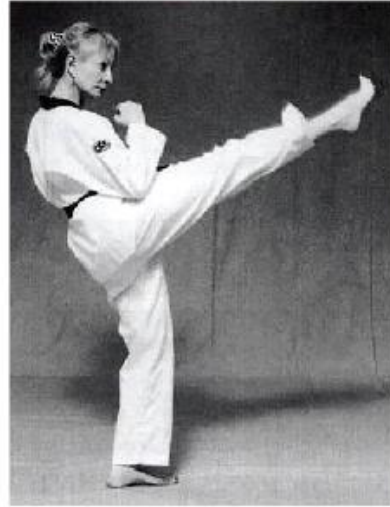
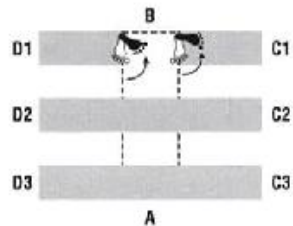


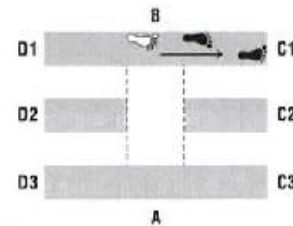
Form 3 - Taeguek SAM Jang



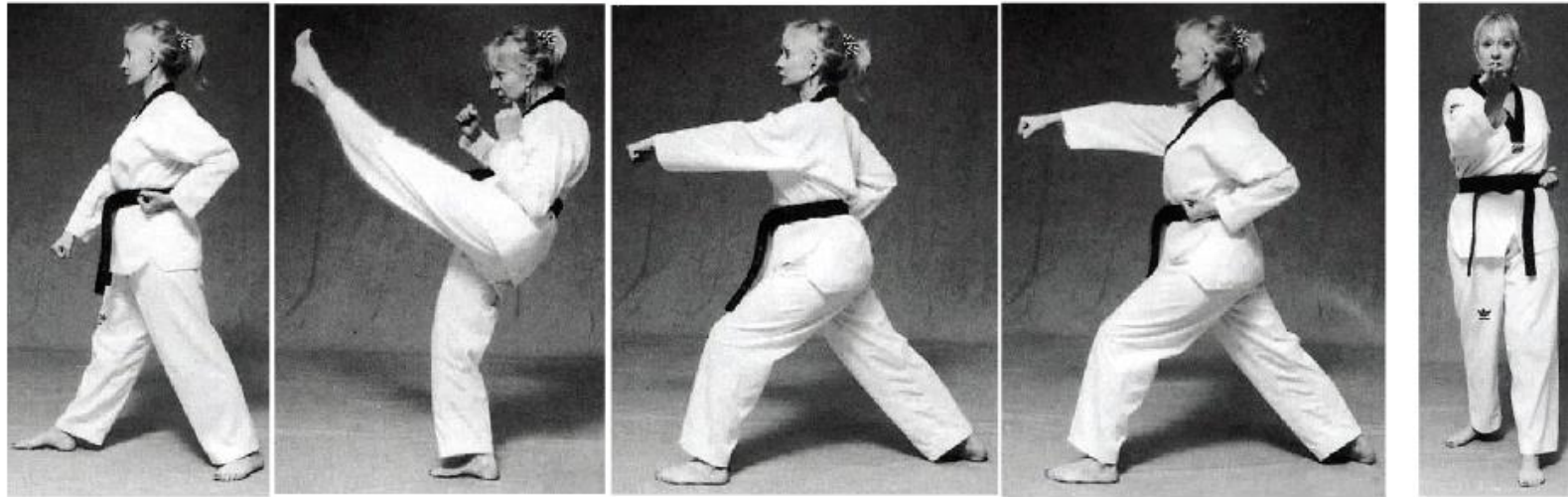
1. Ready stance: (Jhoon-bi) on the center line (D1-C1 at point B), turn 90° to the left by moving the left foot into a left walking stance and executing a low block with the left arm.



2. With the left foot fixed, execute a right front snap kick and drop down into a right front stance while executing a double punch starting with the right fist.



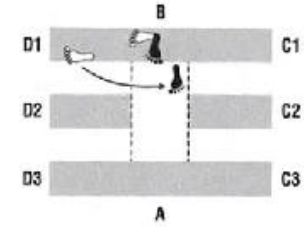
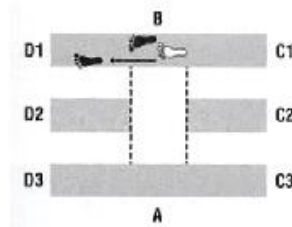
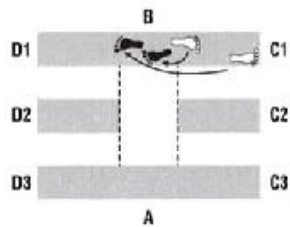
Form 3 - Taeguek SAM Jang



3. Pivoting on the ball of the left foot, turn to the right (180° toward D1) by moving the right foot into a right walking stance and execute a low block with the right arm.

