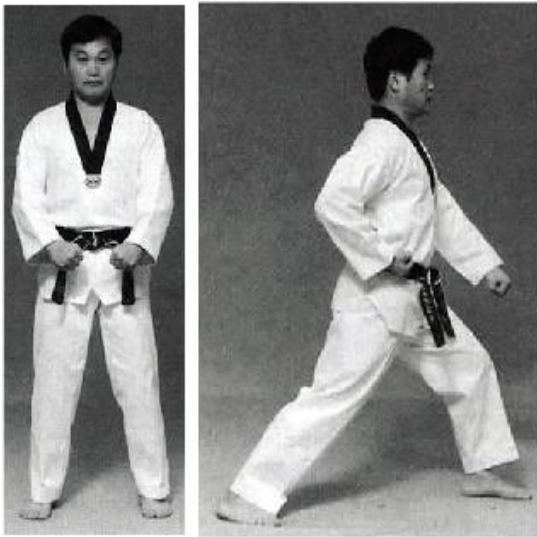


Form 5 - Taeguk O Jang



1. Starting in the ready stance (Joon-Bi) on the center of line (D1-C1 at point B), turn to the left (90° toward C1) by moving the left foot into a left front stance while executing a low block with the left arm.



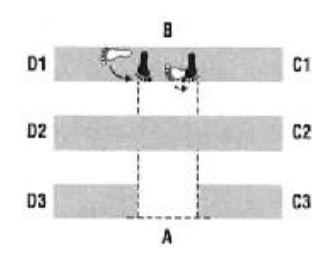
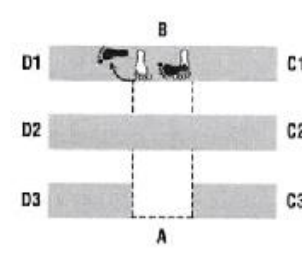
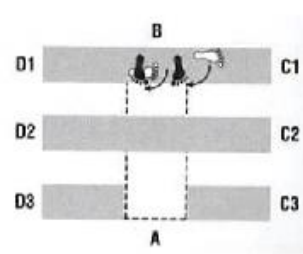
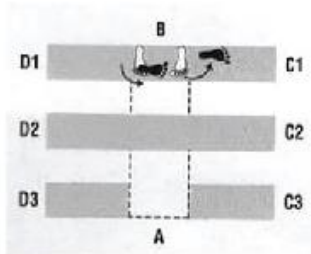
2. Slide back the left foot into a shortened back stance while executing a downward hammer fist strike with the left hand.



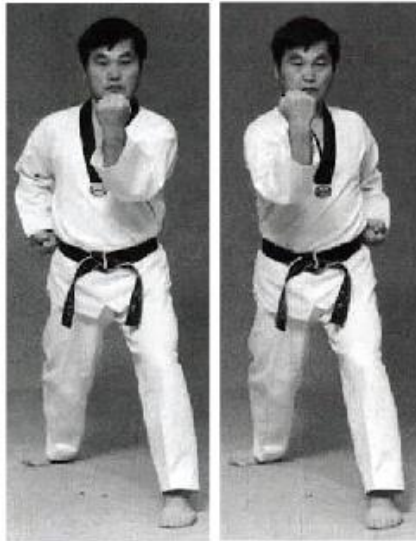
3. Turn to the right (90° toward D1) by moving the right foot into a right front stance while executing a low block with the right arm.



