Written Instructions for Taekwondo Form 1 - Taegeuk Il Jang

Broken down by Tip Requirements
***Tip 1***
Start in the Ready or "Joon Bi" stance
Turn left 90 degrees into a walking stance with left foot forward, left low block
Step forward into walking stance with right foot forward, right hand middle punch
Turn right 180 degrees into a walking stance with right foot forward, right low block
Step forward into walking stance with left foot forward, left hand middle punch
Turn left 90 degrees into a front stance with left foot forward, left low block, right middle punch

***Tip 2***
Turn right 90 degrees into a walking stance with right foot forward, left inside block
Step forward into walking stance with left foot forward, right hand middle punch
Turn left 180 degrees into a walking stance with left foot forward, right inside block
Step forward into walking stance with right foot forward, left hand middle punch
Turn right 90 degrees into a front stance with right foot forward, right low block, left middle punch

***Tip 3***
Turn left 90 degrees into a walking stance with left foot forward, left high block
Right front kick, foot placed down into walking stance with right foot forward, right middle punch
Turn right 180 degrees into a walking stance with right foot forward, right high block
Left front kick, foot placed down into walking stance with left foot forward, left middle punch

***Tip 4***
Turn right 90 degrees into a front stance with left foot forward, left low block
Step forward into a front stance with right foot forward, right middle punch
Yell Kihap!