

NPS Taekwondo Association

Student Manual

DRAFT



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INTRODUCTION

This publication is intended for the use of students and instructors of the NPS Tae Kwon Do Association. Contents are taken from many other publications, and it is not intended for sale. It will be provided to the students at cost of printing.

This organization is affiliated with the World Tae Kwon Do Federation. The contents of this manual have been carefully edited and compared by Master Caryn Dampier with the latest edition of the Kukkiwon Tae Kwon Do Textbook, then reviewed by Master Keebom Kang and Master David Dampier.

This manual is a draft with revisions being made daily. Our deepest thanks to those who have contributed considerable time and effort in editing or proving pictures.

We would not be truthful if we cited this manual as complete. The further we progress in this art, the more we realize that our study and training will never be complete. So, we submit our text to you as a “work in progress.”

Although we have specific requirements to be taught to students at any given level, our goal is to keep the categories general enough to allow instructors to establish the class instruction at an individual level while maintaining the curriculum of the Association.

Our curriculum involves teaching the basic techniques at different levels of expertise as prescribed under the standards established by Kukkiwon. These techniques will be expressed in three categories or formats:

FORMS – an established set of movements that artistically express self defense techniques and skills.

SPARRING – a way to practice self defense skills competitively, as a sport.

ONE STEPS – a way to practice techniques against an aggressive attack.

Each club has its own unique qualities. Although a club may use the same curriculum as the other, each has developed its own strengths as it reflects the community it serves. Each also has its own set of challenges at times, but all schools continue to thrive and produce remarkable results. And although each instructor has his/her own unique teaching style, all have held true to the standards and values of the Association and have provided the highest quality of service.

RULES OF THE DOJANG

When entering and leaving the dojang, you should always bow out of respect.

Upon greeting an instructor for the first time in a day, bow. It is not necessary to bow to the instructor every time he/she speaks to you. At the end of class, thank your instructor and bow.

At the start of the class, the senior student present will call for everyone to line up at attention. All other students will line up by belt rank, without regard for seniority within each belt rank. When the instructor steps to the front of the class, the senior student should say the following, in this order:

- a. Kukki-Yeh, Kyungye (Face the flags, Bow)
- b. Kyusanim (Sabumnim)-kiyeh, Kyungye (Face the instructor (master), Bow)

At the end of every class, the senior student present will line everyone up and bring them to attention. He will ask the students to turn around and make themselves presentable. He should then turn the students back around. When the instructor steps to the front of the class, the senior student should say the following, in this order:

- a. Kukki-Yeh, Kyungye (Face the flags, Bow)
- b. Kyusanim (Sabumnim)-kiyeh, Kyungye (Face the instructor(master), Bow)

During class, the following courtesies should be followed at all times:

- a. Pay attention to the instructor.
- b. Hold your questions until the end of class and ask a black belt to help you.
- c. Always maintain the proper stance. If the class is at “attention,” then all students should be at “attention”. If the class is at the “ready,” then all students should be at the “ready.”
- d. Class should never be disrupted by students.

All students and instructors should be treated with respect at all times.

Above all, maintain a positive, winning attitude, and set an example for all students to follow.

Kid's Class Rules

1. Homework First!
2. Be nice to someone every day!
3. Take care of your own uniform!
4. Do not use what you learn in class on the playground or at school!
5. Practice something every day!

ATTENTION! CHERIYUT!

1. Feet are side by side, toes forward
2. Straighten both arms, open hands and clap stiffly at sides with fingers pointed down



BOW KYUNGYE

1. Bend at waist, back straight, eyes respectfully cast to ground.
2. Return to upright attention position.



RULES OF THE DOJANG

RANKING SYSTEM

<u>KEUP</u> <u>RANK</u>	<u>BEL T</u> <u>COLOR</u>	<u>TEST*</u> <u>FEE</u>	<u>MINIMUM** CLASS</u> <u>ATTENDANCE</u>
8th Keup	White	\$10.00	16 Classes
7th Keup	Yellow	\$10.00	16 Classes
6th Keup	Orange	\$10.00	16 Classes
5th Keup	Green	\$10.00	16 Classes
4th Keup	Blue	\$10.00	24 Classes
3rd Keup	Red	\$10.00	24 Classes
2nd Keup	Red I	\$10.00	32 Classes
1st Keup	Red II	\$10.00	32 Classes
Bo Dan	Black/Red	\$50.00	*
1st Dan	Black I	\$300.00	**
2nd Dan	Black II	\$400.00	12 Months
3rd Dan	Black III	\$450.00	24 Months
4th Dan	Black IV	\$450.00	36 Months

Test fees for 7th Keup to Dan Bo will be determined by the Chief Instructor of each club.

Some clubs may have reduced rates when 3 or more family members are participating.

The minimum class attendance criteria is a GUIDE only, except for Black Belt ranks. Some students may require less time, some more. Individual performance, motivation, and progress will determine when each student is ready to test. As a general rule, young people require more time.

Students may, at their discretion, request a double test at any time for the Keup ranks. If the instructors agree that the double test is a good idea, the student will be given both tests. Both tests must be successfully completed to achieve both promotions. If the second test is failed and the first is passed, only the belt rank for the first test will be awarded.

* There is no minimum class attendance required to progress to Dan-Bo. This rank is usually reserved for those students who have achieved mastery equivalent to 1st Dan and are awaiting a scheduled test.

** The amount of time required for a student to progress from Dan-Bo to 1st Dan will be determined individually. Since Dan-Bo students are supposed to be ready for 1st Dan already, this time should be around six months.

Tests for Dan ranks will be coordinated by the instructors with a certified WTF Master when the student has demonstrated sufficient proficiency in all aspects of Tae Kwon Do. Achieving 1st Dan will normally require 2 - 3 years of training.

BASICS DEFENSE

GENERAL POINTS:

1. Blocks are used in self defence against an attack WHEN ESCAPE IS NOT POSSIBLE.
2. Blocks should be strong enough to weaken or incapacitate the arms or legs of your attacker - THUS PREVENTING FURTHER ATTACK.
3. Blocks are generally executed by the wrists (fist for hardness, hand blade for sharpness) with the stronger being the outer wrist, closed fist.
4. A good stance is the foundation for strong s.. In general, arms are used to so that legs can provide a stable, strong stance.

5. The primary areas for self-defense are the head, the trunk, the stomach. These three areas are called high, mid-section, low:

HEAD (HIGH) - *OLGUL*

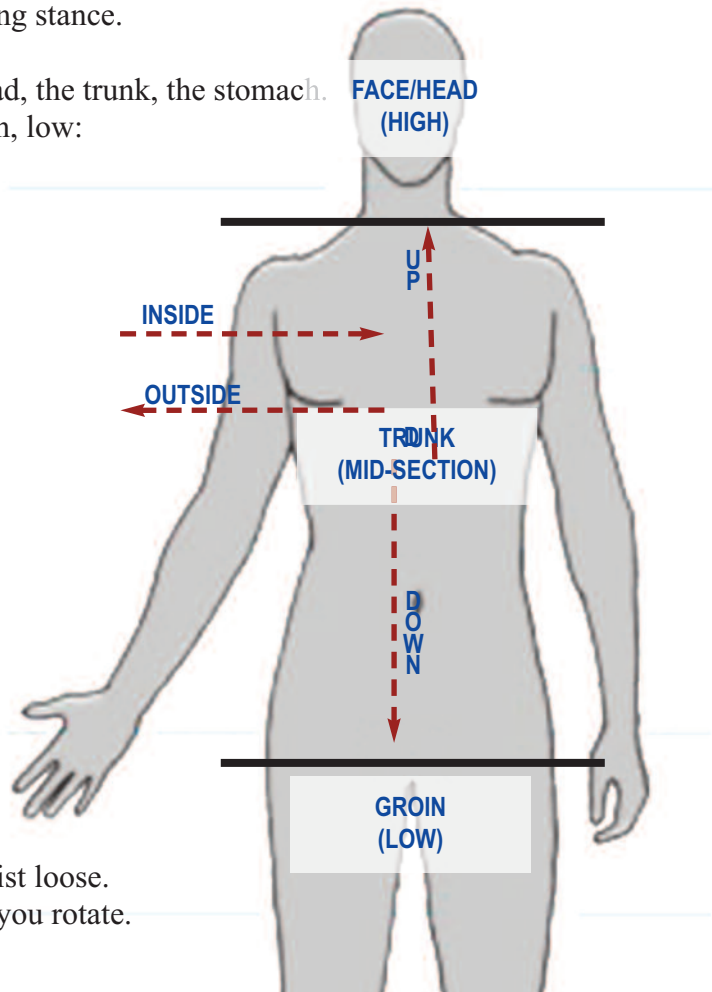
- a. Eyes
- b. Nose
- c. Jaw
- d. Temple
- e. Throat/Neck

