Written Instructions for Taekwondo Form 5 - Taegeuk Oh Jang

Broken down by Tip Requirements  
***Tip 1***  
Start in the Ready or "Joon Bi" stance  
Turn left into front stance, left low block  
Left foot comes back next to the right foot, left hand hammer fist downwards  
Turn right into right front stance, right hand low block  
Right foot comes back next to the left foot, right hand hammer fist downwards  
Advance forward into left front stance, left inside block, right inside block  
Right foot front kick into right front stance, right hand backfist, left inside block

***Tip 2***  
Left foot front kick into left front stance, left hand backfist, right inside block  
Advance right foot forward into right front stance, right hand backfist  
Moving left foot, turn 270 degrees to the left into left back stance, knife hand middle block with left hand  
Step into right front stance, right elbow strike  
Moving right foot, turn 180 degrees all the way to the right into right back stance, knife hand middle block  
Step into left front stance, left elbow strike

***Tip 3***  
Turn left 90 degrees into left front stance, left hand low block, right inside block  
Right foot kick into right front stance, right hand low block, left inside block  
Turn left 90 degrees into left front stance, left high block  
Right side kick and right hand punch together into right front stance, left elbow into open right hand  
Turn right 180 degrees into right front stance, right high block  
Left side kick and left hand punch together into left front stance, right elbow strike into open left hand

***Tip 4***  
Turn left 90 degrees into left front stance, left low block, right inside block  
Right front kick, hop forward and land in a twist stance while executing a right backfist to the nose. The right foot is flat and the left foot should be on the ball of foot, yell "Kihap"!

***Tip 5***

***Full Poomsae must be done with excellent technique***

***Technical requirements must be visually better as a high belt***