

TAEGUEK SA-JANG

"THUNDER... POWER AND CONFIDENCE"

GREEN BELT FORM



Begin
Jun Bi Stance



(turn left 90°)
Left Back Stance
Left Double Knife
Hand Middle
Block



(no step)
Left Back Stance
Left Palm Heel
Block



Right Front Stance
Right Spear Hand
Strike



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



(no step)
Right Back Stance
Right Palm Heel
Block



Left Front Stance
Left Spear Hand
Strike



(turn left 90°)
Left Front Stance
Left Knife Hand
Middle and High
Block



Right Front Snap
Kick



Right Front Stance
Left Reverse
Punch



Left Side Kick



Right Side Kick



Right Back Stance
Right Knife Hand
Middle Block



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



Right Front Snap
Kick



Left Back Stance
Right Inside Block



(turn left 180°)
Right Back Stance
Right Outside
Block



Left Front Snap
Kick



Right Back Stance
Left Inside Block



(turn left 90°)
Left Front Stance
Left Knife Hand
Middle and High
Block



Right Front Snap
Kick



Right Front Stance
Right Back Fist
Strike



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



(no step)
Left Walking
Stance
Right Reverse
Punch



(turn right 180°)
Right Walking
Stance
Right Inside Block



(no step)
Right Walking
Stance
Left Reverse
Punch



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



(no step)
Left Front Stance
Right Reverse
Punch



(no step)
Left Front Stance
Left Middle Punch



Right Front Stance
Right Inside Block



(no step)
Right Front Stance
Left Reverse
Punch



(no step)
Right Front Stance
Right Middle
Punch



(turn left 180°)
Finish
Jun Bi Stance