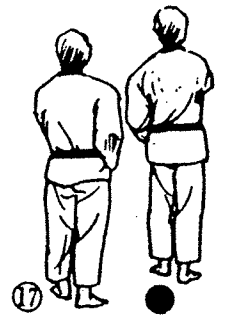
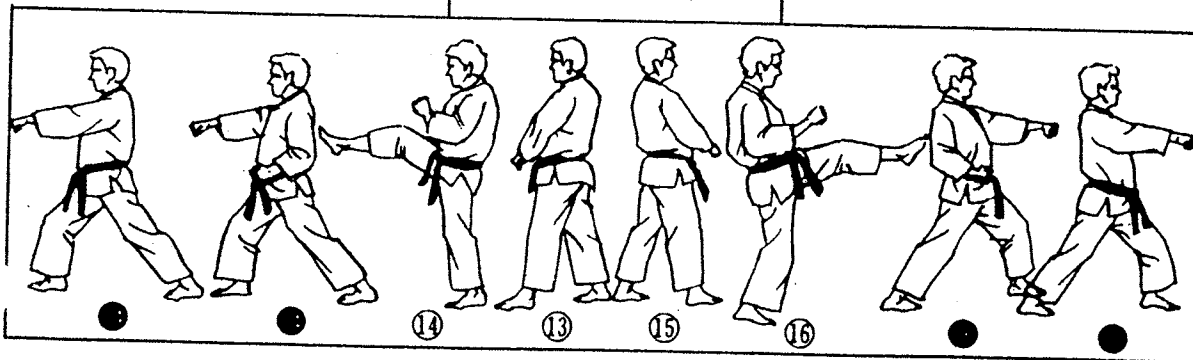
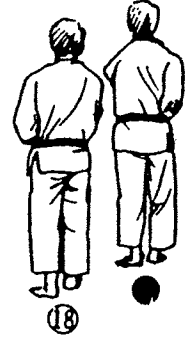
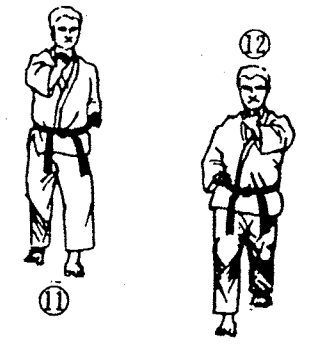
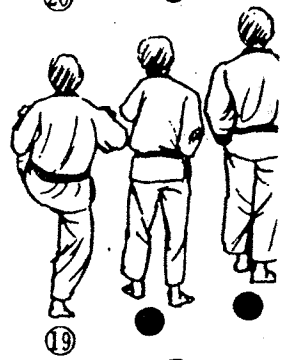
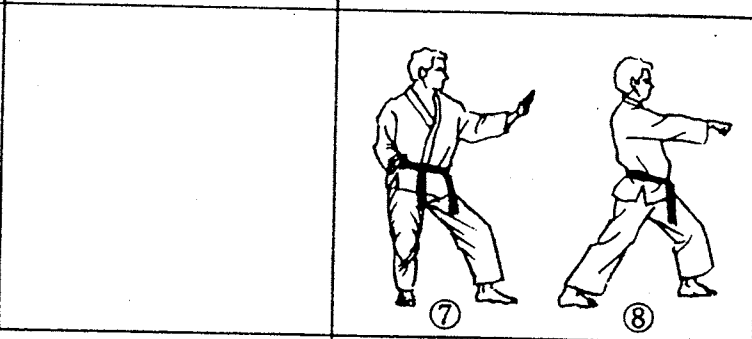
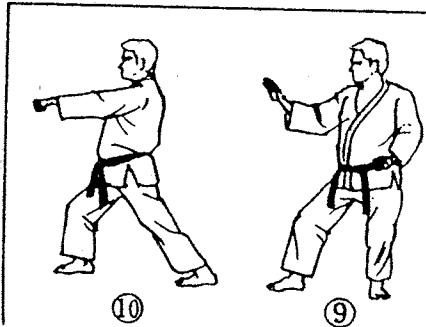
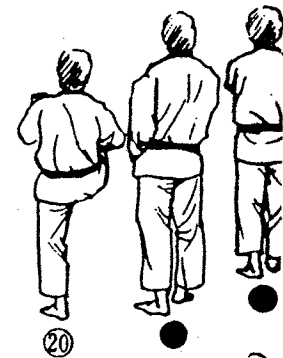
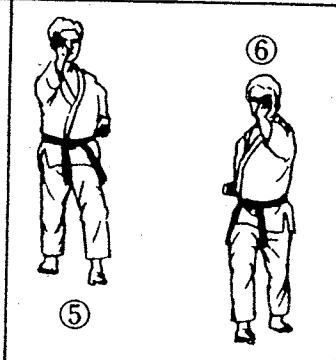
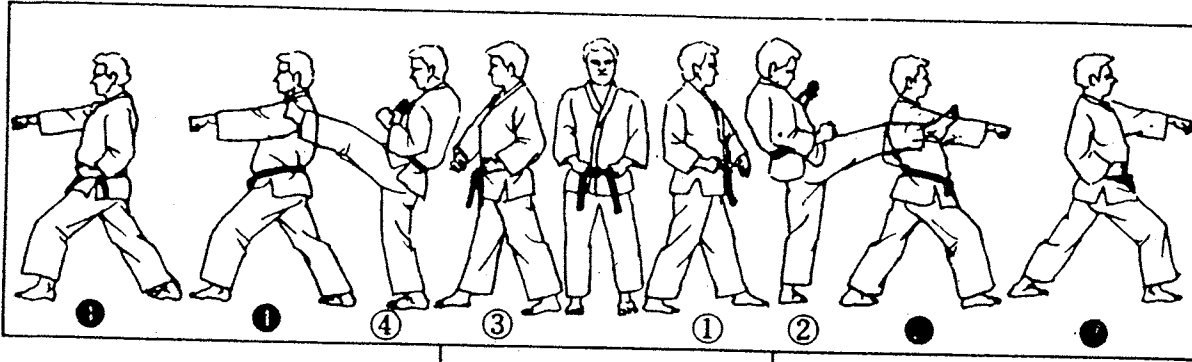