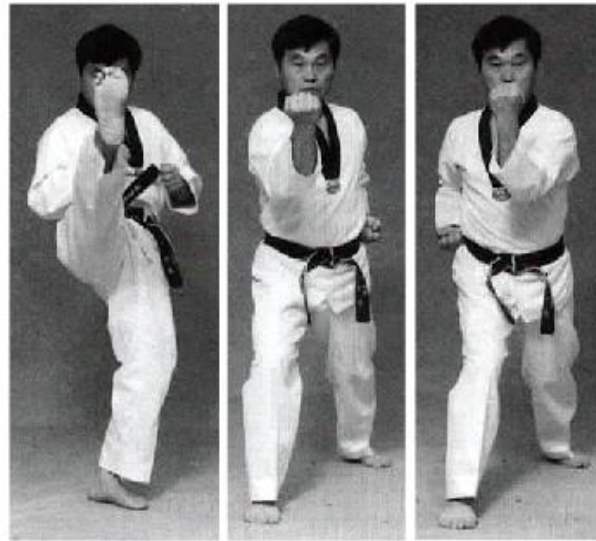
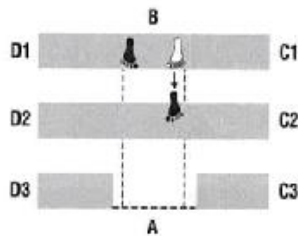
4. Slide the right foot back into a shortened back stance while executing a downward hammer fist with the right hand.



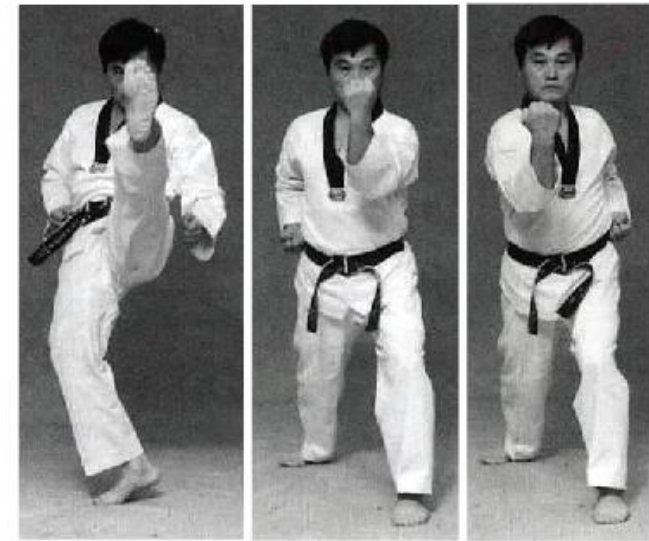
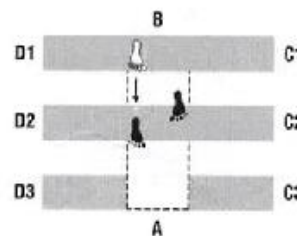
Form 5 - Taeguk O Jang



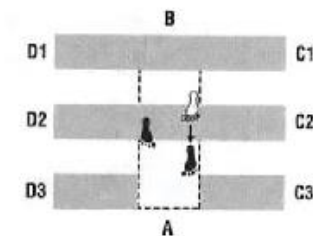
5. Step forward (toward A) with the left foot into a left front stance while executing an inside middle block with the left arm (regular technique). Remain in the same stance and immediately execute a second inside middle block with the right arm (reverse technique).



6. 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 back fist strike with the right arm. Remain in the same stance and execute an inside middle block with the left arm.



7. With the right foot fixed, execute a left front snap kick with the left foot and step down into a left front stance while executing a left back fist strike with the left arm. Remain in the same stance and execute an inside middle block with the right arm.



Form 5 - Taeguk O Jang



8. With the left foot fixed, step forward with the right foot into a right front stance while executing a back fist strike with the right hand.



9. Pivoting on the ball of the right foot, turn to the left (270° toward D3) by moving the left foot into a right back stance while executing a single sudo strike with the left hand.