4. With the right foot fixed, execute a left front snap kick and drop the foot into a left front stance while executing a double punch starting with the left fist.

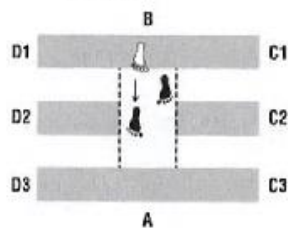
5. Turn to the left (90° toward A) by moving the left foot into a left walking stance while executing a knifehand strike (inside sudo) with the right hand.



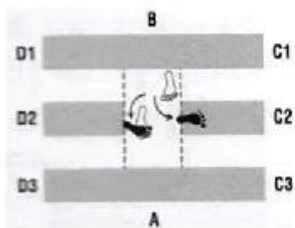
Form 3 - Taeguk SAM Jang



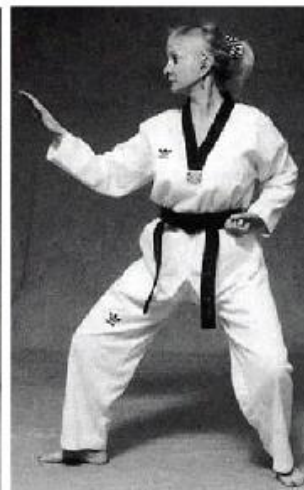
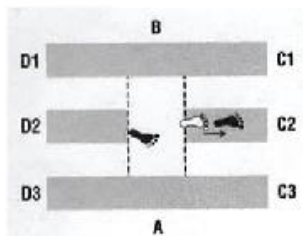
6. With the left foot fixed, step forward into a right walking stance while executing a knifehand strike (inside single sudo) with the left hand.



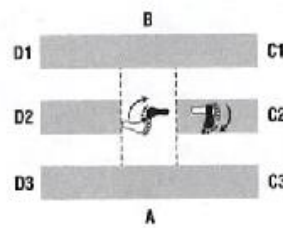
7. Turn to the left (90° toward C2) by moving the left foot into a right back stance while executing an outside single sudo strike/block with the left hand.



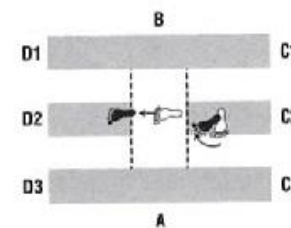
8. Slide the left foot forward into a left front stance while executing a reverse punch with the right fist.



9. Pivoting on the ball of the left foot, turn to the right (180° toward D2) by moving the right foot into a left back stance while executing an outside single sudo strike/block with the right hand.



10. Slide the right foot into a right front stance while executing a reverse punch with the left fist.



Form 3 - Taeguek SAM Jang

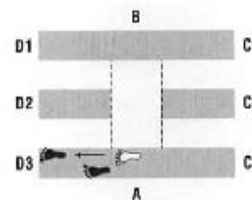
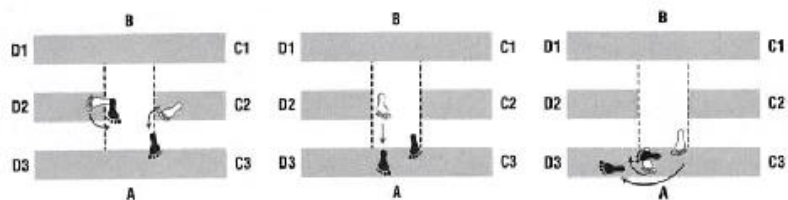


11. Turn to the left (90° toward A) by moving the left foot into a left walking stance while executing a right inside middle block (mahki) with the right arm.

12. Step forward with the right foot into a right walking stance while executing a left inside middle block (mahki) with the left arm.

13. Pivoting on the ball of the right foot, turn left (270° toward D3) by moving the left foot into a left walking stance while executing a low block with the left arm.

14. With the left foot fixed, execute a front snap kick with the right foot and drop into a right front stance while executing a double punch starting with the right fist.