TRUNK (MID-SECTION) - *MOMTONG*

- a. Diaphragm/Ribs
- b. Solar Plexus/Upper Stomach

GROIN (LOW) - *ARAE*

- a. Lower Stomach
- b. Private parts



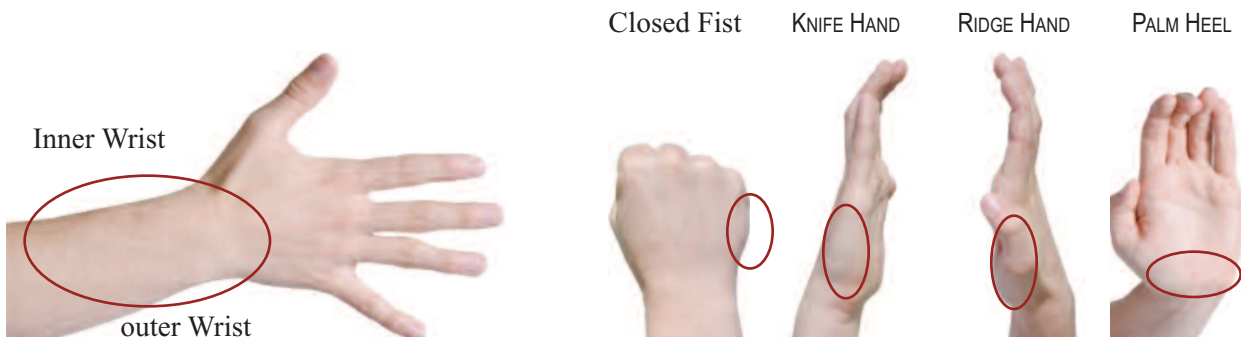
6. Directions are:

- a. Up
- b. Inside
- c. Outside
- d. Down

7. Most Blocks Wind-up Opposite the Point, with blocking part of the wrist twisted away, fist loose. Rotate arm, twist wrist and tighten fist and as you rotate.

- a. High - Wind-up Low, up
- b. Inside - Wind-up Outside, Inside
- c. Outside - Wind-up Opposite, Out
- d. Low - Wind-up at Shoulders, Down

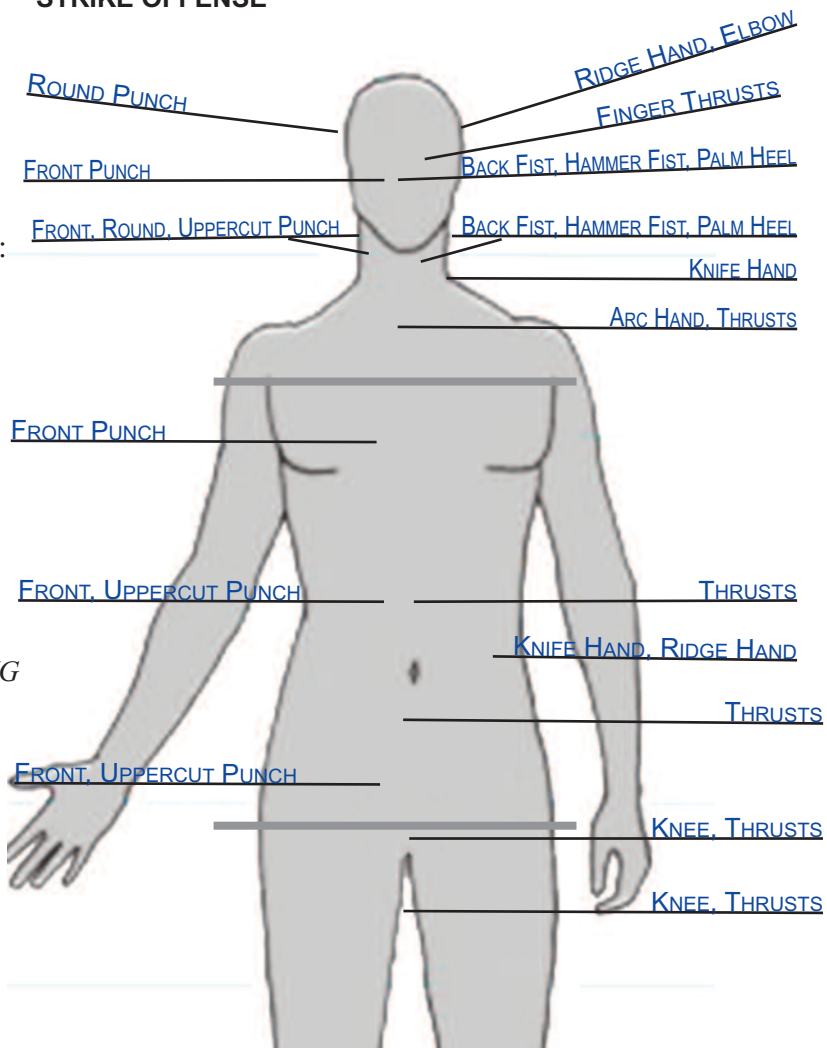
8. Body parts used in Defense



BASICS STRIKE OFFENSE

GENERAL POINTS:

1. COUNTER ATTACKS
 - a. Punches - (closed fist offense)
 - b. Strikes - (open hand, elbow, knee offense)
 - c. Thrusts - (fingertip offense)
2. Good offense relies on the following:
 - a. Stable stance.
 - b. Torque
 - c. Speed.
 - d. Wind-up.
 - e. 50-50 power.
3. The areas for OFFENSE: (same as those for defense)
 - HEAD (HIGH) - *OLGUL*
 - a. Temple
 - b. Nose
 - c. Jaw
 - TRUNK (MID-SECTION) - *MOMTONG*
 - a. Pectoral muscle
 - b. Diaphragm/Ribs
 - c. Solar Plexus/Upper Stomach
 - GROIN (LOW) - *Arae*
 - a. Lower Stomach
 - b. Private parts
4. The directions of OFFENSE
 - a. Front/Forward
 - b. Inside
 - c. Outside
 - d. Up
 - e. Down



ARC HAND



BACK FIST



BENT WRIST



ELBOW



HAMMER FIST



KNEE



KNIFE HAND



PALM HEEL



PUNCH



RIDGE HAND



THRUST - PALM UP



THRUST - VERTICAL



BASICS
KICK OFFENSE

GENERAL POINTS:

1. Good kicking technique:
 - a. Chamber
 - b. Execute
 - c. Recoil
2. Good kicking technique relies on the following:
 - a. Stable stance.
 - b. Momentum
 - c. Speed.
3. Targets for Kicking
 - a. Temple - Crescents - inside and outside, Heel, Hook
 - b. Nose - Front, Axe, Crescents - inside and outside, Heel, Hook
 - c. Jaw - Front, Axe, Crescents - inside and outside, Heel, Hook

TRUNK (MID-SECTION)

 - a. Pectoral muscle/Collar bone - Axe
 - b. Diaphragm/Ribs
 - c. Solar Plexus/Upper Stomach

GROIN (LOW)

 - a. Lower Stomach
 - b. Private parts
4. The directions of Kicking
 - a. Front/Forward
 - b. Inside
 - c. Outside
 - d. Back
 - e. Side
4. The variations of Kicking
 - a. Basic
 - b. Jump - Pop up and kick of either the back leg or front
 - c. Double Jump - jump of first leg provides momentum and height for kick of second.
 - d. Spin - Turn toward the back leg, spin provides momentum
 - e. Spin/jump
 - f. Successive kicks
 - g. Repeated kicks

Axe



Back



Crescent



Crescent



Front



Hook



Round



Side



REQUIREMENTS
YELLOW BELT, 7TH KEUP

1. STANCES

_____	BASIC READY STANCE	<i>JUNBI</i>
_____	HORSE RIDING STANCE	<i>JUJUM SEOGI</i>
_____	FRONT STANCE	<i>AP KUBI</i>
_____	WALKING STANCE	<i>AP SEOGI</i>

2. BLOCKS

_____	LOW BLOCK	<i>ARAE MAKKI</i>
_____	INSIDE BLOCK	<i>MOMTONG AN MAKKI</i>
_____	OUTSIDE BLOCK	<i>MOMTONG BAKKAT MAKKI</i>
_____	HIGH BLOCK	<i>OLGUL MAKKI</i>

3. PUNCHES/STRIKES

_____	MIDDLE PUNCH	<i>MOMTONG JIREUGI</i>
_____	SINGLE	<i>HAN BEON JIREUGI</i>
_____	SUCCESSIVE DOUBLE PUNCH	<i>DU BEON JIREUGI</i>
_____	SUCCESSIVE TRIPLE PUNCH	<i>SE BEON JIREUGI</i>

4. KICKS

_____	FRONT KICK	<i>AP CHAGI</i>
_____	SIDE KICK	<i>YOP CHAGI</i>
_____	ROUND-HOUSE KICK	<i>DOLLYO CHAGI</i>
_____	BACK KICK	<i>DWI CHAGI</i>

5. CONCEPTS

_____	Hand, Foot, Eye... Positions
_____	Directions
_____	Wind-up
_____	Targeting

6. SELF-DEFENSE COMBINATIONS (USING ABOVE REQUIREMENTS)

_____	Block/Punch
_____	Block/Kick

7. FORMS

_____	4 Directionals
_____	Taegeuk Il Jang

8. SPARRING

REQUIREMENTS
ORANGE BELT, 6TH KEUP

1. STANCES

_____ TIGER STANCE *BEOM SEOGI*
_____ BACK STANCE *DWIT KUBI*

2. BLOCKS

_____ DOUBLE BLOCK OUTSIDE MIDDLE *DU SONNAL MOMTONG MAKKI*
_____ DOUBLE LOW *ARAE KODUERO MAKKI*

3. PUNCHES/STRIKES

_____ SIDE PUNCH *YOP JIREUGI*
_____ CROSS PUNCH *DOLLYO JIREUGI*
_____ DOWN PUNCH *NAERYO JIREUGI*
_____ BACK PUNCH *DWI JIREUGI*

