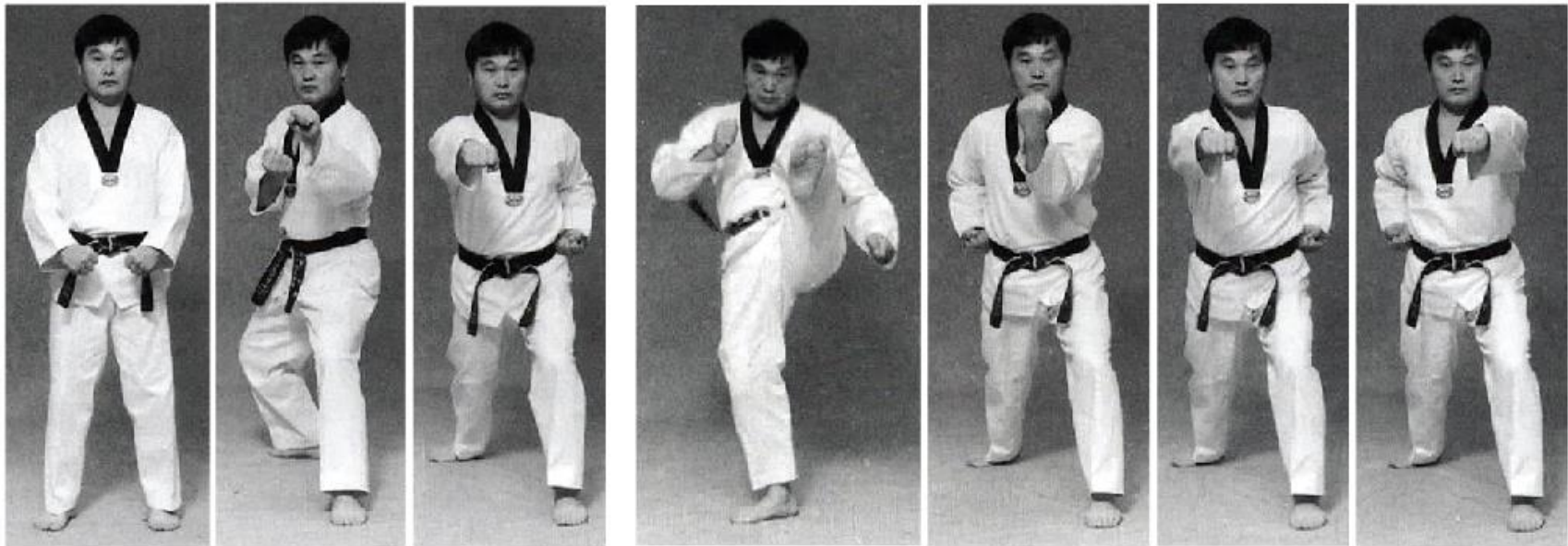
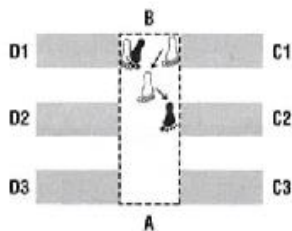


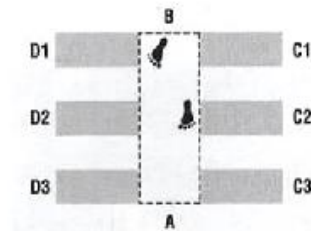
Form 8 - Taeguk PAL Jang



1. Starting in a ready position (Jhoon-bi) on the center of the line (D1-C1 at point B, facing A), move the left foot one step forward into a right back stance while executing a double outer arm block. Slide the left foot into a left front stance while executing a reverse punch with the right fist.



2. Execute a front jump kick with the left foot and Kihap. Land in a left front stance while executing an inside middle block (mahki) with the left arm. Execute a double punch starting with the right fist. (reverse punch/regular punch)



Form 8 - Taeguek PAL Jang



3. With the left foot fixed, step forward with the right foot into a right front stance while executing a regular punch with the right fist.



4. Pivoting on the ball of the right foot, turn to the left (180° facing D3) by moving the left foot in a circular manner to form a right front stance. Simultaneously execute a high outside middle block with the right arm and an outside low block with the left arm.



