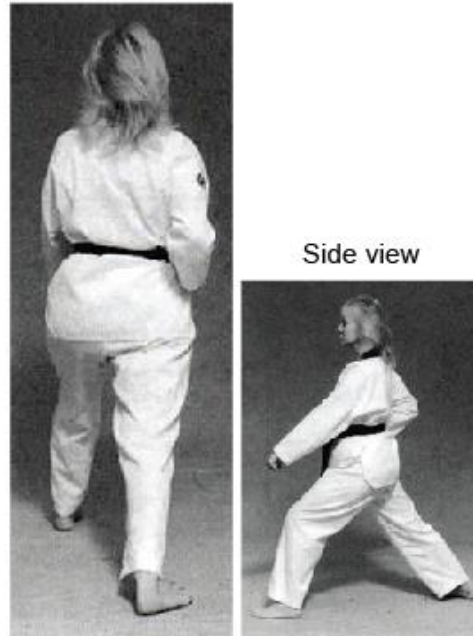
15. Turn to the right (180° facing D3) with right foot into a right walking stance while executing a high block with the right arm.



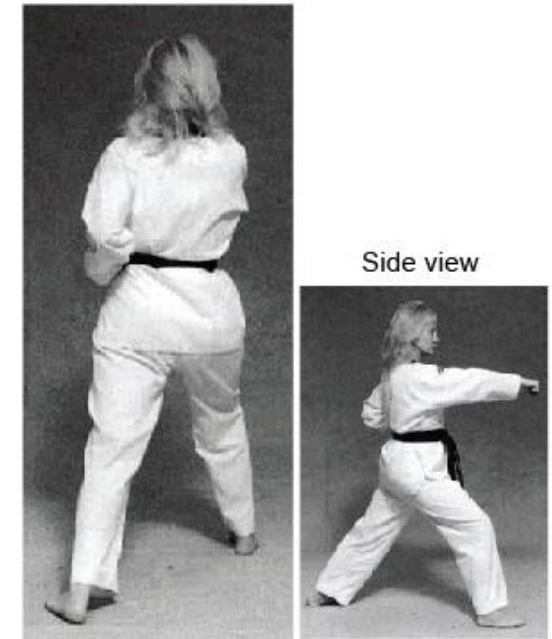
Form 1 - Taeguk IL Jang



16. Keeping the right foot in place, execute a front snap kick with the left foot. Step down into a left walking stance while executing a regular punch with the left fist.



17. Step to the right (90° facing B) with the left foot into a left front stance while executing a low block with the left hand.



18. Step forward with the right foot into a right front stance while executing a regular punch with the right fist. Kihap. Turn left (180°) by pivoting on the right foot to end in a ready (Jhooon-bi) stance.