4. KICKS

_____ INSIDE/OUTSIDE CRESCENT KICK *ANESO/PAKURO CHAGI*
_____ OUTSIDE/INSIDE CRESCENT KICK *PAKESO/ANURO CHAGI*
_____ AXE KICK *NAERYU CHAGI*
_____ INSIDE, OUTSIDE, STRAIGHT
_____ HOOK KICK *HOORYO CHAGI*

5. CONCEPTS

_____ Stepping
_____ Turning

6. SELF-DEFENSE COMBINATIONS

7. FORMS

_____ 4 Directionals
_____ Taegeuk Il Jang
_____ Taegeuk Ee Jang

8. SPARRING

REQUIREMENTS
GREEN BELT, 5TH KEUP

1. STANCES

2. BLOCKS

_____ SINGLE KNIFE-HAND BLOCK *HAN SONNAL MAKKI*

3. PUNCHES/STRIKES

_____ BACK-FIST STRIKE *DEUNG JUMEOK CHIGI*
_____ TO FRONT FACE *DEUNG JUMEOK OLGUL AP CHIGI*
_____ TO SIDE FACE *DEUNG JUMEOK OLGUL BAKKAT CHIGI*
_____ SPINNING BACK-FIST STRIKE *DWI DOLLYO DEUNG JUMEOK BAKKAT CHIGI*
_____ KNIFE-HAND STRIKE *SONNAL CHIGI*
_____ PALM UP TO THE INSIDE *SONNAL MOK CHIGI*
_____ PALM DOWN TO THE OUTSIDE *SONNAL BAKKAT CHIGI*
_____ SPINNING KNIFE-HAND STRIKE

4. KICKS

_____ SPIN BACK KICK *DWI DOLLYO CHAGI*
_____ SPIN SIDE KICK *DWI DOLLYO YOP CHAGI*
_____ SPIN HOOK KICK *DWI DOLLYO HOORYO CHAGI*
_____ SPIN HEEL KICK
_____ SPIN CRESCENT KICK

5. CONCEPTS

_____ Balance
_____ Foot Placement

6. SELF-DEFENSE COMBINATIONS

7. FORMS

_____ 4 Directionals
_____ Taegeuk Il Jang
_____ Taegeuk Ee Jang
_____ Taegeuk Sam Jang

8. SPARRING

REQUIREMENTS
BLUE BELT, 4TH KEUP

1. STANCES

2. BLOCKS

- _____ DOUBLE KNIFE-HAND BLOCK *DU SONNAL MOMTONG MAKKI*
- _____ DOUBLE KNIFE-HAND LOW BLOCK *ARAE KODUERO MAKKI*

3. PUNCHES/STRIKES

- _____ SPEARHAND FINGERTIP THRUST *PYON SON KEUT TSZIREUGI*
- _____ HORIZONTAL PALM DOWN *PYON SON KEUT UPEO TSZIREUGI*
- _____ HORIZONTAL PALM UP *PYON SON KEUT JECHO TSZIREUGI*
- _____ VERTICAL *PYON SON KEUT SEWO TSZIREUGI*
- _____ RIDGE-HAND STRIKE *SONNAL DEUNG CHIGI*
- _____ SWALLOW NECK *JEBI POOM MOK CHIGI*
- _____ HIGH KNIFE-HAND BLOCK/
_____ KNIFE-HAND NECK STRIKE

4. KICKS

- _____ SINGLE JUMP KICKS - KICKING OFF BACK LEG
- _____ FRONT KICK *TWIO BAKKUWO AP CHAGI*
- _____ ROUND-HOUSE KICK *TWIO BAKKUWO DOLLYO CHAGI*
- _____ SIDE KICK *TWIO BAKKUWO YOP CHAGI*
- _____ SINGLE JUMP KICKS - KICKING OFF FRONT LEG
- _____ FRONT KICK *AP CHAGI*
- _____ ROUND-HOUSE KICK *TWIO DOLLYO CHAGI*
- _____ SIDE KICK *TWIO YOP CHAGI*

5. CONCEPTS

- _____ Distance
- _____ Redirection

6. SELF-DEFENSE COMBINATIONS

7. FORMS

- _____ 4 Directionals
- _____ Taegeuk Il Jang
- _____ Taegeuk Ee Jang
- _____ Taegeuk Sam Jang
- _____ Taegeuk Sa Jang

8. SPARRING

REQUIREMENTS
RED BELT, 3RD KEUP

1. STANCES

_____	LEFT STANCE	<i>WEN SEOGI</i>
_____	RIGHT STANCE	<i>OREUN SEOGI</i>
_____	CROSS STANCE	
_____	BACK CROSS	<i>DWI KKO A SEOGI</i>
_____	FRONT CROSS	<i>AP KKO A SEOGI</i>

2. BLOCKS

_____	C-BLOCK DIAMOND MOUNTAIN	<i>KEUMGANG MAKKI</i>
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3. PUNCHES/STRIKES

_____	HAMMER-FIST STRIKE	<i>MAE JUMEOK CHIGI</i>
_____	ELBOW STRIKE	<i>PALKUP CHIGI</i>
_____	ROUND ELBOW STRIKE	<i>PALKUP DOLLYO CHIGI</i>
_____	SIDE ELBOW STRIKE	<i>PALKUP YOP CHIGI</i>
_____	UP ELBOW STRIKE	<i>PALKUP OLLYO CHIGI</i>
_____	TARGET ELBOW STRIKE	<i>PALKUP PYOJEOK CHIGI</i>

4. KICKS

_____	JUMP OUTSIDE/INSIDE CRESCENT KICK	<i>TWIO PAKESO ANURO CHAGI</i>
_____	JUMP AXE	<i>MIREO CHAGI</i>
_____	DOUBLE JUMP FRONT KICK	<i>DU BAL AP CHAGI</i>
_____	OFF BACK LEG	<i>TWIO BAKKUWO DOLLYO CHAGI</i>
_____	DOUBLE JUMP ROUND-HOUSE	<i>DU BAL DANGSEONG CHAGI</i>
_____	OFF BACK LEG	<i>TWIO BAKKUWO DOLLYO CHAGI</i>
_____	SLIDING FRONT KICK	<i>KURO AP CHAGI</i>

5. CONCEPTS

_____	Escape
_____	Grab

6. SELF-DEFENSE COMBINATIONS

7. FORMS

_____	4 Directionals
_____	Taegeuk Il Jang
_____	Taegeuk Ee Jang
_____	Taegeuk Sam Jang
_____	Taegeuk Sa Jang
_____	Taegeuk Oh Jang

8. SPARRING

REQUIREMENTS
RED I BELT, 2ND KEUP

1. STANCES

2. BLOCKS

_____	DOWN BLOCK	<i>BATANGSON NULLO MAKKI</i>
_____	PRESSING BLOCK	<i>BATANGSON ARAE MAKKI</i>
_____	PRESSING BLOCK	<i>BATANGSON MOMTONG MAKKI</i>
_____	TWISTED BLOCK	

3. PUNCHES/STRIKES

_____	PALM HEEL STRIKE	
_____	TO JAW	<i>BATANGSON TEOK CHIGI</i>
_____	TO KNEE	<i>BATANGSON MUREUP KEOKKI</i>

4. KICKS

_____	DOUBLE ROUND HOUSE KICK	<i>DU BAL DOLLYO CHAGI</i>
_____	FLYING SIDE	

5. CONCEPTS

_____	Power
_____	Control

6. SELF-DEFENSE COMBINATIONS

7. FORMS

_____	4 Directionals
_____	Taegeuk Il Jang
_____	Taegeuk Ee Jang
_____	Taegeuk Sam Jang
_____	Taegeuk Sa Jang
_____	Taegeuk Oh Jang
_____	Taegeuk Yook Jang

8. SPARRING

REQUIREMENTS
RED II BELT, 1ST KEUP

1. STANCES

_____	CLOSED FEET	<i>MOA SEOGI</i>
_____	WITH L. HAND COVERING R. FIST	<i>BO JUMEOK JUNBI</i>

2. BLOCKS

_____	SCISSOR BLOCK	<i>KAWI MAKKI</i>
_____	CROSS BLOCK LOW	<i>OTGOREO ARAE MAKKI</i>
_____	CROSS BLOCK HIGH	<i>OTGOREO OLGUL MAKKI</i>
_____	SPREADING BLOCK	
_____	OUTER FOREARM OUT	<i>HECHO MAKKI</i>
_____	INNER FOREARM OUT	<i>AN PALMEOK HECHO MAKKI</i>

3. PUNCHES/STRIKES

_____	UPPERCUT PUNCH TO TRUNK	<i>JECHO JIREUGI</i>
_____	UPPERCUT PUNCH TO FACE	<i>CHI JIREUGI</i>
_____	DOUBLE UPPERCUT PUNCH	<i>DU JUMEOK JECHO JIREUGI</i>
_____	DOUBLE PUNCH SAME TIME	<i>DU JUMEOK JIREUGI</i>

4. KICKS

_____	KNEE STRIKE	<i>MUREUP CHAGI</i>
_____	TARGET KICK	<i>PYOJEOK CHAGI</i>
_____	CONTINUOUS JUMP FRONT KICKS	<i>TWIO APCHAGI</i>

