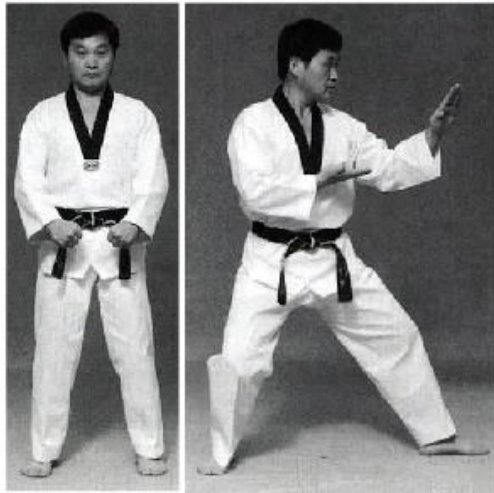


Form 4 - Taeguek SA Jang



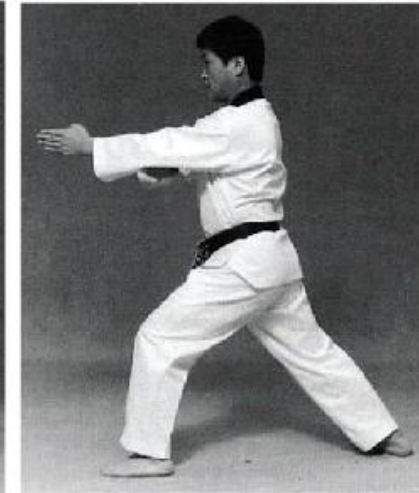
1. Ready stance: (Jhoon-bi). Starting on the center of line (D1-C1 at point B), turn to the left (90° toward C1) by moving the left foot in right back stance while executing a left double sudo strike.



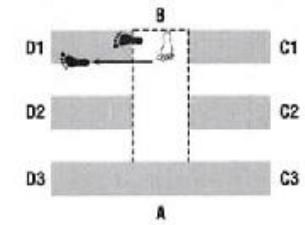
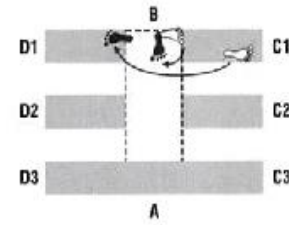
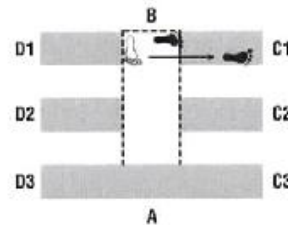
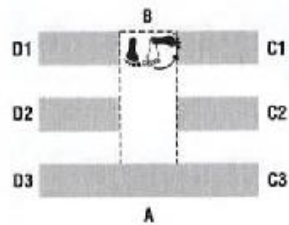
2. Move the right foot forward into a right front stance while executing a spear hand strike with the right hand. (left hand palm heel block w right hand fingertip strike)



3. Turn to the right (180° toward D1) by moving the right foot into a left back stance while executing a right double sudo strike.



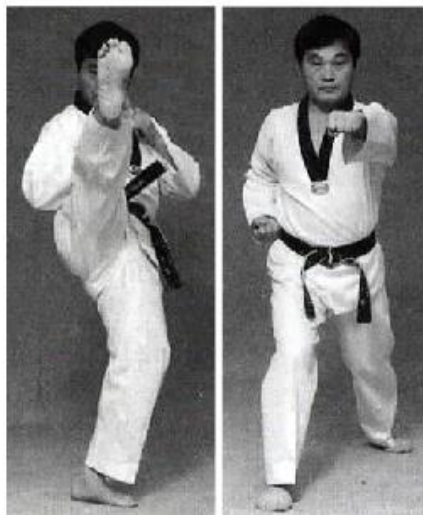
4. Move the left foot forward into a left front stance while executing a spear hand strike with the left hand. (right hand palm heel block w left hand fingertip strike).



Form 4 - Taeguk SA Jang



5. Turn to the left (90° toward A) by moving the left foot into a left front stance while executing jebbi-poom (high left hand strike/block with a right hand knife hand strike).



6. With the left foot fixed, execute a front kick with the right foot. Step down into a right front stance while executing a reverse punch with the left fist.



