

TAEGUEK PAL-JANG

"THE EARTH...RECEPTIVE OF ALL LIGHT"

RED BELT FORM 2



Begin
Jun Bi Stance



Left Back Stance
Left Double
Middle Block



(shift into)
Left Front Stance
Right Reverse
Punch



Right Front Snap
Kick



Left Jump Front
Snap Kick



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 Middle
Punch



(turn left 90°)
Right Front Stance
Right
Concentrated
Scissor Block



(turn left 180°)
Left Front Stance
Right
Concentrated
Upset Punch



(no step)
Left Front Stance
Left Concentrated
Scissor Block



(turn right 180°)
Right Front Stance
Left Concentrated
Upset Punch



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



(shift into)
Left Front Stance
Right Reverse
Punch



Right Front Snap Kick



Right Cat Stance
Right Palm Heel Block



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



Left Front Snap Kick



Left Front Stance
Right Reverse Punch



(step back)
Left Cat Stance
Left Palm Heel Block



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



Right Front Snap Kick



Right Front Stance
Left Reverse Punch



(step back)
Right Cat Stance
Right Palm Heel Block



(turn right 90°)
Right Back Stance
Right Double Low Block



Left Front Snap Kick



Right Jump Front Snap Kick



Right Inside Block
Right Front Stance



(no step)
Right Front Stance
Left Reverse Punch



(no step)
Right Front Stance
Right Middle
Punch



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



(shift into)
Left Front Stance
Right Elbow Strike



(no step)
Left Front Stance
Right Back Fist
Strike



(no step)
Left Front Stance
Left Middle Punch



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



(shift into)
Right Front Stance
Left Elbow Strike



(no step)
Right Front Stance
Left Back Fist
Strike



(no step)
Right Front Stance
Right Middle
Punch
KIHAP!



(turn left 90°)
Finish
Jun Bi Stance