

Tae Geuk 1

Il Jong

to earn Orange belt

#	+	Move	Stance	Action
1	W	CCW (90*)	L walking	L-down block
2		Forward	R walking	R-middle punch
3	E	CW (180*)	R walking	R-down block
4		Forward	L walking	L-middle punch
5	N	CCW (90*)	L Long	L-down block
		<fixed>	L Long	R-middle reverse punch
6	E	CW (90*)	R walking	L-inside middle block
7		Forward	L walking	R-middle reverse punch
8	W	CCW (180*)	L walking	R-inside middle block
9		Forward	R walking	L-middle reverse punch
10	N	CW (90*)	R Long	R-down block
		<fixed>	R Long	L-middle reverse punch
11	W	CCW (90*)	L walking	L-high block
12		Forward		R-front snap kick
		Land	R walking	R-middle punch
13	E	CW (180*)	R walking	R-high block
14		Forward		L-front snap kick
		Land	L walking	L-middle punch
15	S	CW (90*)	L Long	L-down block
16		Forward	R Long	R-middle punch <Yell!>
	N	Left	Pulling the left foot into Attention.	

= Counts, + = Direction, CW = Clockwise, CCW = Counter-Clockwise, * = Degrees