POOMSE TAEJEUK SA JANG
WTF TAEKWONDO POOMSE #4

1. Ready Stance.
2. Turn to the left 90˚ by moving the left foot into right back stance, left double knife hand middle block.
3. Step forward with the right foot into right front stance, right spear hand thrust.
4. Moving the right foot, turn 180˚ to the right into left back stance, right double knife hand middle block.
5. Step forward with the left foot into left front stance, left spear hand thrust.
6. Moving the left foot, turn 90˚ to the left into left front stance, right swallow shape knife hand block and strike.

7A. Without moving left foot, right front kick.
7B. Step down into right front stance, left middle punch.
8. Pivot on right foot, left side kick.
9A. Pivot on left foot, right side kick.
9B. Step down into left back stance, right double knife hand block.
10. Moving left foot, turn 270 to the left into right back stance, left outside middle block.
11A. Without moving left foot, right front kick.
11B. Step back into right back stance, right inside middle block.

12. Moving right foot, turn 180 to right into right back stance, right outside middle block.
13A. Without moving right foot, left front kick.
13B. Step back into left back stance, left inside middle block.
14. Moving left foot 90 to left into left front stance, right swallow shape knife hand block & strike.
15A. Without moving the left foot, right front kick.
15B. Step down into right front stance, right backfist.
16. Moving left foot, turn 90 to left into left walking stance, left inside middle block.