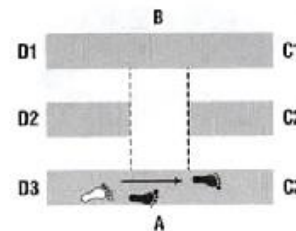
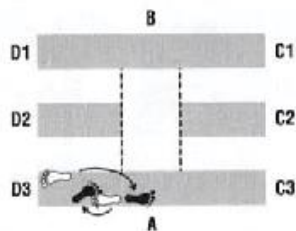
Form 3 - Taeguek SAM Jang



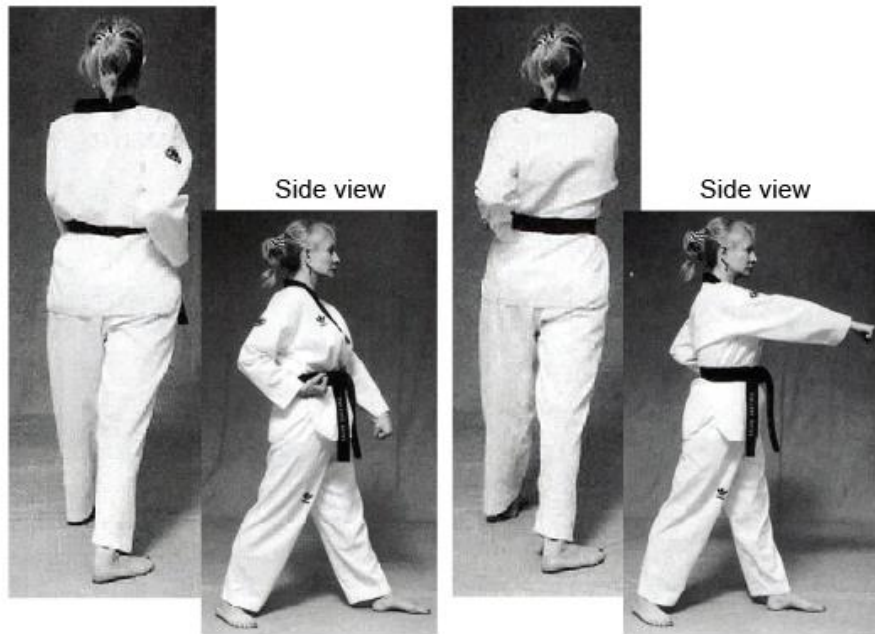
15. Pivoting on the ball of the left foot, turn to the right (180° toward C3) by moving the right foot into a right walking stance while executing a low block with the right arm.



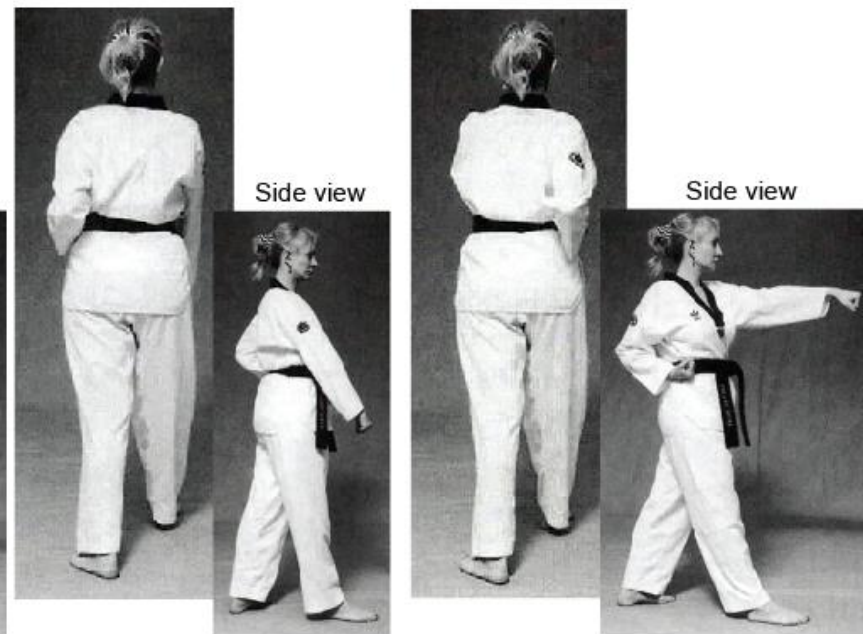
16. With the right foot fixed, execute a front snap kick with the left foot and drop into left front stance while executing a double punch starting with the left fist.



