

## **TAE GEUK PAL JANG - Pattern 8**

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

- 1A-1B. Move left foot forward into a BACK STANCE toward -A- with a forearm guarding block; Immediately shift left foot into a FRONT STANCE with a right reverse punch to middle level.
- 2A-2B. Execute a left jumping front kick landing in a left FRONT STANCE; execute a left out-to-in block; right punch; left punch (perform quickly).
3. Step forward into a right FRONT STANCE with a right punch to middle level.
4. Move left foot counter-clockwise 90 degrees into a right FRONT STANCE facing L-3; execute a high right in-to-out block with a left down block and look toward R-3.
5. DO NOT MOVE THE POSITION OF FEET---JUST PIVOT 180 DEGREES to face R-3 in a left FRONT STANCE; execute a right uppercut while striking right shoulder with left hammerfist.
6. Step left foot across in front of right foot; Step right foot toward L-3, facing R-3 in a FRONT STANCE; execute a high left in-to-out block and a right down block looking toward L-3.
7. DO NOT MOVE THE POSITION OF THE FEET---JUST PIVOT 180 DEGREES to face L-3 in a FRONT STANCE; execute a left uppercut while striking left shoulder with right hammerfist.
- 8A-8B. Pivot on left foot while moving right foot 90 degrees counter-clockwise into a BACK STANCE toward -A- with a twin knifehand block; Shift left foot into a FRONT STANCE and execute a right reverse punch to middle level.
- 9A-9B. Execute a right front snap kick; bring right foot back to left foot then step back with left foot into a right TIGER STANCE with a right palm across pressing block.
10. Pivot 90 degrees counter-clockwise into a TIGER STANCE toward L-2 with a twin knifehand block.
- 11A-11B-11C. Execute a left forekick to middle level; Move kicking foot into a FRONT STANCE with a right reverse punch toward L-2; Pull left foot back into a TIGER STANCE with a left palm across block toward L-2.
12. Pivot 180 degrees clockwise toward R-2 into a right TIGER STANCE with a twin knifehand block.
- 13A-13B-13C. Execute a right forekick to middle level toward R-2; Move kicking foot into a FRONT STANCE with a left reverse punch toward R-2; Pull right foot back into a TIGER STANCE with a right palm across block toward R-2.
14. Move right foot 90 degrees clockwise toward -B- into a BACK STANCE with a low level twin forearm guarding block.
- 15A-15B. Execute a left front kick then right jumping front kick toward -B- landing in a right FRONT STANCE; Execute a right out-to-in block then left reverse punch to middle level and yell.
- 16A-16B-16C-16D. Pivot on right foot, moving left foot 270 degrees counter-clockwise into a BACK STANCE toward L-1 with a left knifehand block; shift left foot into a FRONT STANCE toward L-1 with a right elbow strike, right backfist and left straight punch to middle level.
- 17A-17B-17C-17D. Pivot on left foot, moving right foot 180 degrees clockwise into a BACK STANCE toward R-1 with a right knifehand block; shift right foot into a FRONT STANCE toward R-1 with a left elbow strike, left backfist and right straight punch.

**MOVE LEFT FOOT TO RIGHT FOOT AND RETURN TO READY POSITION FACING -A-.**