5. CONCEPTS

_____	Tempo/Speed
_____	Momentum

6. SELF-DEFENSE COMBINATIONS

7. FORMS

_____	4 Directionals
_____	Taegeuk Il Jang
_____	Taegeuk Ee Jang
_____	Taegeuk Sam Jang
_____	Taegeuk Sa Jang
_____	Taegeuk Oh Jang
_____	Taegeuk Yook Jang
_____	Taegeuk Chil Jang

8. SPARRING

REQUIREMENTS
DEPUTY BLACK, BO DAN

BASIC TECHNIQUES

All previously learned techniques, as well as demonstrate an understanding of Taekwondo terminology, history, and philosophy. The following are optional

1. STANCES

_____	PUSHING TUBE	<i>TONMILGI JUNBI</i>
_____	KORYO READY STANCE	<i>KORYO HYUNG JUNBI</i>

2. BLOCKS

_____	SKEWED MOUNTAIN BLOCK	<i>WESANTEUL MAKKI</i>
_____	MOUNTAIN BLOCK	<i>SANTEUL MAKKI</i>

3. PUNCHES/STRIKES

_____	PULLING OPPONENT TO YOU	
_____	UPPERCUT PUNCH TO JAW	<i>DANGKYO TEOK JIREUGI</i>
_____	BACKFIST TO JAW	<i>DANGKYO TEOK CHIGI</i>
_____	TARGET PUNCH	<i>PYOJEOK CHIGI</i>

4. KICKS

_____	JUMP SPINNING SIDE KICK	<i>TWIO MOMDOLLYO YOP CHAGI</i>
_____	JUMP SPINNING HOOK KICK	<i>TWIO MOMDOLLYO HOORYO CHAGI</i>
_____	JUMP SPINNING CRESCENT KICK	<i>TWIO MOMDOLLYO ANESO/PAKRO CHAGI</i>
_____	TORNADO KICKS	<i>TWIO DU BAL PAKESO/ANURO CHAGI</i>

5. CONCEPTS

_____	Focus
_____	Retreat

6. SELF-DEFENSE COMBINATIONS

7. FORMS

_____	4 Directionals
_____	Taegeuk Il Jang
_____	Taegeuk Ee Jang
_____	Taegeuk Sam Jang
_____	Taegeuk Sa Jang
_____	Taegeuk Oh Jang
_____	Taegeuk Yook Jang
_____	Taegeuk Chil Jang
_____	Taegeuk Pal Jang
_____	Koryo (Familiarity only)

8. SPARRING

REQUIREMENTS
BLACK, DAN

1. STANCES

_____ COVERED HAND	<i>KYOPSON JUNBI</i>
_____ CRANE STANCE/	<i>HAKDARI SEOGI/</i>
_____ FISTS AT HIP OF STRAIGHT LEG	<i>DOLTSEOGI</i>
_____ CLOSED STANCE W HANDS AT HIPS	<i>DUJUMEOK HEORI</i>

2. BLOCKS

_____ CRANE STANCE/	<i>HAKDARI SEOGI/</i>
_____ DIAMOND BLOCK	<i>KEUMGANG MAKKI</i>
_____ LOW WEDGE BLOCK	<i>ARAE HECHO MAKKI</i>
_____ MOUNTAIN BLOCK	<i>SANTEUL MAKKI</i>
_____ SPREADING MOUNTAIN BLOCK	<i>HECHO SANTEUL MAKKI</i>
_____ BULL BLOCK	<i>BAWI MILGI</i>

3. PUNCHES/STRIKES

_____ SPREAD EAGLE STRIKE	<i>MEONGYE CHIGI</i>
_____ DOUBLE ELBOW	
_____ HIGH BLOCK W/FRONT PUNCH	<i>KEUMGANG AP JIREUGI</i>
_____ HIGH BLOCK W/SIDE PUNCH	<i>KEUMGANG YOP JIREUGI</i>
_____ KNEE BREAK	<i>MUREUP KKEOKI</i>

4. KICKS

5. CONCEPTS

6. SELF-DEFENSE COMBINATIONS

7. FORMS

Taegeuk 1-8
Palgwe 1-8
Dan forms

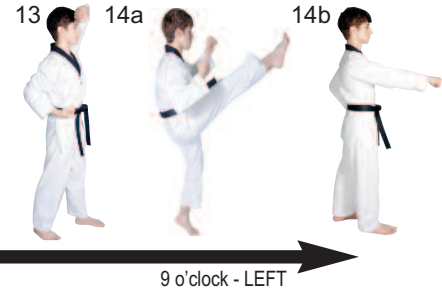
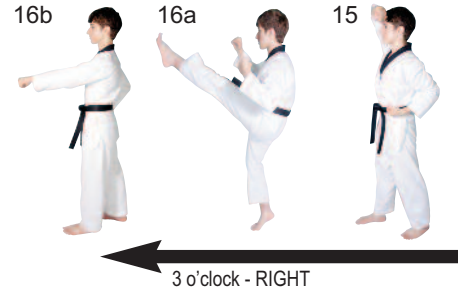
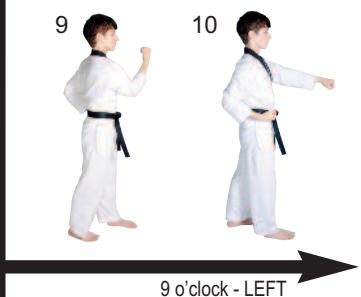
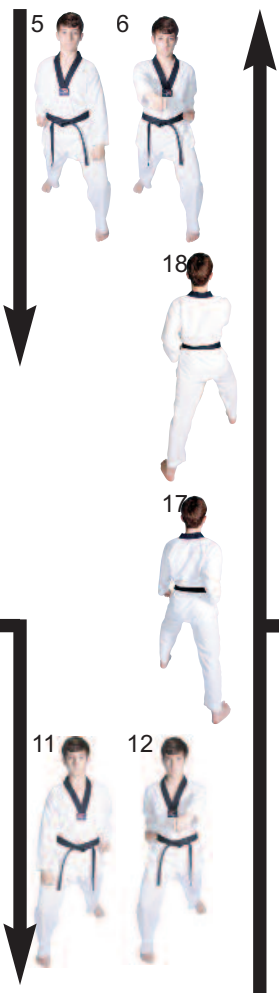
8. SPARRING

TAEGUK IL JANG



The principle represented by TAEGEUK IL-JANG is **TAE**, meaning joyfulness. **TAE** represents firmness, but gentleness.

ACCORDINGLY, THIS POOMSE SHOULD BE EXECUTED GENTLY, YET FORCEFULLY.



12 o'clock - FORWARD

TAEGUK IL JANG

From the **READY STANCE**
JUNBI



1. Turn left toward 9 o'clock by pivoting on your right foot into a **LEFT WALKING STANCE** and execute a **LEFT LOW BLOCK**.
WEN AP SEOGI, WEN ARAE MAKKI



2. Step forward into a **RIGHT WALKING STANCE** and execute a **RIGHT PUNCH** to the mid-section.
OREUN AP SEOGI, OREUN MOMTONG JIREUGI



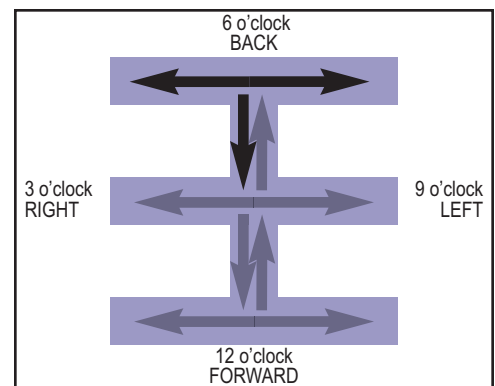
3. Turn right toward 3 o'clock by pivoting on your left foot into a **RIGHT WALKING STANCE** and execute a **RIGHT LOW BLOCK**.
OREUN AP SEOGI, OREUN ARAE MAKKI

4. Step forward into a **LEFT WALKING STANCE** and execute a **LEFT PUNCH** to the mid-section.
WEN AP SEOGI, WEN MOMTONG JIREUGI

5. Turn left toward 12 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE** and execute a **LEFT LOW BLOCK**.
WEN AP KUBI, WEN ARAE MAKKI



6. Without stepping, execute a **RIGHT PUNCH** to the mid-section.
OREUN MOMTONG JIREUGI



TAEGUK IL JANG



7. Turn right toward 3 o'clock by pivoting on your left foot into a **RIGHT WALKING STANCE** and execute a **LEFT INSIDE BLOCK** to the mid-section.
OREUN AP SEOGI, WEN MOMTONG AN MAKKI
8. Step forward into a **LEFT WALKING STANCE** and execute a **RIGHT PUNCH** to the mid-section.
WEN AP SEOGI, OREUN MOMTONG JIREUIGI

9. Turn left toward 9 o'clock by pivoting on your right foot into a **LEFT WALKING STANCE** and execute a **RIGHT INSIDE BLOCK** to the mid-section.
WEN AP SEOGI, OREUN MOMTONG AN MAKKI



10. Step forward into a **RIGHT WALKING STANCE** and execute a **LEFT PUNCH** to the mid-section.
OREUN AP SEOGI, WEN MOMTONG JIREUIGI