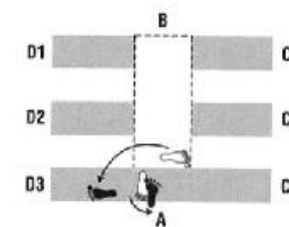
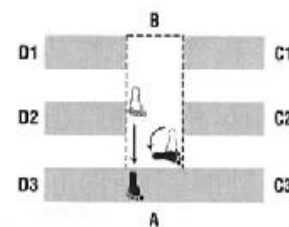
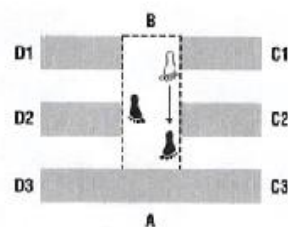
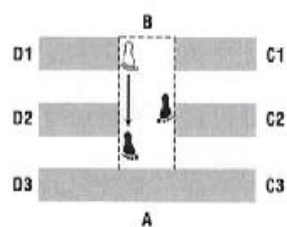
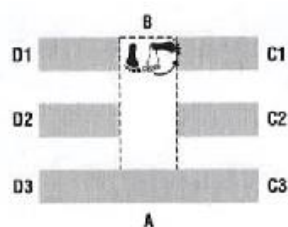
7. Using the right foot as the axis, pivot into a left trophy man stance while executing a side kick with the left foot.



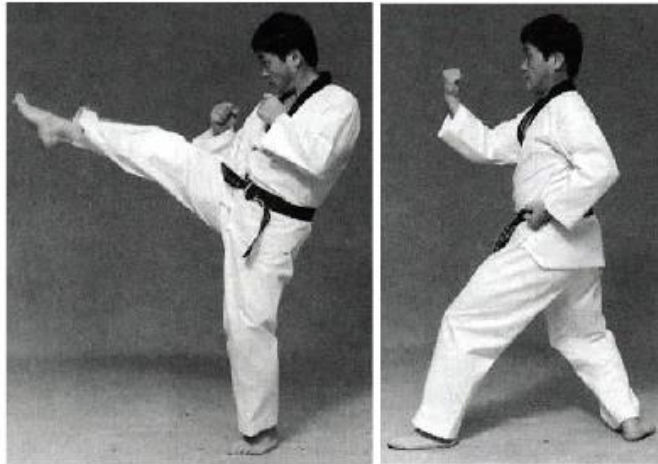
8. Step down and pivot quickly into a right trophy man stance while executing a side kick with the right foot. Step down with the right foot into a left back stance while executing a right double sudo strike.



9. Pivoting on the ball of the right foot, turn left (270° toward D3) by moving the left foot into a right back stance while executing a palm out middle block with the left arm.



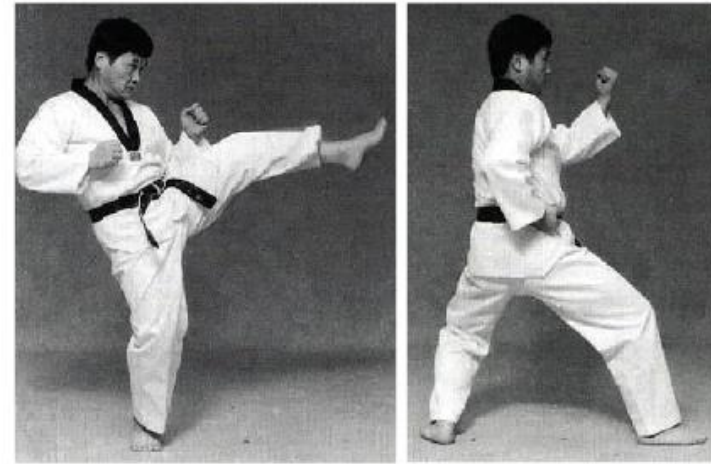
Form 4 - Taeguk SA Jang



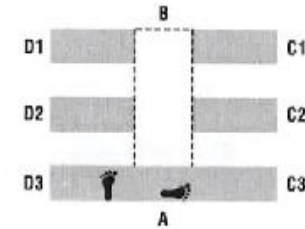
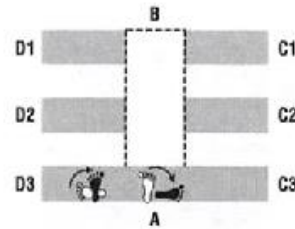
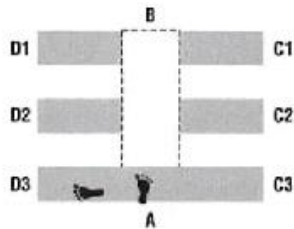
10. Execute a front snap kick with the right foot. Step back into a right back stance while executing an inside middle block (mahki) with the right arm..



