



# GRAND MASTER KIM'S TAEKWONDO

## TIGER #6

### *(TAEGEUK YUK JANG – FIRST 13 MOVES)*

1. Turn 90° to the left into a left front stance + left low block.
2. Right middle, front snap kick, step back into left back stance + left inverted in-to-out middle block.
3. Turn 180° to the right into a right front stance + right low block
4. Left middle, front snap kick, step back into right back stance + right inverted in-to-out middle block.
5. Turn 90° to the left into a twisted (torso) left front stance + right single knife hand block.
6. Right roundhouse kick, place kicking leg down just ahead of the left foot
7. Turn 90° to the left into a left front stance + left inverted in-to-out middle block, right reverse middle punch.
8. Right middle, front snap kick, step down into a right front stance + left reverse middle punch.
9. Turn 180° to the right into a right front stance + right inverted in-to-out middle block, left reverse middle punch.
10. Left middle, front snap kick, step down into a left front stance + right reverse middle punch.
11. Turn 90° to the left into a ready stance, cross both hands in front of your chest, slow (concentrated) double low cleaving block to each side.
12. Step forward into a twisted (torso) right front stance + left knife hand block.
13. Left roundhouse kick + Kiyop! Place kicking leg down in a left front stance.