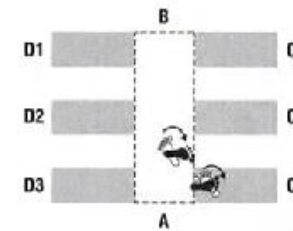
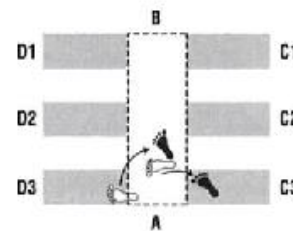
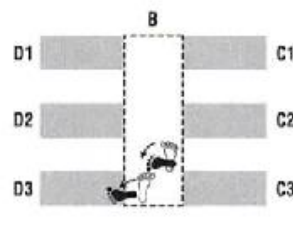
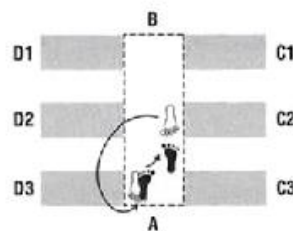
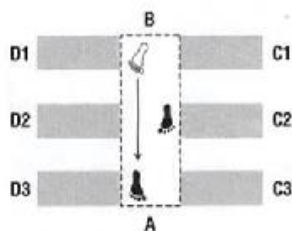
5. Twist the body left to change the stance into a left front stance while executing an uppercut punch with the right fist and bringing the left fist to the right shoulder.



6. Move the left foot behind the right foot and quickly twist the upper body to the right (facing C3). Then step out with the right foot to form a left front stance. Simultaneously execute a high outside middle block with the left arm and an outside low block with the right arm.



7. Twist the body right to change the stance into a right front stance while executing an uppercut punch with the left fist and bringing the right fist to the left shoulder.



Form 8 - Taeguk PAL Jang



8. Pivoting on the ball of the left foot, turn to the left (180° facing D3) by moving the right foot into a right back stance while executing a double sudo strike.



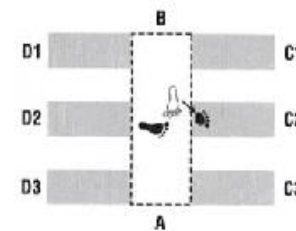
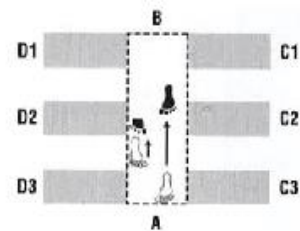
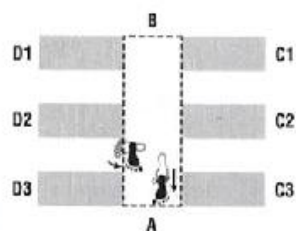
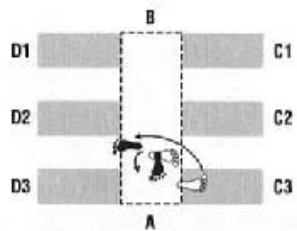
9. Slide the left foot into a left front stance while executing a reverse punch with the right fist.



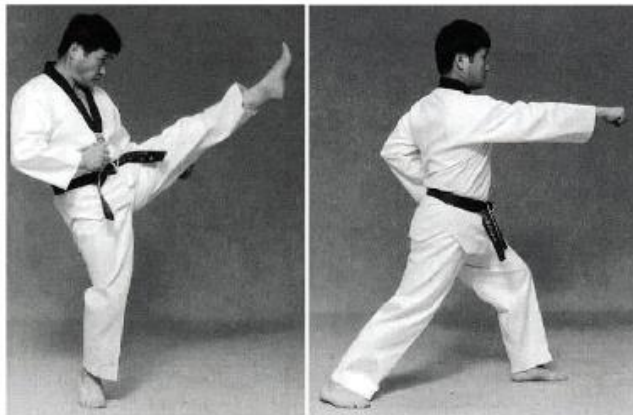
10. Execute a front snap kick with the right foot. Drop the right foot back to its original position and step back with the left foot into a right tiger stance while executing a palm heel block with the right hand.