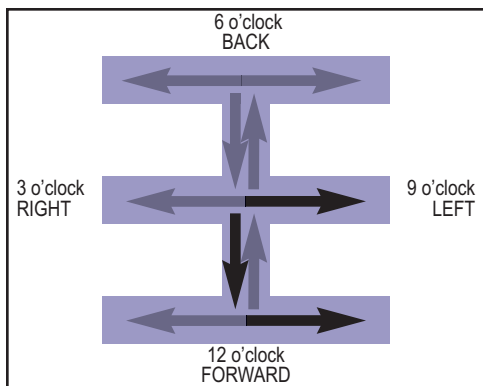
11. Turn right toward 12 o'clock by pivoting on your left foot into a **RIGHT FRONT STANCE** and execute a **RIGHT LOW BLOCK**.
OREUN AP KUBI, OREUN ARAE MAKKI



12. Without stepping, execute a **LEFT PUNCH** to the mid-section.
WEN MOMTONG MOMTONG JIREUGI

13. Turn left toward 9 o'clock, pivoting on your right foot into a **LEFT WALKING STANCE** and execute a **LEFT HIGH BLOCK**.
WEN AP SEOGI, WEN OLGUL MAKKI

14. Execute a **RIGHT FRONT KICK**, land into a **RIGHT WALKING STANCE** and execute a **RIGHT PUNCH** to the mid-section.
OREUNBAL AP CHAGI, OREUN AP SEOGI, OREUN MOMTONG JIREUGI



TAEGUK IL JANG

15. Turn right toward 3 o'clock by pivoting on your left foot into a **RIGHT WALKING STANCE** and execute a **RIGHT HIGH BLOCK**.

OREUN AP SEOGI, OREUN OLGUL MAKKI

16. Execute a **LEFT FRONT KICK**, land into a **LEFT WALKING STANCE** and execute a **LEFT PUNCH** to the mid-section.

WENBAL AP CHAGI, WEN AP SEOGI, WEN MOMTONG JIREUGI



17. Turn right toward 6 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE** and execute a **LEFT LOW BLOCK**.

WEN AP KUBI, WEN ARAE MAKKI



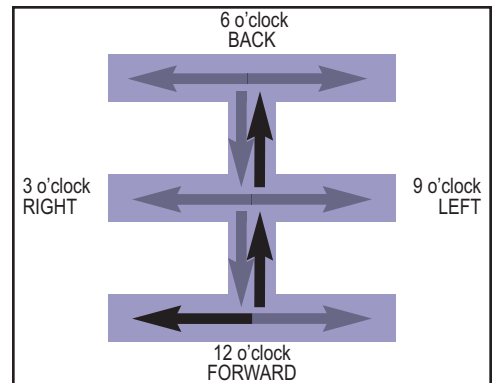
18. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT PUNCH** to the mid-section, **KIHAP!**

OREUN AP KUBI, OREUN MOMTONG JIREUGI, KIHAP!

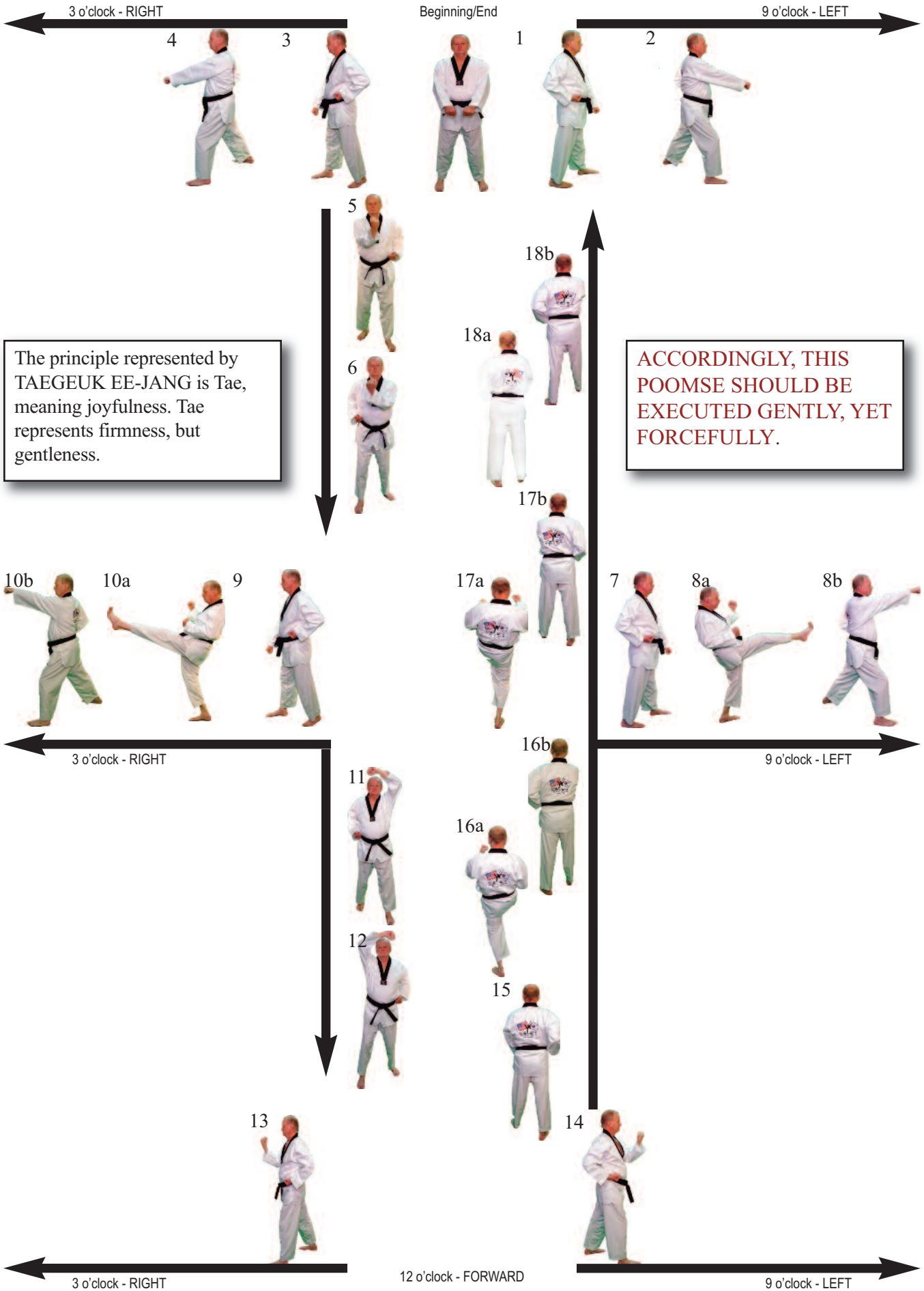


When the command **RETURN** is given, turn left toward 12 o'clock by pivoting on your right foot and assume a **READY STANCE**.

BARO, JUNBI



TAEGUK EE JANG



The principle represented by TAEGEUK EE-JANG is Tae, meaning joyfulness. Tae represents firmness, but gentleness.

ACCORDINGLY, THIS POOMSE SHOULD BE EXECUTED GENTLY, YET FORCEFULLY.

TAEGUK EE JANG

From the **READY STANCE**,
JUNBI



1. Turn left toward 9 o'clock by pivoting on your right foot into a **LEFT WALKING STANCE** and execute a **LEFT LOW BLOCK**.
WEN AP SEOGI, WEN ARAE MAKKI



2. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT PUNCH** to the mid- section.
OREUN AP KUBI, OREUN MOMTONG JIREUGI



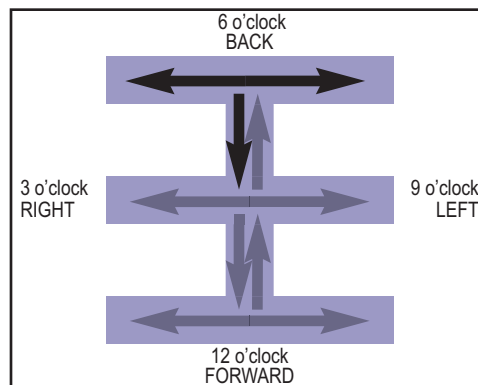
3. Turn right toward 3 o'clock by pivoting on your left foot into a **RIGHT WALKING STANCE** and execute a **RIGHT LOW BLOCK**.
OREUN AP SEOGI, OREUN ARAE MAKKI

4. Step forward into a **LEFT FRONT STANCE** and execute a **LEFT PUNCH** to the mid-section.
WEN AP KUBI, WEN MOMTONG JIREUGI

5. Turn left toward 12 o'clock, pivoting on your right foot into a **LEFT WALKING STANCE** and execute a **RIGHT INSIDE BLOCK** to the mid-section.
WEN AP SEOGI, OREUN MOMTONG AN MAKKI



6. Step forward into a **RIGHT WALKING STANCE** and execute a **LEFT INSIDE BLOCK** to the mid-section.
OREUN AP SEOGI, WEN MOMTONG AN MAKKI



TAEGUK EE JANG

7. Turn left toward 9 o'clock by pivoting on your right foot into a **LEFT WALKING STANCE** and execute a **LEFT LOW BLOCK**.