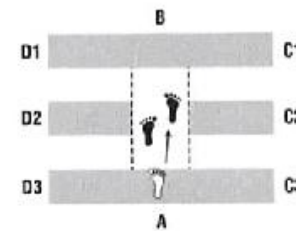
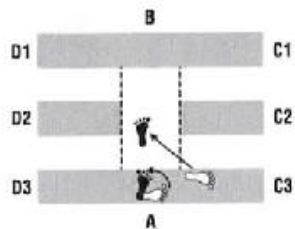
Form 3 - Taeguk SAM Jang



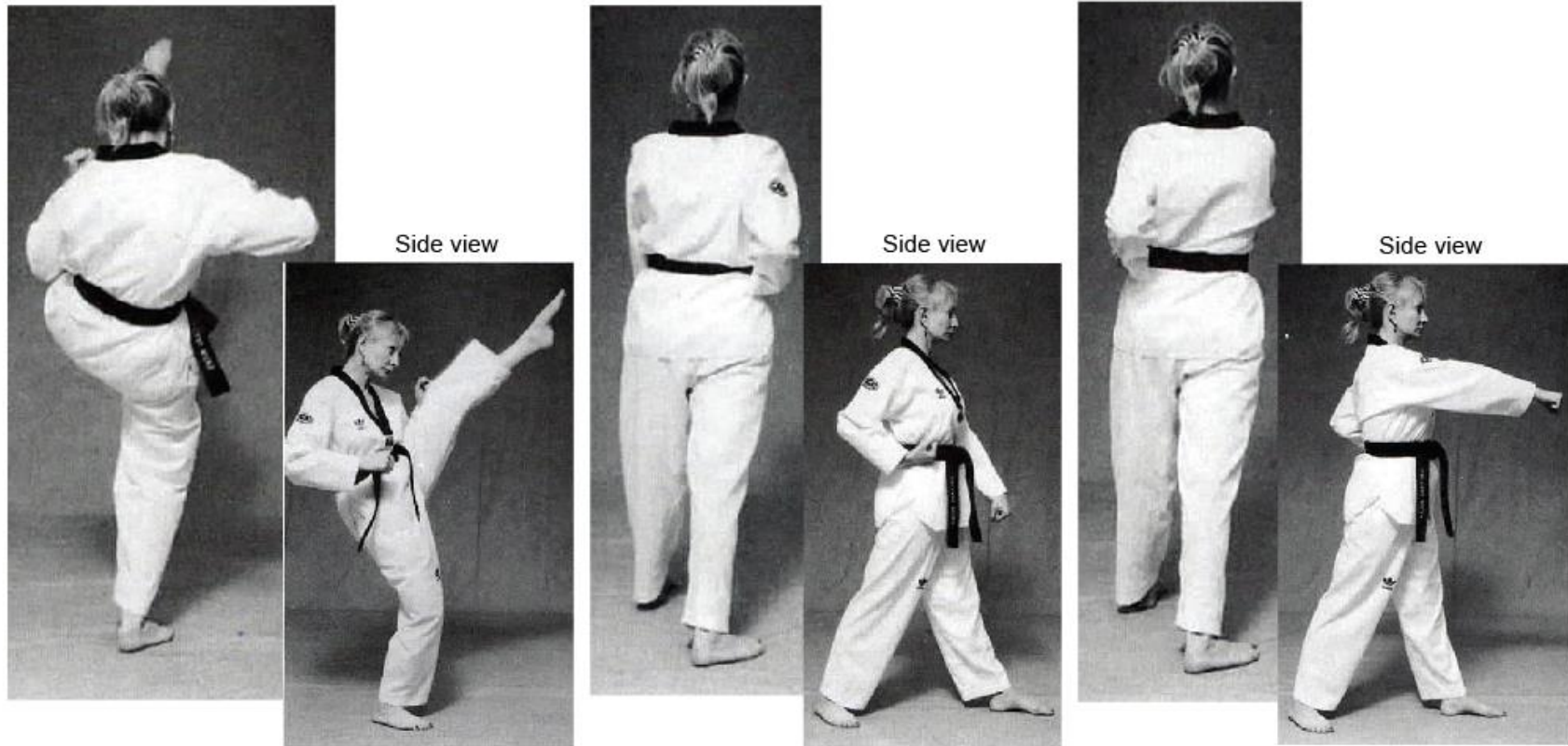
17. Turning to the left (90° toward B) by moving the left foot into a left walking stance while executing a low block with the left arm. Follow immediately with a reverse punch with the right fist.



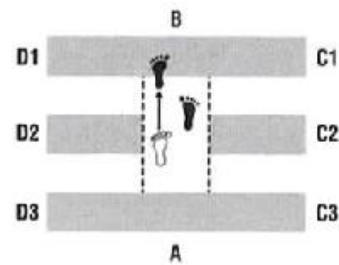
18. With the left foot fixed, move the right foot one step forward into a right walking stance while executing a low block with the right arm. Follow up with a reverse punch with the left fist.