11. Turn left (90° facing C2) by moving the left foot into a left tiger stance while executing a double sudo strike.



Form 8 - Taeguek PAL Jang



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



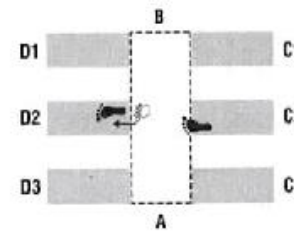
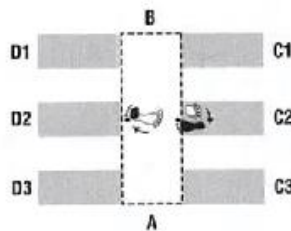
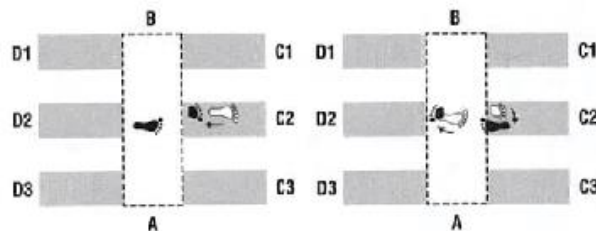
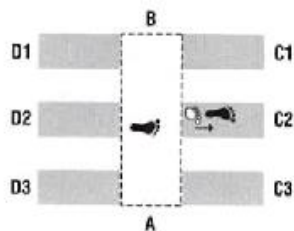
13. Slide the left foot back into a left tiger stance while executing a palm heel strike with the left hand.



14. Turn right (180° toward D2) with the right foot into a right tiger stance while executing a double sudo strike.



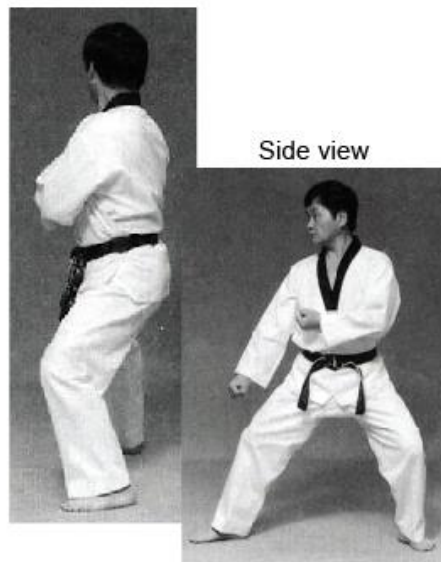
15. With the left foot fixed, execute a front snap kick with the right foot. Step down into a right front stance while executing a reverse punch with the left fist.



Form 8 - Taeguk PAL Jang



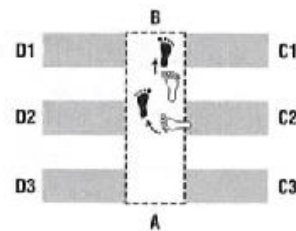
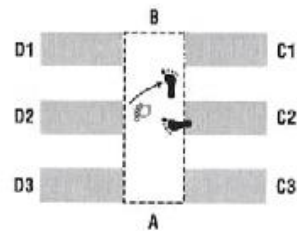
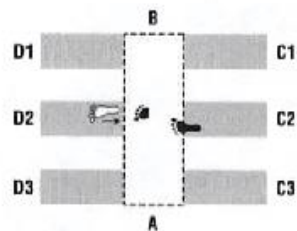
16. With the left foot fixed, slide the right foot back into a right tiger stance while executing a palm heel block with the right hand.



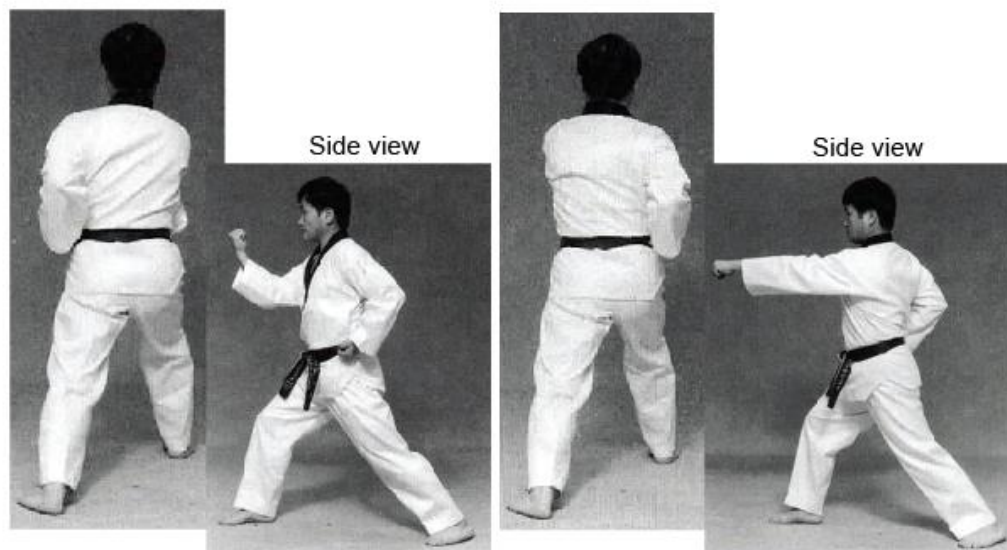
17. Pivoting on the ball of the left foot, turn to the right (90° facing B) by moving the right foot into a left back stance while executing a low block with the right hand and protecting the solar plexus with the left fist.



