

“TAEGUEK PAL JANG 8”

**THE GROUND (THE EARTH) SKY AND LAND
(24 Motions, 6 Kicks, 12 Punches, 2 Ki-Up)**

STANCE	MOVEMENT
1a. Dwit Koobi	Bakat Palmok Momtong Geodeureo Makki
1b. Ap koobi	Momtong Baro Jireugi
2a.	Dangsang Ap chagi
2b. Ap koobi	Momtong Bakat Makki
2c.	Momtong Doobeon Bandae Jireugi
3. Ap koobi	Momtong Bandae Jireugi
4. Ap koobi	Oesanteul Makki
5. Ap koobi	Dangyo Teok Jireugi
6a. Koaseogi	
6b. Ap koobi	Oesanteul Makki
7. Ap koobi	Dangyo Teok Jireugi
8. Dwit koobi	Sonnal Momtong Makki
9. Ap koobi	Momtong Baro Jireugi
10a.	Ap Chagi
10b. Beum seogi	Batangson Momtong Makki
11. Beum seogi	Sonnal Momtong Makki
12a.	Ap chagi
12b. Ap koobi	Momtong Baro Jireugi
13. Beum seogi	Batangson Momtong Makki
14. Beum seogi	Sonnal Momtong Makki
15a.	Ap chagi
15b. Ap koobi	Momtong Baro Jireugi
16. Beum seogi	Batangson Momtong Makki
17. Dwit koobi	Geodeureo Arae Makki
18a.	Joomeok Ap Chagi
18b.	Kuro Chagi
18c. Ap koobi	Palmok Momtong Makki
18d	Momtong Doobeon Jireugi KI-UP
19. Dwit koobi	Hanssonal Momtong Makki

- 20. Ap koobi
- 21a.
- 21b.
- 22. Dwit koobi
- 23. Ap koobi
- 24a.
- 24b.

- Palkoop Eolgool Dollyo Chigi
- Deung Jomeok Eolgool Chigi
- Momtong Bandae Jireugi
- Hansonnal Momtong Makki
- Palkoop Eolgool Dollyo Chigi
- Deung Joomeok Eolgool Chigi
- Momtong Bandae Jireugi