

TAE GEUK SA JANG – Pattern 4

READY STANCE: Facing "A"

1. Look left , and move left foot toward -L1- into a BACK STANCE with a twin knifehand guarding block to -L1-.
2. Step toward -L1- into a right FRONT STANCE with a right middle level spearhand (thumb-up, and left hand palm down supporting right elbow).
3. Pivot on left foot, move right foot clockwise toward -R1- into a right BACK STANCE with a twin knifehand guarding block.
4. Step toward -R1- into a left FRONT STANCE with a left middle level spearhand (thumb-up, and right hand palm down supporting left elbow).
5. Look left, pivot on right foot, move left counter-clockwise toward -A- into a left FRONT STANCE with simultaneous left high block and right palm-up knifehand strike to neck level toward -A-.
6. Execute a right middle front thrust kick, lowering the foot toward -A- into a right FRONT STANCE and execute a left reverse punch to -A-.
7. Execute a left spin sidethrust kick to -A-, then a right spin sidethrust kick to -B-, lowering the right foot into a right BACK STANCE with a twin knifehand guarding block toward -A-.
8. Pivot on right foot and turn counter-clockwise to face -R3- into a left BACK STANCE with a left outer forearm block to -R3-.
9. Execute a right front snap kick to -R3-, bringing kicking foot back to the left back stance and execute a right outside-in forearm middle block to -R3-.
10. Pivot on both feet clockwise into a right BACK STANCE toward -L3- with a right outer forearm block.
11. Execute a left front kick to -L3-, bringing kicking foot back to the right back stance and execute a left outside-in forearm middle block to -L3-.
12. Look left, pivot on right foot, move left foot counter-clockwise toward -B- into a left FRONT STANCE while executing simultaneously a left high block and right palm-up knifehand strike to neck level toward -B-.
13. Execute a right middle front thrust kick to -B-, lowering the foot down into a right FRONT STANCE toward -B- with a right downward backfist strike to nose level.
14. Look left, move left foot to -R2- into a left WALKING STANCE toward -R2- with a left outside-in block and right reverse punch.
15. Look right, pivot on left foot, move right foot toward -L2- into a right WALKING STANCE toward -L2- with a right outside-in block and left reverse punch to -L2-.
16. Look left and move left foot counter-clockwise toward -B- into a left FRONT STANCE with a left outside-in block, right outside-in block and left middle punch.
17. Step to -B- with right foot into a right FRONT STANCE with a right outside-in block, left outside-in block and right middle punch. YELL.

PIVOT ON RIGHT FOOT BRINGING LEFT FOOT COUNTER-CLOCKWISE TO READY STANCE FACING -A-.