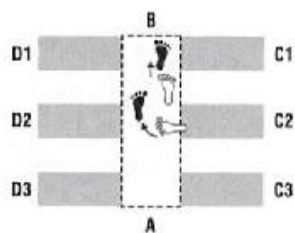
18. Execute a front jump kick with the left foot. Jump into the air and while both feet are off the floor, execute a front snap kick with the left foot.



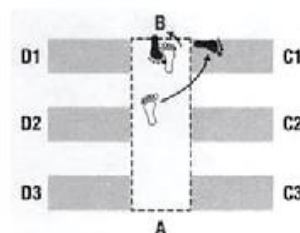
Form 8 - Taeguek PAL Jang



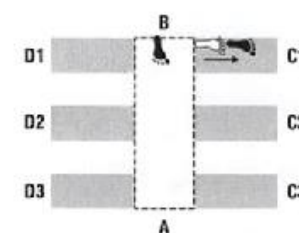
18. (continued) Land on a right front stance while executing an inside middle block (mahki) with the right arm. Follow immediately with a reverse punch with the left fist. Kihap.



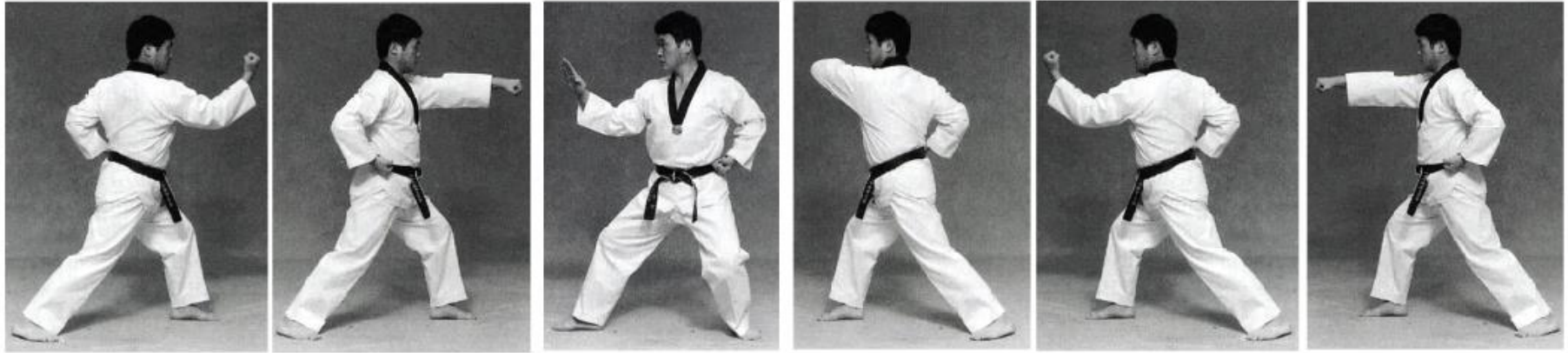
19. Pivoting on the ball of the right foot, turn to the left (270° facing C1) by moving the left foot into a right back stance while executing a single sudo strike with the left hand.



20. With the right foot fixed, slide the left foot forward into a left front stance while executing an elbow strike with the right elbow.



Form 8 - Taeguk PAL Jang



21. Remain in the same stance and execute a back fist strike with the right fist. Follow immediately with a regular punch with the left fist.

22. With the left foot fixed, turn to the right (180° facing D1) by pulling the right foot back into a left back stance while executing a single sudo strike with the right hand.

23. Slide the right foot forward into a right front stance while executing an elbow strike with the left elbow.

24. Execute a back fist strike with the left fist. Follow immediately with a regular punch with the right fist. Kihap.

With the right foot fixed, move the left foot toward the right foot returning to a ready stance. (Jhoon-bi)