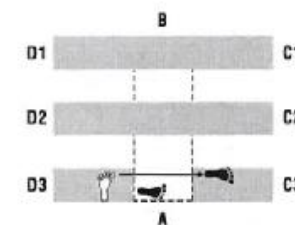
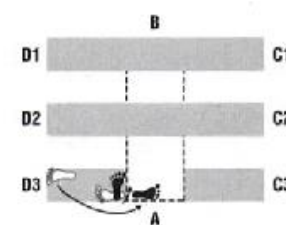
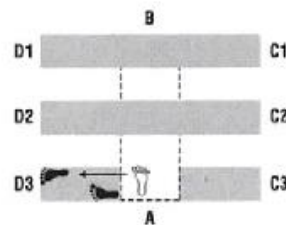
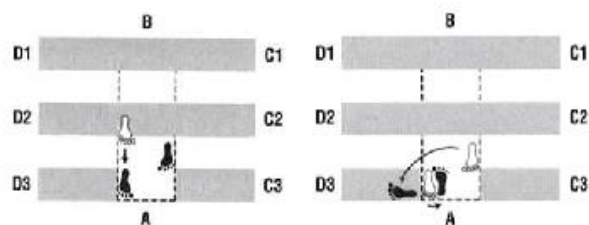
10. With the left foot fixed, cover the knuckles of the right fist with the left hand and move the right foot forward into a right front stance in order to execute an elbow strike with the right elbow.



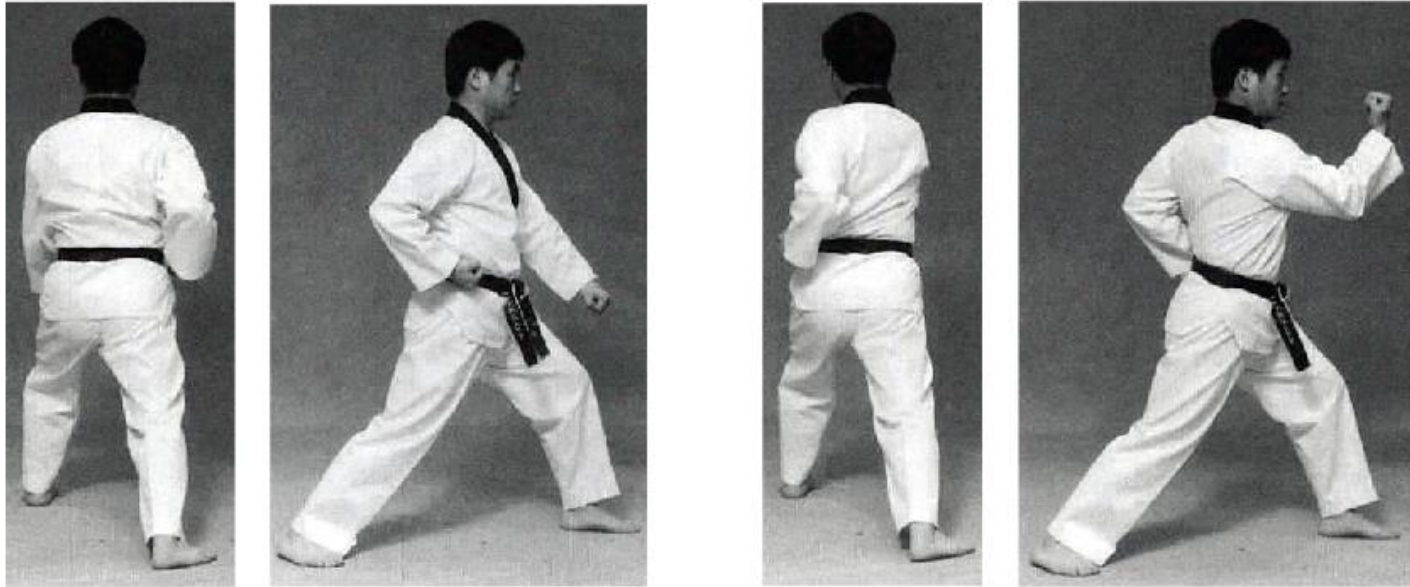
11. Pivoting on the ball of the left foot, turn to the left (180° toward C3) by moving the right foot into a left back stance while executing a single sudo strike with the right hand.