WEN AP SEOGI, WEN ARAE MAKKI

8. Execute a **RIGHT FRONT KICK**, step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT HIGH PUNCH** to the face.

OREUNBAL AP CHAGI, OREUN AP KUBI, OREUN OLGUL JIREUGI



9. Turn right toward 3 o'clock by pivoting on your left-foot into a **RIGHT WALKING STANCE** and execute a **RIGHT LOW BLOCK**.

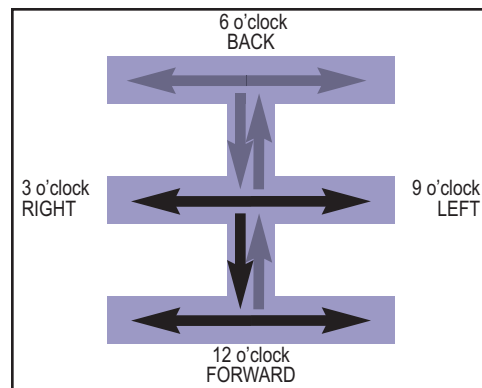
OREUN AP SEOGI, OREUN ARAE MAKKI

10. Execute a **LEFT FRONT KICK**, step forward into a **LEFT FRONT STANCE** and execute a **LEFT HIGH PUNCH** to the face.

WENBAL AP CHAGI, WEN AP KUBI, WEN OLGUL JIREUGI

11. Turn left toward 12 o'clock by pivoting on your right foot into a **LEFT WALKING STANCE** and execute a **LEFT HIGH BLOCK**.

WEN AP SEOGI, WEN OLGUL MAKKI



12. Step forward into a **RIGHT WALKING STANCE** and execute a **RIGHT HIGH BLOCK**.

OREUN AP SEOGI, OREUN OLGUL MAKKI



13. Turn left toward 3 o'clock by pivoting on your right foot into a **LEFT WALKING STANCE** and execute a **RIGHT INSIDE BLOCK** to the mid-section.

WEN AP SEOGI, OREUN MOMTONG AN MAKKI

14. Turn right toward 9 o'clock by pivoting on your left foot into a **RIGHT WALKING STANCE** and execute a **LEFT INSIDE BLOCK** to the mid-section.

OREUN AP SEOGI, WEN MOMTONG AN MAKKI



TAEGUK EE JANG

15. Turn left toward 6 o'clock by pivoting on your right foot into a **LEFT WALKING STANCE** and execute a **LEFT LOW BLOCK**.

WEN AP SEOGI, WEN ARAE MAKKI

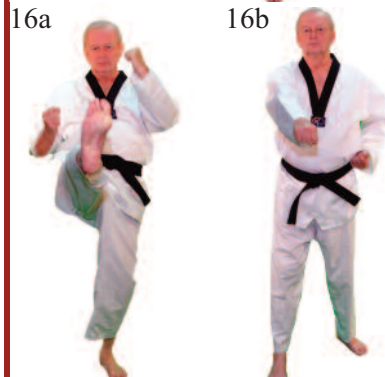


Front View



16. Execute a **RIGHT FRONT KICK**, step forward into a **RIGHT WALKING STANCE** and execute a **RIGHT PUNCH** to the mid-section.

OREUNBAL AP CHAGI, OREUN AP SEOGI, OREUN MOMTONG JIREUGI



17. Execute a **LEFT FRONT KICK**, step forward into a **LEFT WALKING STANCE** and execute a **LEFT PUNCH** to the mid-section.

WENBAL AP CHAGI, WEN AP SEOGI, WEN MOMTONG



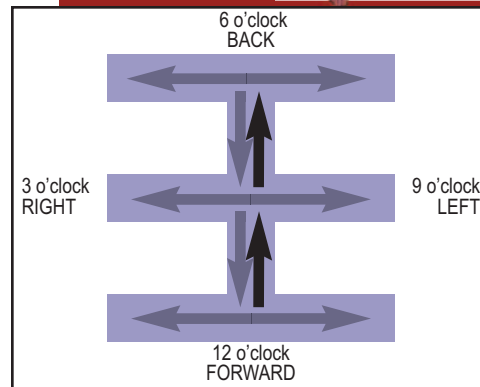
18. Execute a **RIGHT FRONT KICK**, step forward into a **RIGHT WALKING STANCE** and execute a **RIGHT PUNCH** to the mid-section.

OREUNBAL AP CHAGI, OREUN AP SEOGI, OREUN MOMTONG JIREUGI

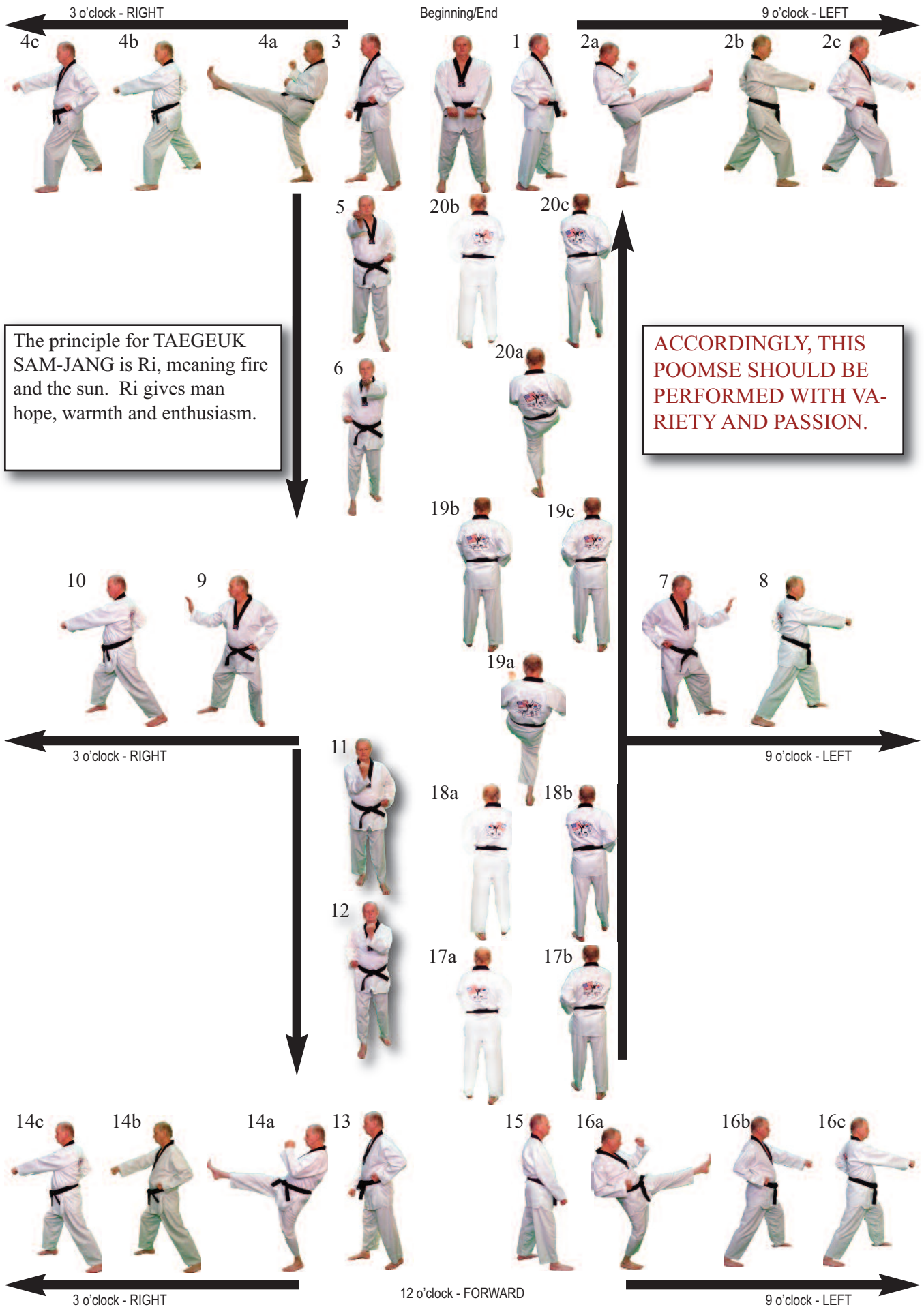


When the command **RETURN** is given, turn left toward 12 o'clock by pivoting on your right foot and assume a **READY STANCE**.

BARO, JUNBI



TAEGUK SAM JANG

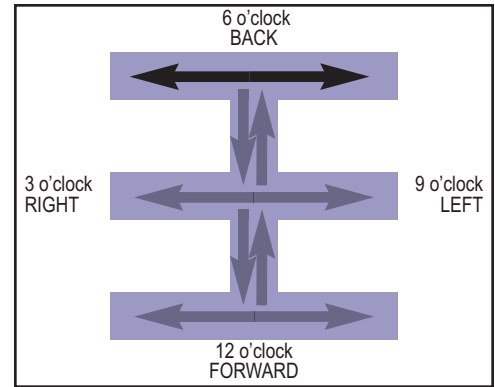


The principle for TAEGEUK SAM-JANG is Ri, meaning fire and the sun. Ri gives man hope, warmth and enthusiasm.

