

### **TAE GEUK SAM JANG – Pattern 3**

#### **READY STANCE: Facing "A"**

1. Look left and move left foot into a LEFT WALKING STANCE with a LEFT LOW BLOCK toward "L-1".
2. Execute a RIGHT FRONT SNAP KICK to "L-1" landing in a RIGHT FRONT STANCE with a RIGHT then a LEFT CENTER PUNCH.
3. Look right and move right foot clockwise (180 degrees) into a RIGHT WALKING STANCE with a RIGHT LOW BLOCK toward "R-1".
4. Execute a LEFT FRONT SNAP KICK to "R-1" landing in a LEFT FRONT STANCE with a LEFT then a RIGHT CENTER PUNCH.
5. Look left and move left foot counter-clockwise (90 degrees) toward "A" into a LEFT WALKING STANCE with a RIGHT INWARD PALM-UP KNIFEHAND STRIKE.
6. Step toward "A" into a RIGHT WALKING STANCE with a LEFT INWARD PALM-UP KNIFEHAND STRIKE.
- 7a. Look left and move left foot toward "L-2" into a LEFT BACK STANCE with a LEFT SINGLE KNIFEHAND BLOCK.
- 7b. Move left foot out into a LEFT FRONT STANCE with a RIGHT REVERSE PUNCH toward "L-2".
- 8a. Look right and move right foot into a BACK STANCE toward "R-2" with a RIGHT SINGLE KNIFEHAND BLOCK.
- 8b. Move right foot out into a RIGHT FRONT STANCE with a LEFT REVERSE PUNCH toward "R-2".
9. Look left and move left foot toward "A" into a LEFT WALKING STANCE with a RIGHT OUT-TO-IN BLOCK.
10. Step toward "A" into a RIGHT WALKING STANCE with a LEFT OUT-TO-IN BLOCK.
11. Pivot on right foot counter-clockwise (270 degrees) into a LEFT WALKING STANCE toward "R-3" with a LEFT LOW BLOCK.
12. Execute a RIGHT FRONT SNAP KICK toward "R-3" landing in a RIGHT FRONT STANCE with a RIGHT then LEFT CENTER PUNCH.
13. Look right, move right foot clockwise (180 degrees) into a RIGHT WALKING STANCE toward "L-3" with a RIGHT LOW BLOCK.
14. Execute a LEFT FRONT SNAP KICK toward "L-3" landing in a LEFT FRONT STANCE with a LEFT then RIGHT CENTER PUNCH.
15. Look left and move left foot into a LEFT WALKING STANCE toward "B" with a LEFT LOW BLOCK then RIGHT REVERSE PUNCH.
16. Step toward "B" into a RIGHT WALKING STANCE with a RIGHT LOW BLOCK then LEFT REVERSE PUNCH.
17. Execute a LEFT FRONT SNAP KICK into a LEFT WALKING STANCE toward "B" with a LEFT LOW BLOCK then RIGHT REVERSE PUNCH.
18. Execute a RIGHT FRONT SNAP KICK into a RIGHT WALKING STANCE toward "B" with a RIGHT LOW BLOCK then LEFT REVERSE PUNCH. YELL!!

**PIVOT ON RIGHT FOOT, MOVING LEFT FOOT COUNTER-CLOCKWISE (180 degrees) INTO A READY STANCE FACING "A".**