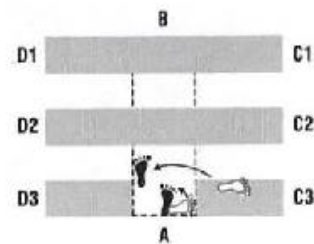
12. Cover the knuckles of the left fist with the right fist and move the left foot forward into a left front stance in order to execute an elbow strike with the left elbow.



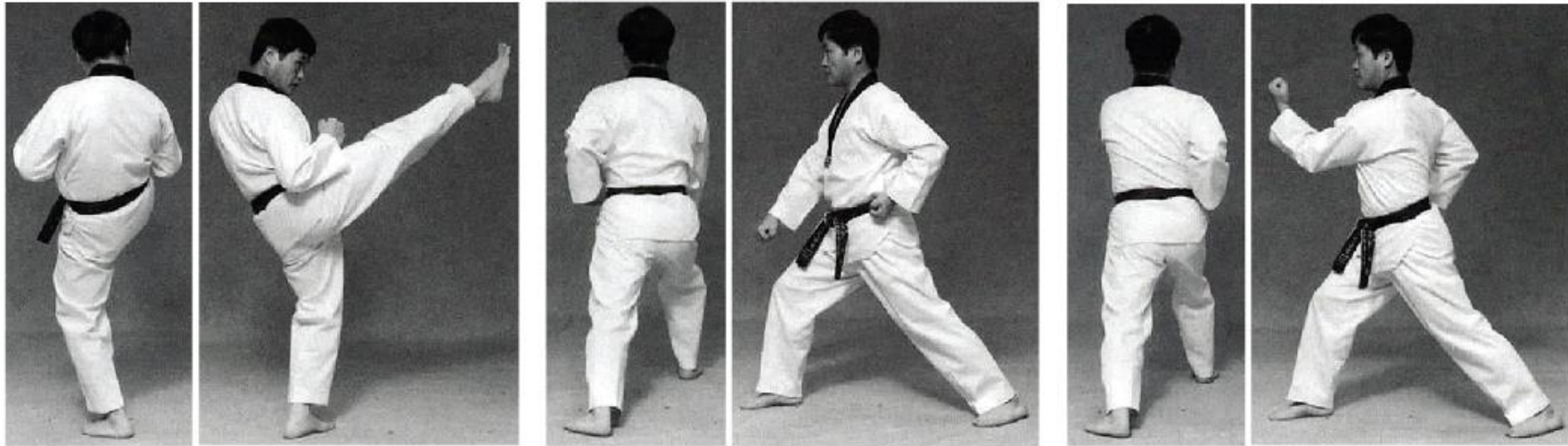
Form 5 - Taeguk O Jang



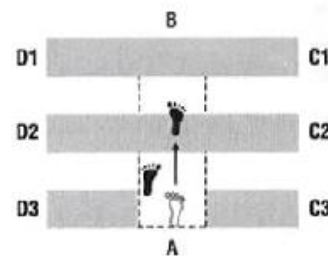
13. Turn to the left (90° toward B) by sliding the left foot into a left front stance while executing a low block with the left arm. Remain in the same stance and execute an inside middle block with the right arm.



Form 5 - Taeguk O Jang



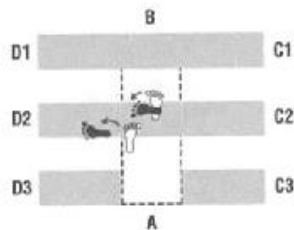
14. With the left foot fixed, execute a front snap kick with the right foot and step down into a right front stance while executing a low block with the right arm. Remain in the same stance and execute an inside middle block (mahki) with the left arm.