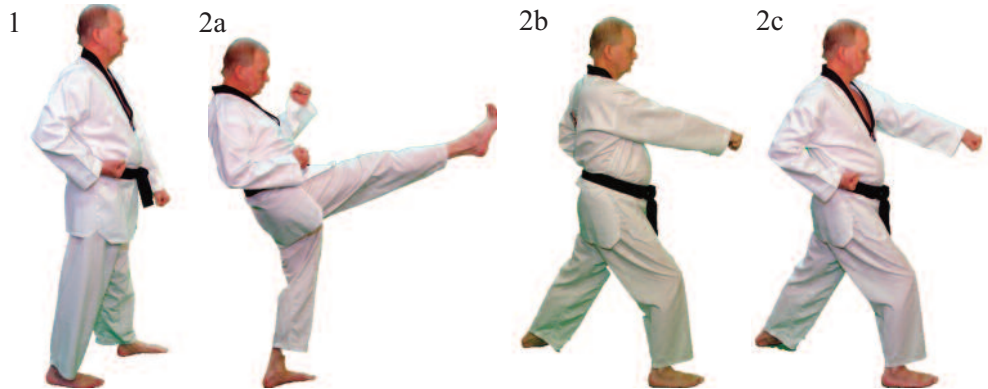
ACCORDINGLY, THIS POOMSE SHOULD BE PERFORMED WITH VARIETY AND PASSION.

TAEGUK SAM JANG

From the **READY STANCE**,
JUNBI



1. Turn left toward 9 o'clock by pivoting on your right foot into a **LEFT WALKING STANCE** and execute a **LEFT LOW BLOCK**.
WEN AP SEOGI, WEN ARAE MAKKI
2. Execute a **RIGHT FRONT KICK**, step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT/LEFT DOUBLE PUNCH** to the mid-section
OREUNBAL AP CHAGI, OREUN AP KUBI, OREUN/WEN MOMTONG DU BEON JIREUGI

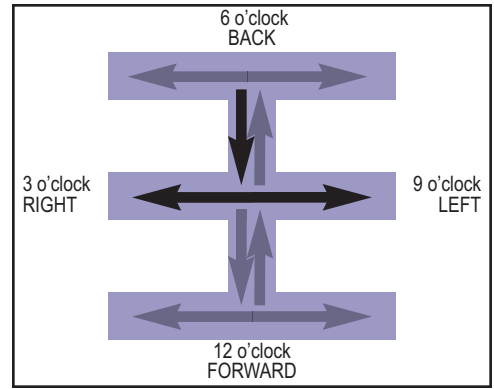


3. Turn right toward 3 o'clock by pivoting on your left foot into a **RIGHT WALKING STANCE** and execute a **RIGHT LOW BLOCK**.
OREUN AP SEOGI, OREUN ARAE MAKKI
4. Execute a **LEFT FRONT KICK**, step forward into a **LEFT FRONT STANCE** and execute a **LEFT/RIGHT DOUBLE PUNCH** to the mid-section.
WENBAL AP CHAGI, WEN AP KUBI, WEN/OREUN MOMTONG DU BEON JIREUGI



TAEGUK SAM JANG

5. Turn left toward 12 o'clock by pivoting on your right foot into a **LEFT WALKING STANCE** and execute a **RIGHT KNIFE HAND STRIKE** to the neck.
WEN AP SEOGI, OREUN HAN SON-NAL MOK CHIGI



6. Step forward into a **RIGHT WALKING STANCE** and execute a **LEFT KNIFE HAND STRIKE** to the neck.
OREUN AP SEOGI, WEN HAN SON-NAL MOK CHIGI



7. Turn left toward 9 o'clock by pivoting on your right foot into a **LEFT BACK STANCE**, and execute a **LEFT SINGLE KNIFE HAND BLOCK** to the outside.
WEN DWIT KUBI, WEN HAN SONNAL BAKKAT MAKKI



8. Pivot on your right foot and slide left foot forward into a **LEFT FRONT STANCE**, and execute a **RIGHT PUNCH** to the mid-section.
WEN AP KUBI, OREUN MOMTONG JIREUGI



9. Turn right toward 3 o'clock, by bringing your left foot beside your right foot and extending your right foot into a **RIGHT BACK STANCE**, and execute a **RIGHT SINGLE KNIFE HAND BLOCK** to the outside.
OREUN DWIT KUBI, OREUN HAN SONNAL BAKKAT MAKKI

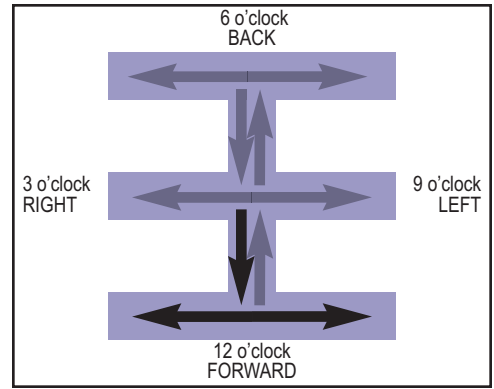
10. Pivot on your left foot and slide right foot forward into a **RIGHT FRONT STANCE**, and execute a **LEFT PUNCH** to the mid-section.
OREUN AP KUBI, WEN MOMTONG JIREUGI

11. Turn left toward 12 o'clock by pivoting on your right foot into a **LEFT WALKING STANCE** and execute a **RIGHT INSIDE BLOCK** to the mid-section
WEN AP SEOGI, OREUN MOMTONG AN MAKKI.



TAEGUK SAM JANG

12. Step forward into a **RIGHT WALKING STANCE** and execute a **LEFT INSIDE BLOCK** to the mid-section
OREUN AP SEOGI, WEN MOMTONG AN MAKKI



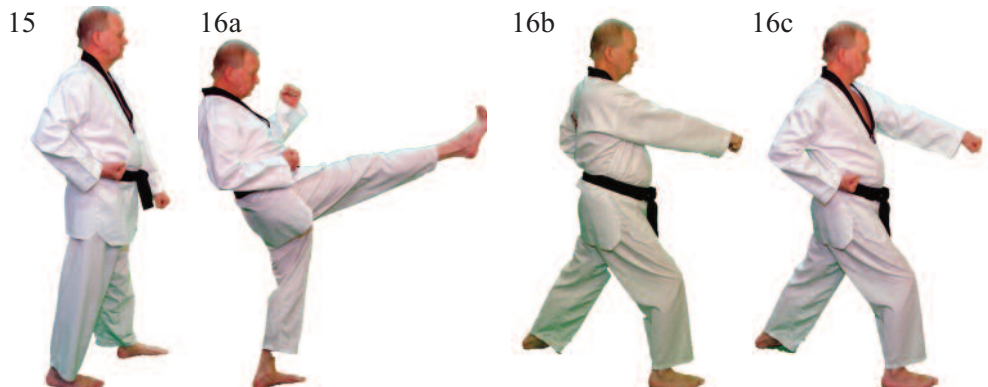
13. Turn left toward 3 o'clock by pivoting on your right foot into a **LEFT WALKING STANCE** and execute a **LEFT LOW BLOCK**.
WEN AP SEOGI, WEN ARAE MAKKI

14. Execute a **RIGHT FRONT KICK**, step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT/LEFT DOUBLE PUNCH** to the mid-section.
OREUNBAL AP CHAGI, OREUN AP KUBI, MOMTONG DU BEON JIREUGI



15. Turn right toward 9 o'clock by pivoting on your left foot into a **RIGHT WALKING STANCE** and execute a **RIGHT LOW BLOCK**.
OREUN AP SEOGI, OREUN ARAE MAKKI

16. Execute a **LEFT FRONT KICK**, step forward into a **LEFT FRONT STANCE** and execute a **LEFT/RIGHT DOUBLE PUNCH** to the mid-section.
WENBAL AP CHAGI, WEN AP KUBI, MOMTONG DU BEON JIREUGI



TAEGUK SAM JANG

17. Turn left toward 6 o'clock by pivoting on your right foot into a **LEFT WALKING STANCE** and execute a **LEFT LOW BLOCK**, *WEN AP SEOGI, WEN ARAE MAKKI*,



followed immediately by a **RIGHT PUNCH** to the mid-section. *OREUN MOMTONG JIREUGI*

18. Step forward into a **RIGHT WALKING STANCE** and execute a **RIGHT LOW BLOCK**, *OREUN AP SEOGI, OREUN ARAE MAKKI*,



followed immediately by a **LEFT PUNCH** to the mid-section. *WEN MOMTONG JIREUGI*

19. Execute a **LEFT FRONT KICK**, step forward into a **LEFT WALKING STANCE** and execute a **LEFT LOW BLOCK**, *WENBAL AP CHAGI, WEN AP SEOGI, WEN ARAE MAKKI*,



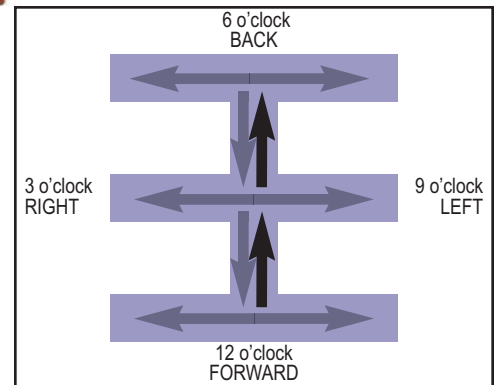
followed immediately by a **RIGHT PUNCH** to the mid-section. *OREUN MOMTONG JIREUGI*