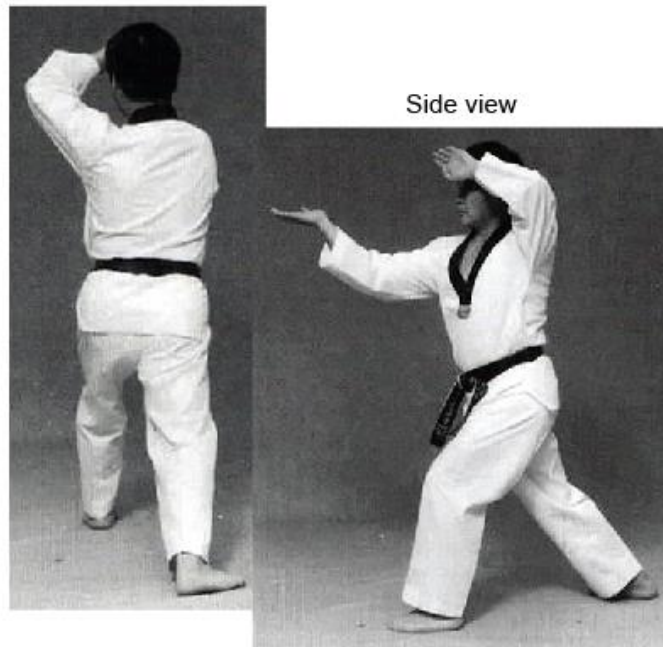
11. Pivoting on the ball of the left foot, turn to the right (180° toward C3) by moving the right foot into a left back stance while executing a right outside middle block (palm out).



12. Execute a front snap kick with the left foot. Step back into a left back stance while executing an inside middle block (mahki) with the left arm..

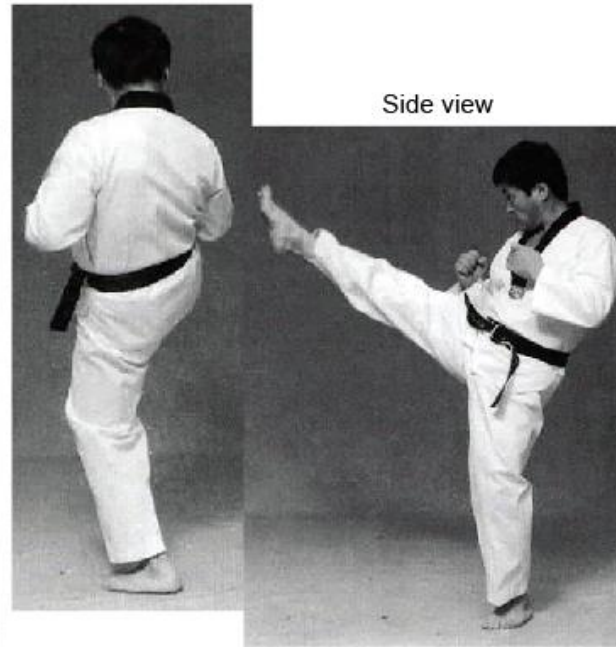
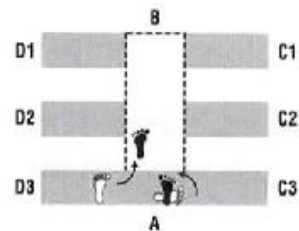


Form 4 - Taeguek SA Jang



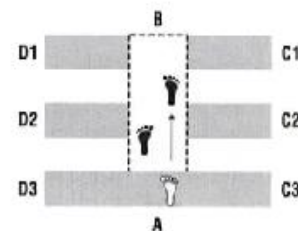
Side view

13. Pivoting on the ball of the right foot, turn to the left (90° toward B) by moving the left foot into a left front stance while executing jebbi poom (left hand high strike/block with a right hand knife hand strike).



Side view

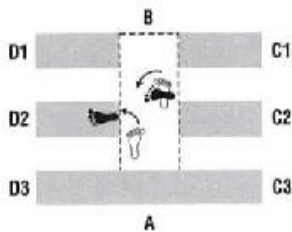
14. With the left foot fixed, execute a front snap kick with the right foot and step down into a right front stance while executing a right hand back fist strike.