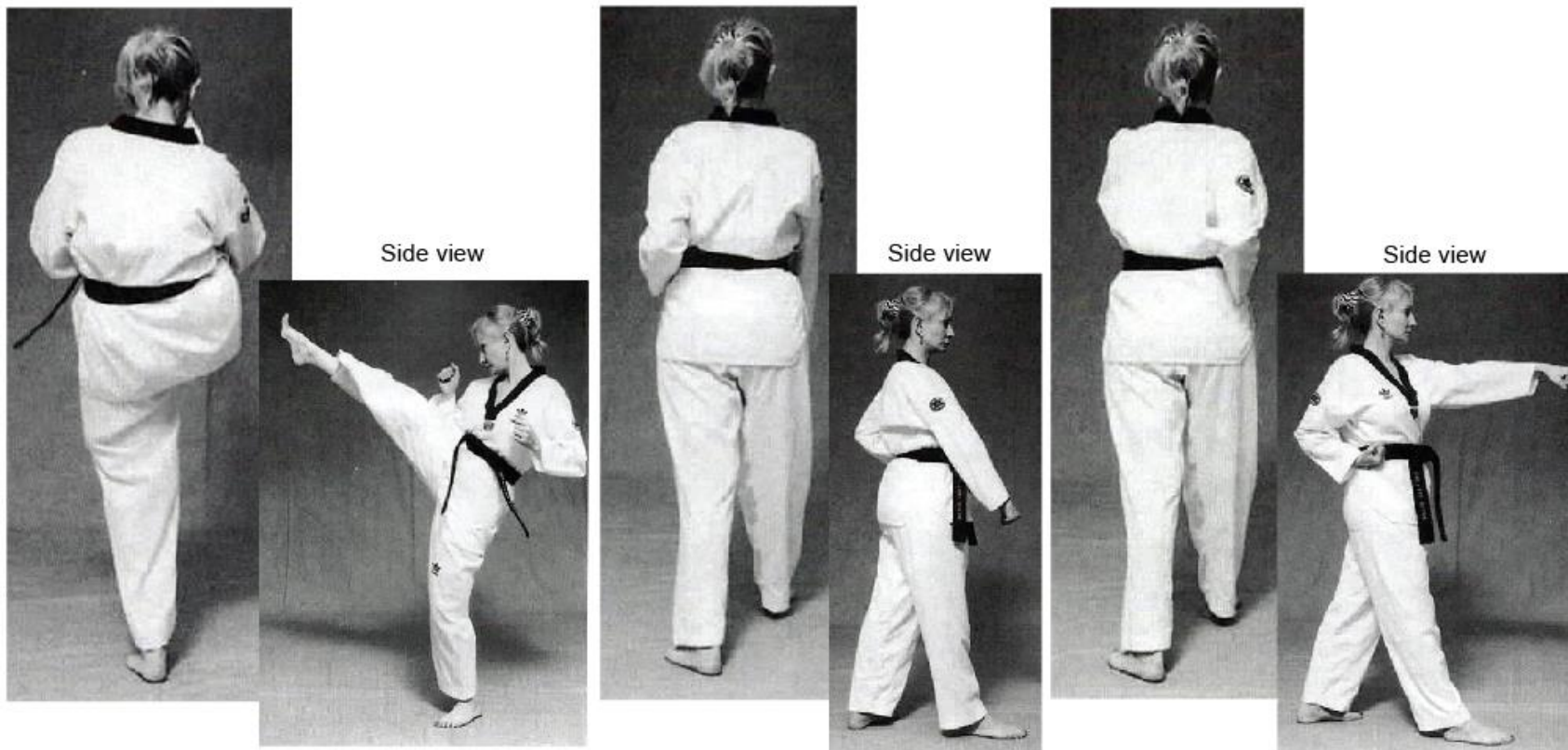
Form 3 - Taeguek SAM Jang



19. With the right foot fixed, execute front snap kick with the left foot and drop into a left walking stance while executing a low block with the left arm. Follow immediately with a reverse punch with the right fist.



Form 3 - Taeguek SAM Jang



20. With the left foot fixed, execute a front snap kick with the right foot and drop into a right walking stance while executing a low block with the right arm. Follow immediately with a reverse punch with the left fist. Kihap. Pivoting on the ball of the right foot, turn to the left (180° toward A) and return to the ready stance (Jhoon-Bi).