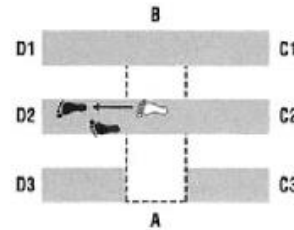
Form 5 - Taeguk O Jang



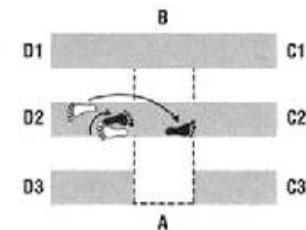
15. Pivoting on the ball of the right foot, turn to the left (90° toward D2) by moving the left foot into a left front stance while executing a high block with the left arm.



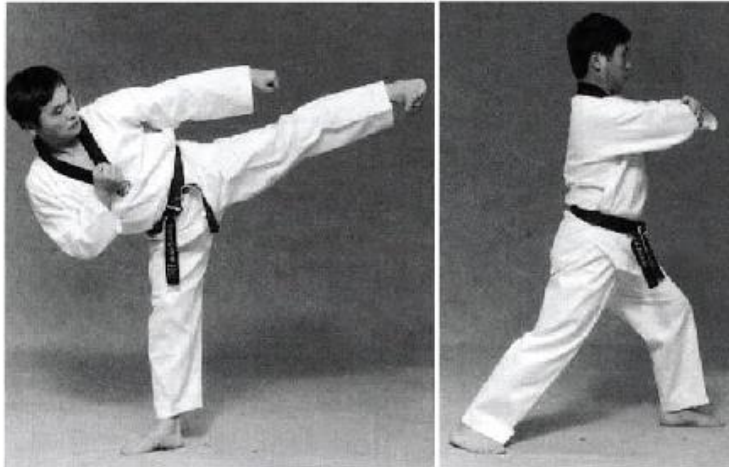
16. With the left foot fixed, execute a pivot side kick (trophy man stance) with the right foot. Step down into a right front stance while executing a left elbow strike to the palm of the right hand.



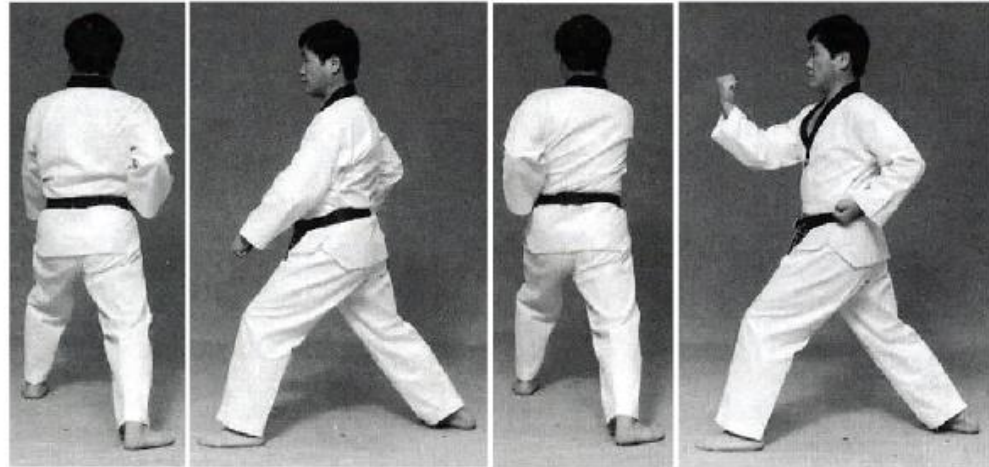
17. Pivoting on the ball of the left foot, turn to the right (180° toward C2) by moving the right foot into a right front stance while executing a high block with the right arm.



