

Turning Diagram

Tae Geuk Oh-jang (five)

5. Move right foot turning 180° to the right into right back stance with **right single knifehand guarding block**. Step into left front stance with high section assisted left elbow strike (left fist is brought to right palm as elbow strikes).

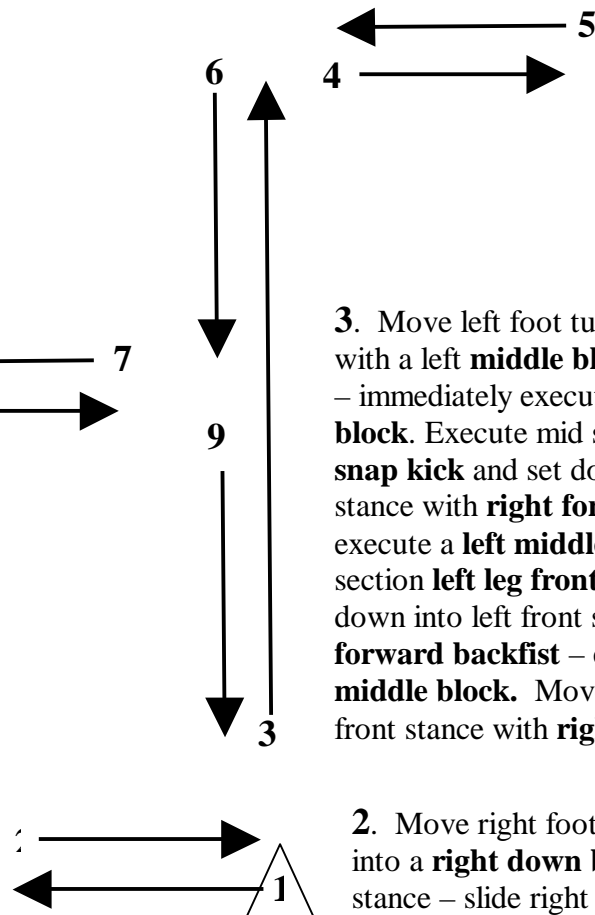
4. Move left foot turning 270° to the left into left back stance with **left single knifehand guarding block**. Step into right front stance with high section assisted right elbow strike (right fist is brought to left palm as elbow strikes).

6. Move left foot turning 90° to the left into left front stance with **left down block**—execute a **right middle block**. Execute a mid section **right front snap kick** and set into right front stance with **right down block**—**left middle block**.

7. Move left foot turning 90° to the left into left front stance with a **left rising block**. **Simultaneous right middle punch** and **right side kick**. Drop foot into right front stance with unassisted high section **left elbow strike**.

8. Move right foot turning 180° to the right into front stance with a **right rising block**. **Simultaneous left middle punch** and **left side kick**. Drop foot into left front stance with unassisted high section **right elbow strike**.

9. Move left foot turning 90° to the left into left front stance with **left down block**—execute a **right middle block**. Execute a mid section right front snap kick—Drop right foot in front and slide left foot up into **right cross leg stance**—execute a **forward right backfist**. **KIAP** (Move the left foot turning 180° to the left to return to ba-ro)



3. Move left foot turning 90° to the left with a **left middle block** in left front stance—immediately execute a **right middle block**. Execute mid section **right leg front snap kick** and set down into right front stance with **right forward backfist**—execute a **left middle block**. Execute mid section **left leg front snap kick** and set down into left front stance with **left forward backfist**—execute a **right middle block**. Move right foot into right front stance with **right forward backfist**.

2. Move right foot turning 180° to the right into a **right down block** in right back stance—slide right foot into right “**L**” stance with right hand **hammer fist**.

1. Move left foot turning 90° to the left into a **left down block** in left back stance—slide left foot into left “**L**” stance with left hand **hammer fist**.

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