

## TAE GEUK O JANG – Pattern 5

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

1. Move left foot into left FRONT STANCE toward -L1- with a low block.
2. Pull left foot back to ready stance and execute a downward hammerfist toward -L1-.
3. Move right foot into a right FRONT STANCE toward -R1- with a low block.
4. Pull right foot back to a ready stance and execute a downward hammerfist to -R1-.
- 5 & 6. Move left foot into a left FRONT STANCE to -A- with a left outside-in block; right outside-in block.
- 7 & 8 & 9. Execute a right front kick to -A-, lower right foot into a right FRONT STANCE to -A- with a right backfist to -A-; left outside-in block.
- 10 & 11 & 12. Execute a left front kick to -A-, lower left foot into a left FRONT STANCE to -A- with a left backfist to -A-; right outside-in block.
13. Step to -A- into a right FRONT STANCE with a right backfist to -A-.
14. Pivot on right foot counter-clockwise moving left foot toward -R3- into a left BACK STANCE with a left single knifehand block to -R3-.
15. Step right foot to -R3- into a right FRONT STANCE bringing right fist to left open palm in a punching motion but striking to -R3- with a right elbow strike.
16. Move right foot clockwise into a right BACK STANCE toward -L3- with a right single knifehand block to -L3-.
17. Step left foot to -L3- into a left FRONT STANCE bringing left fist to open palm in a punching motion but striking to -L3- with a left elbow strike.
- 18 & 19. Move left foot to -B- into a left WALKING STANCE with a left low block; right outside-in block.
- 20 & 21 & 22. Execute a right front kick to -B- lowering right foot to -B- into a right WALKING STANCE with a right low block; left outside-in block.
23. Bring left foot to right foot then move left foot to -R2- into a left FRONT STANCE with a left high block.
- 24 & 25. Execute a right spin sidethrust kick to -R2- lowering foot into a right FRONT STANCE toward -R2- with a left elbow smash (right palm covers left elbow).
26. Move right foot clockwise toward -L2- into a right FRONT STANCE toward -L2- with a right high block to -L2-.
- 27 & 28. Execute a left spin sidethrust kick to -L2- lowering foot into a left FRONT STANCE toward -L2- with a right elbow smash (left palm covers right elbow).
- 29 & 30. Move left foot counter-clockwise to -B- into a left WALKING STANCE with a left low block; right outside-in block to -B-.
- 31 & 32 & 33. Execute a right front kick to -B- and jump to -B- into a right X-STANCE with a right backfist toward -B-.

### **PIVOT ON RIGHT FOOT AND MOVE LEFT FOOT COUNTER-CLOCKWISE TO FACE -A- IN READY POSITION**