

# TAEGUEK IL- JANG

*"HEAVEN AND LIGHT"*

## YELLOW BELT FORM



Begin  
Jun Bi Stance



**(turn left 90°)**  
Left Walking  
Stance  
Left Low Block



**(step forward)**  
Right Walking  
Stance  
Right Middle  
Punch



**(turn right 180°)**  
Right Walking  
Stance  
Right Low Block



**(step forward)**  
Left Walking  
Stance  
Left Middle Punch



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



**(no step)**  
Left Front Stance  
Right Reverse  
Punch



**(turn right 90°)**  
Right Walking  
Stance  
Left Inside Block



**(step forward)**  
Left Walking  
Stance  
Right Reverse  
Punch



**(turn left 180°)**  
Left Walking  
Stance  
Right Inside Block



**(step forward)**  
Right Walking  
Stance  
Left Reverse  
Punch



**(turn right 90°)**  
Right Front Stance  
Right Low Block



**(no step)**  
Right Front Stance  
Left Reverse  
Punch



**(turn left 90°)**  
Left Walking  
Stance  
Left High Block



Right Front Snap  
Kick



Right Walking  
Stance  
Right Middle  
Punch



**(turn right 180°)**  
Right Walking  
Stance  
Right High Block



Left Front Snap  
Kick



Left Walking  
Stance  
Left Middle Punch



**(turn right 90°)**  
Left Front Stance  
Left Low Block



**(step forward)**  
Right Front Stance  
Right Middle  
Punch  
**Ki Hap!**



**(turn left 180°)**  
Finish  
Jun Bi Stance