

**“TAEGUEK SAM JANG 3”
HOT AND BRIGHT LIKE FIRE**

(20 Motions, 6 Kicks, 14 Punches, 1 Ki-UP

STANCE	MOVEMENT
1. Ap seogi	Arae Makki
2a	Ap Chagi
2b Ap koobi	Momtong Doobeon Jireugi
2c	2b
3. Ap seogi	Arae Makki
4a.	Ap Chagi
4b. Ap koobi	Momtong Doobeon Jireugi
4c.	4b
5. Ap seogi	Soonal Chigi
6. Ap seogi	Sonnal Mok Chigi
7. Joochoom seogi	Hansonnal Momtong Bakat Makki
8. Ap koobi	Momtong Baro Jireugi
9. Joochoom seogi	Hansonnal Momtong Bakat Makki
10. Ap koobi	Momtong Baro Jireugi
11. Ap seogi	Pakan Makki
12. Ap seogi	Pakan Makki
13. Ap seogi	Arae Makki
14a.	Ap Chagi
14b. Ap koobi	Momtong Doobeon Jireugi
14c.	14b
15. Ap seogi	Arae Makki
16a.	Ap Chagi
16b. Ap koobi	Momtong Doobeon Jireugi
16c	16b
17a. Ap seogi	Arae Makki
17b.	Momtong Baro Jireugi
18a. Ap seogi	Arae Makki
18b.	Momtong Baro Jireugi
19a.	Ap Chagi
19b. Ap seogi	Arae Makki
19c	Momtong Baro Jireugi
20a	Ap Chagi
20b. Ap seogi	Arae Makki

20c

Momtong Baro Jireugi KI-UP