# TAE GUK SAM CHANG #3



# TAE GUK SAM CHANG #3

Attention  
Bow  
Ready Stance

1. Turn toward 9 o'clock. Assume a left normal walking stance (Oen Apseogi). Execute a left low block (Arae Makki).
2. Execute a right front kick (Apchagi). Bring the foot down assuming a right front stance (Oreun Apkoobi). Execute a double body punch (Momtong Doobeon Chireugi), right fist first.
3. Turn clockwise toward 3 o'clock. Assume a right normal walking stance (Oreun Apseogi). Execute a right low block (Arae Makki).
4. Execute a left front kick (Apchagi). Bring the foot down assuming a left front stance (Oen Apkoobi). Execute a double body punch (Momtong Doobeon Chireugi), left fist first.
5. Turn counterclockwise toward 12 o'clock. Assume a left normal walking stance (Oen Apseogi). Execute a right knife hand strike (to the face) (Oreun Sonnat Anchigi).
6. Advance toward 12 o'clock. Assume a right normal walking stance. (Oreun Apseogi). Execute a left knife hand strike (to the face) (Oen Sonnol Anchigi).
7. Bring the left foot up to the right heel. Move the left foot toward 9 o'clock assuming a right back stance (Oreun Dwitkoobi). Move the left knife hand in an outward, circular motion performing a knife hand body block (Oen Hansonnal Momtong Bakat Makki). The palm of the blocking hand is turned toward the person performing the poomse until the end of the motion, at which point the palm turns outward.
8. Moving only the left foot toward 9 o'clock assume a left front stance (Oen Apkoobi). Execute a right body punch (Momtong Baro Chireugi).
9. Turn the left foot toward 12 o'clock. Keep it fixed and move the right foot to assume a left back stance (Oen Dwitkoobi) facing 3 o'clock. Execute a right circular knife hand body block (Oreun Hansonnal Momtong Bakat Makki) as in number 7.
10. Move the right foot assuming a right front stance (Oreun Apkoobi). Execute a left body punch (Momtong Baro Chireugi).
11. Turn counterclockwise toward 12 o'clock bringing the left foot to the right heel. Assume a left normal walking stance facing 12 o'clock. Execute a right outside-inside body block (Momtong An Makki).

12. Advance assuming a right normal walking stance (Oreun Apseogi). Execute a left outside-inside body block (Momtong An Makki).
13. Pivot on the right foot turning 270° counterclockwise to 3 o'clock. Assume a left normal walking stance (Oen Apseogi). Execute a left low block (Arae Makki).
14. Execute a right front kick (Apchagi). Assume a right front stance (Oreun Apkoobi). Execute a double body punch (Momtong Doobeon Chireugi), right fist first.
15. Pivot on the ball of the left foot. Turn clockwise toward 9 o'clock. Assume a right normal walking stance (Oreun Apseogi). Execute a right low block (Arae Makki).
16. Execute a left front kick (Apchagi) and assume a left front stance (Oen Apkoobi). Execute a double body punch (Momtong Doobeon Chireugi), left fist first.
17. Turn counterclockwise toward 6 o'clock. Assume a left normal walking stance (Oen Apseogi). Execute a low block (Arae Makki) followed by a right body punch (Momtong Baro Chireugi).
18. Advance, assuming a right normal walking stance (Oreun Apseogi). Execute a right low block (Arae Makki) followed by a left body punch (Momtong Baro Chireugi).
19. Execute a left front kick (Apchagi). Assume a left normal walking stance (Oen Apseogi). Execute a left low block (Arae Makki) followed by a right body punch (Momtong Baro Chireugi).
20. Execute a right front kick (Apchagi). Assume a right normal walking stance (Oreun Apseogi). Execute a right low block (Arae Makki) followed by a left body punch (Momtong Baro Chireugi), Yell (Kihap).

Pivot counterclockwise toward 12 o'clock on the right foot.  
Ready Stance  
Attention  
Bow