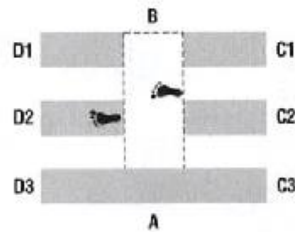
Form 4 - Taeguk SA Jang



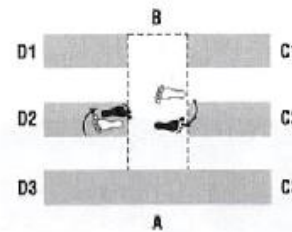
15. Pivoting on the ball of the right foot, turn to the left (90° toward D2) by moving the left foot into a left walking stance while executing an inside middle block (mahki) with the left arm.



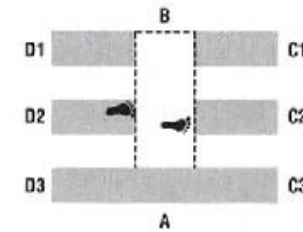
16. Keeping both feet fixed, execute a reverse punch with the right fist.



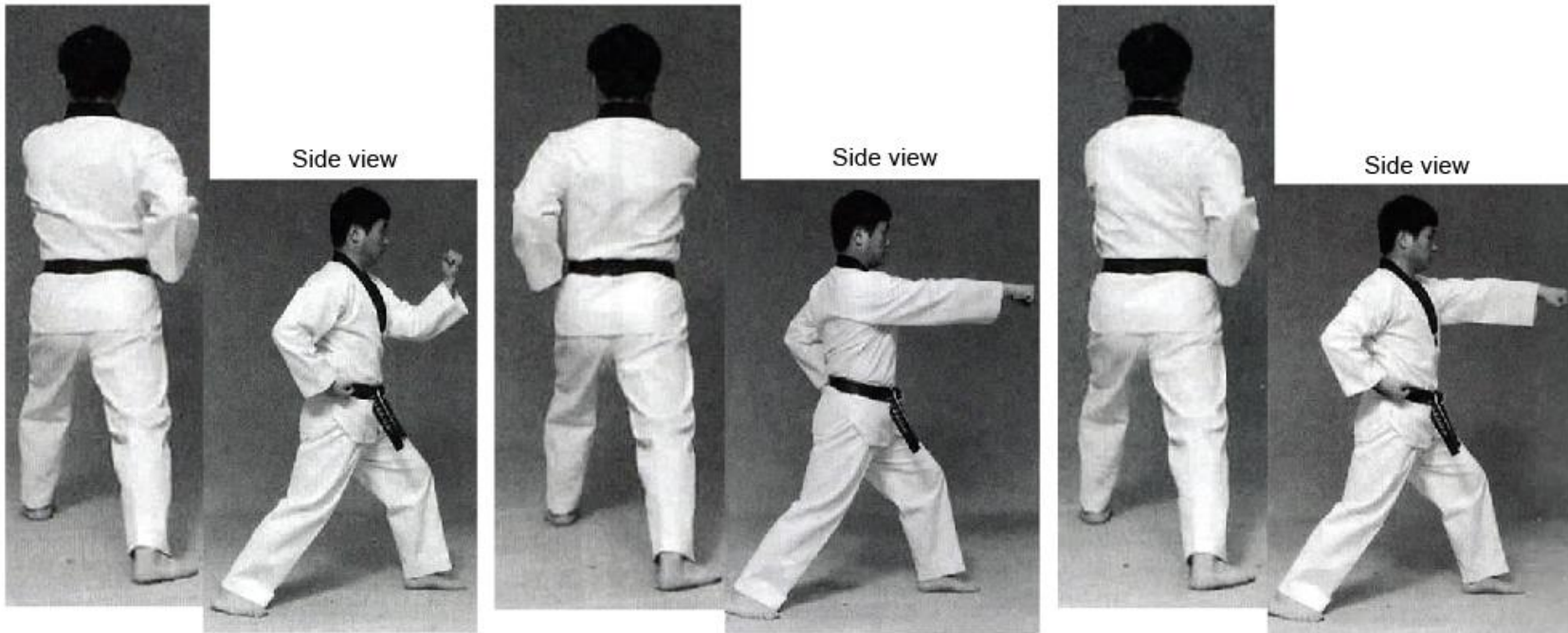
17. Pivoting on the ball of the left foot, turn to the right (180° toward C2) by moving the right foot into a right walking stance while executing an inside middle block with the right arm.



