Written Instructions for Taekwondo Form 6 - Taegeuk Yuk Jang  
Broken down by Tip Requirements

***Tip 1***  
Start in the Ready or "Joon Bi" stance  
Turn left 90 degrees into left front stance, left low block  
Right leg front kick, step back into left back stance and do a left outside block at same time  
Turn right 180 degree into right front stance, right low block  
Left front kick, step back into right back stance and do a right outside block at same time

***Tip 2***  
Turn left 90 degrees into a left front stance, right knife hand high block  
Right roundhouse kick and place kicking leg down just ahead of the left foot  
Turn left 90 degrees and step into a left front stance, left outside block, right middle punch  
Right front kick and land in a right front stance, left middle punch  
Turn right 180 degrees into right front stance, right outside block, left middle punch  
Left front kick landing in a left front stance, right middle punch

***Tip 3***  
Turn left 90 degrees into a Joon Bi/Ready stance, cross both hands over your head and do a slow double low block  
Step forward into a right front stance, left knife hand high block  
Left roundhouse kick and yell "Kihap"!  
Place kicking leg down next to right foot, turn right 270 degrees into a right front stance, right low block  
Left front kick, step back into right back stance, right outside block  
Turn left 180 degrees into left front stance, left low block  
Right front kick, step back into left back stance, left outside block

***Tip 4***  
Move your right foot, turn left 90 degrees into a left back stance, double knife hand middle block  
Stepping back into right back stance, double knife hand middle block  
Stepping back into left front stance, left middle palm block, right middle punch  
Stepping back into right front stance, right middle palm block, left middle punch

***Tip 5***

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

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