

# Tae Geuk 6

## Yook Jong

to earn Red Belt

#	+	Move	Stance	Action
1	W	Left	L Long	L-down block
2		Forward		R-front snap kick
		<drop>	L back	L-middle outside forearm block
3	E	Right	R Long	R-down block
4		Forward		L-front snap kick
		<drop>	R back	R-middle outside forearm block
5	N	Left	L Long	R-high knifehand block
6		Forward		R-roundhouse kick 270*
	W	Left	L Long	L-high backhand block (palm is down!)
		<fixed>	L Long	R-middle reverse punch
7		Forward		R-front snap kick
		Land	R Long	L-middle reverse punch
8	E	Right	R Long	R-high backhand block (palm is down!)
		<fixed>	R Long	L-middle reverse punch
9		Forward		L-front snap kick
		Land	L Long	R-middle reverse punch
10	N	Left	Pull Lf -> Rf	Cross forearms in front of sternum
		<fixed>	(feet together)	Double down blocks (count to 5)
11		Forward	R Long	L-middle knifehand block
		Forward		L-roundhouse kick 270* <Yell!>
	W	Right	R Long	R-down block
12		Forward		L-front snap kick
		<drop>	R back	R-middle outside forearm block
13	E	Left	L Long	L-down block
14		Forward		R-front snap kick
		<drop>	L back	L-middle outside forearm block
15	N	Left & Back	L back	knifehand block (double)
16		Backward	R back	middle knifehand block (double)
17		Backward	L Long	L-middle inside palm block
		<fixed>	L Long	R-middle reverse punch
18		Backward	R Long	R-middle inside palm block
		<fixed>	R Long	L-middle reverse punch
			Pull right foot back to the left to Geuman.	