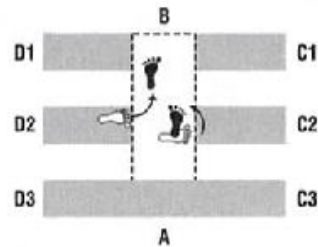
18. Keeping both feet fixed, execute a reverse punch with the left fist.



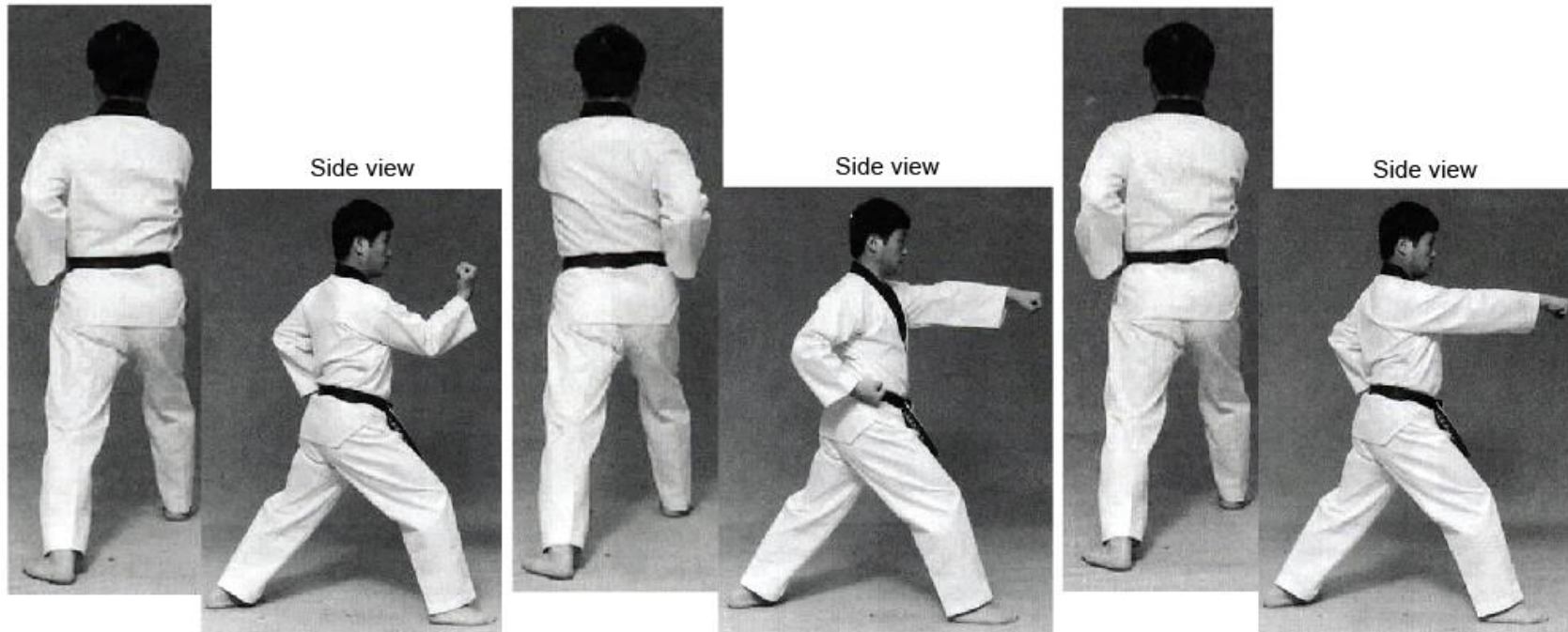
Form 4 - Taeguk SA Jang



19. Turning to the left (90° toward B) by sliding the left foot into a left front stance while executing an inside middle block (mahki) with the left arm. Remaining in the same stance, execute double punch starting with the right fist.



Form 4 - Taeguk SA Jang



20. With the left foot fixed, step forward by sliding the right foot into a right front stance while executing an inside middle block (mahki) with the right arm. Remaining in the same stance, execute double punch starting with the left fist. Kihap. Pivoting on the ball of the right foot, turn to the left (180° toward A) by moving your left foot into a ready stance (Jhoon-be).

