

TAEGUEK OH-JANG

"THE WIND...FAST AND POWERFUL"

BLUE BELT FORM



Begin
Jun Bi Stance



(turn left 90°)
Left Front Stance
Left Low Block



(Feet Together)
Attention Stance
Left Hammer Fist



(turn right 180°)
Right Front Stance
Right Low Block



(Feet Together)
Attention Stance
Right Hammer Fist



(turn left 90°)
Left Front Stance
Left Inside Block



(no step)
Left Front Stance
Right Inside Block



Right Front Snap
Kick



Right Front Stance
Right Back Fist



(no step)
Right Front Stance
Left Inside Block



Left Front Snap
Kick



Left Front Stance
Left Back Fist



(no step)
Left Front Stance
Right Inside Block



(step)
Right Front Stance
Right Back Fist



(turn left 270°)
Left Back Stance
Left Knife Hand
Outside Block



Right Front Stance
Right Elbow Strike



(turn right 180°)
Right Back Stance
Right Knife Hand
Outside Block



Left Front Stance
Left Elbow Strike



(turn left 90°)
Left Front Stance
Left Low Block



(no step)
Left Front Stance
Right Inside Block



Right Front Snap
Kick



Right Front Stance
Right Back Fist



(no step)
Right Front Stance
Left Inside Block



(turn left 90°)
Left Front Stance
Left High Block



(AT SAME TIME)
Right Back Fist
Right Side Kick



Right Front Stance
Left Elbow Strike



(turn right 180°)
Right Front Stance
Right High Block



(AT SAME TIME)
Left Back Fist
Left Side Kick



Left Front Stance
Left Elbow Strike



(turn left 90°)
Left Front Stance
Left Low Block



(no step)
Left Front Stance
Right Inside Block



Right Front Snap
Kick



(jump into)
Right X Stance
Right Back Fist
KIHAP!



(turn right 180°)
Finish
Jun Bi Stance