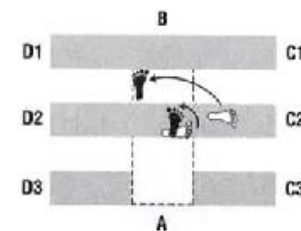
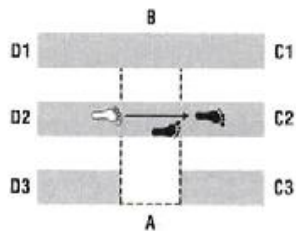
Form 5 - Taeguk O Jang



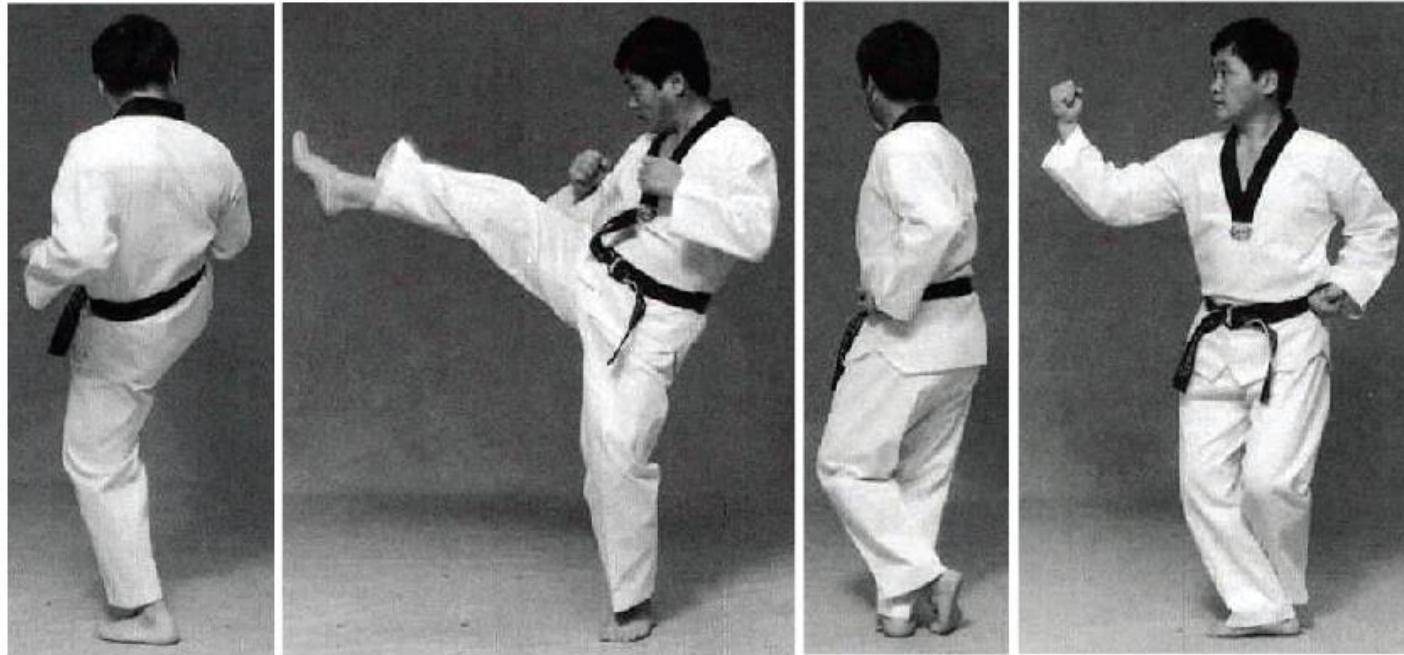
18. With the right foot fixed, execute a pivot side kick with the left foot (trophy man stance). Step down into a left front stance while executing a right elbow strike to the palm of the left hand.



19. Turn to the left (90° toward B) by sliding the left foot into a left front stance while executing a low block with the left arm. Remain in the same stance and execute an outside middle block with the right arm.



Form 5 - Taeguk O Jang



20. Execute a front snap kick with the right foot, chamber, and jump forward into a right cross stance while executing a back fist strike with the right hand. Kihap. Pivoting on the ball of the right foot, turn to the left (180° toward A) into a ready stance. (Jhoon-Bi)