20. Execute a **RIGHT FRONT KICK**, step forward into a **RIGHT WALKING STANCE** and execute a **RIGHT LOW BLOCK**, *OREUNBAL AP CHAGI, OREUN AP SEOGI, OREUN ARAE MAKKI*



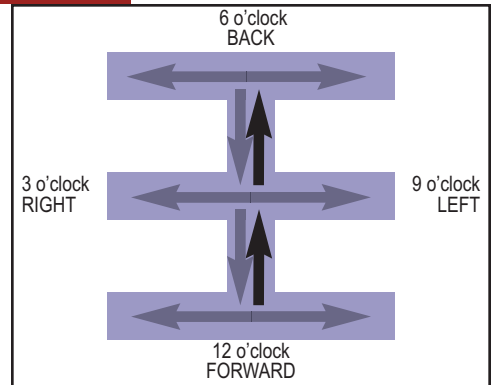
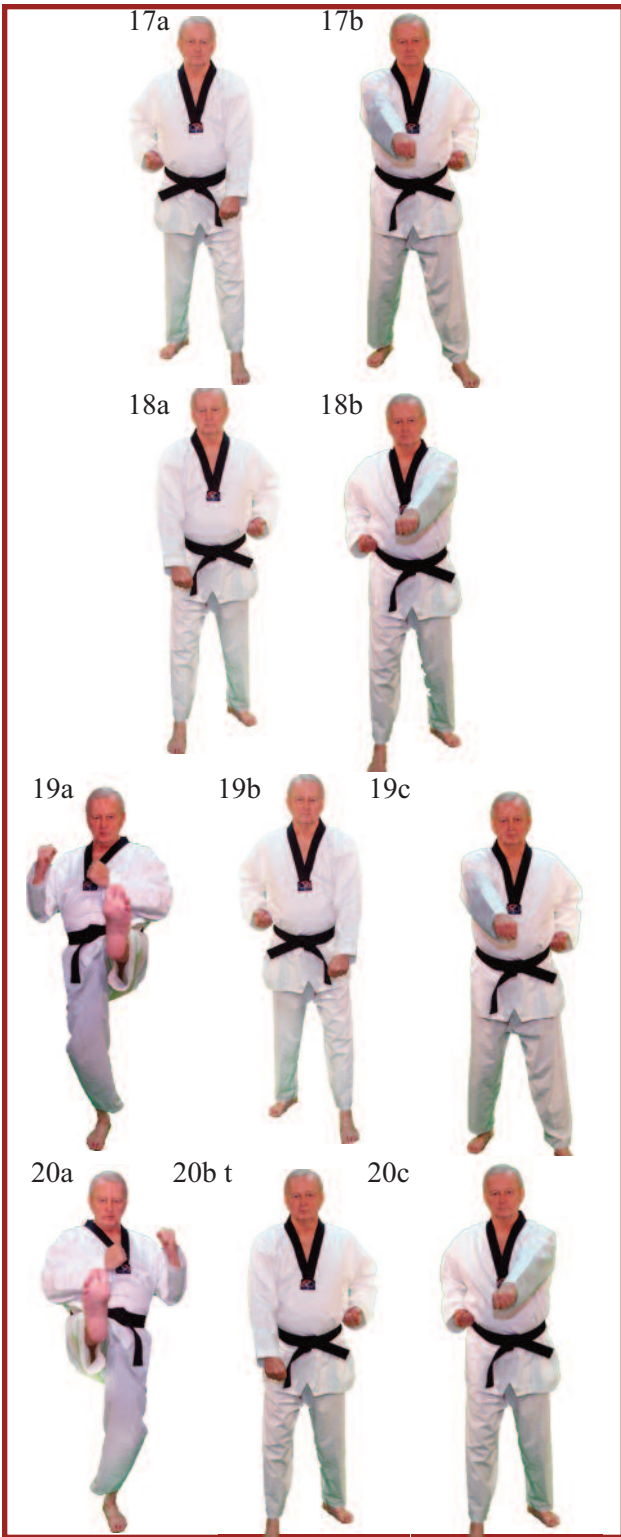
followed immediately by a **LEFT PUNCH** to the mid-section, **KIHAP!** *WEN MOMTONG JIEUGI, KIHAP!*

When the command **RETURN** is given, turn left toward 12 o'clock by pivoting on your right foot and assume a **READY STANCE**. *BARO, JUNBI*

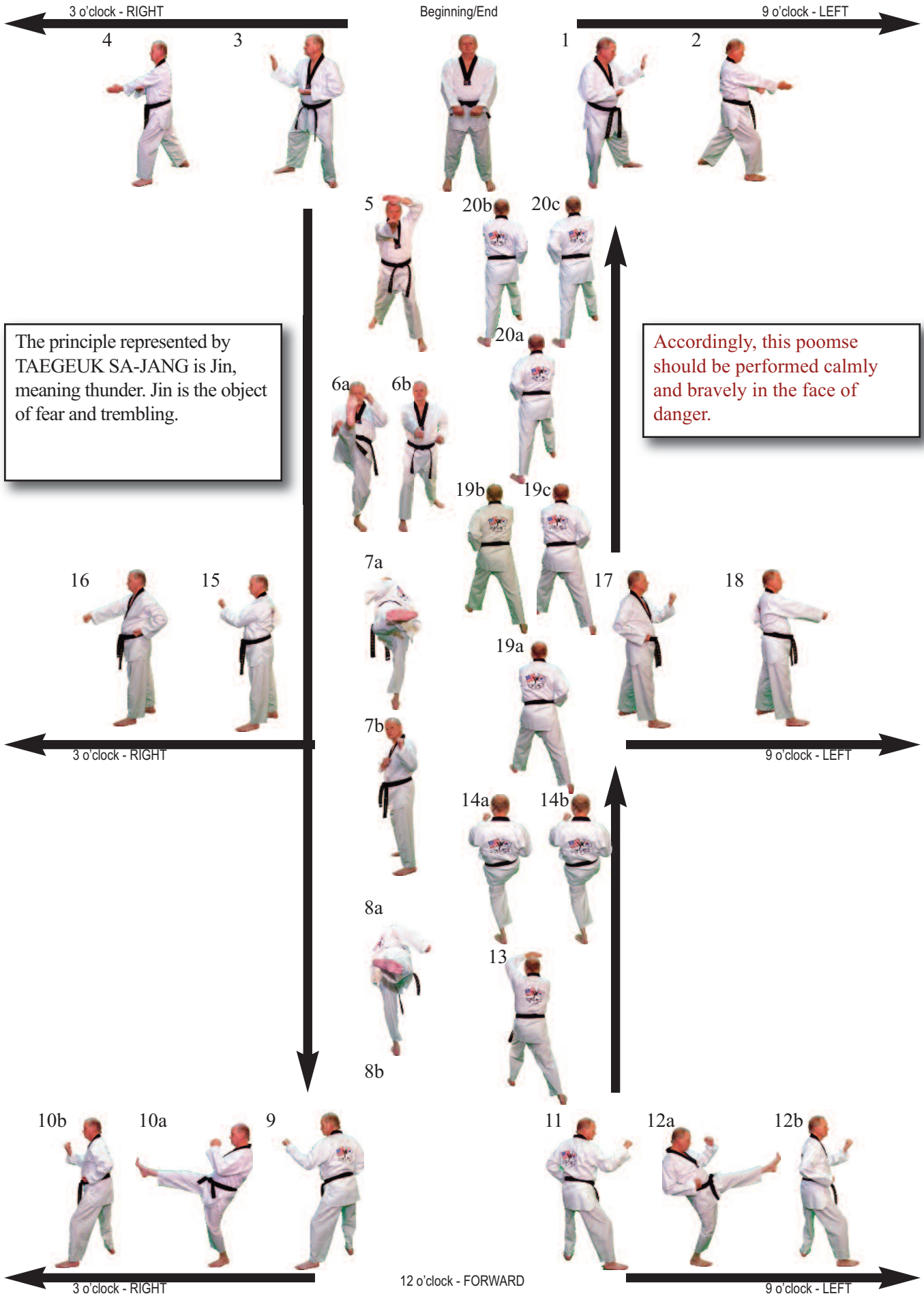


TAEGUK SAM JANG

Front View



TAEGUK SA JANG



The principle represented by TAEGEUK SA-JANG is Jin, meaning thunder. Jin is the object of fear and trembling.

Accordingly, this poomse should be performed calmly and bravely in the face of danger.

TAEGUK SA JANG

From the **READY STANCE**,
JUNBI



1. Turn left toward 9 o'clock, executing a **LEFT BACK STANCE**, and execute a **DOUBLE KNIFE HAND BLOCK**.

WEN DWIT KUBI, DU SONNAL MOMTONG MAKKI

2. Step forward into a **RIGHT FRONT STANCE** and execute a **LEFT PRESSING DOWN BLOCK SUPPORTING A RIGHT VERTICAL SPEAR HAND THRUST** (with the left hand under your right elbow) to the mid-section.

OREUN AP KUBI, WEN NULLO MAKKI, PYONSONKEUT SEWO TZIREUGI



3. Turn right toward 3 o'clock by pivoting on your left foot into a **RIGHT BACK STANCE**, and execute a **DOUBLE KNIFE HAND BLOCK**.

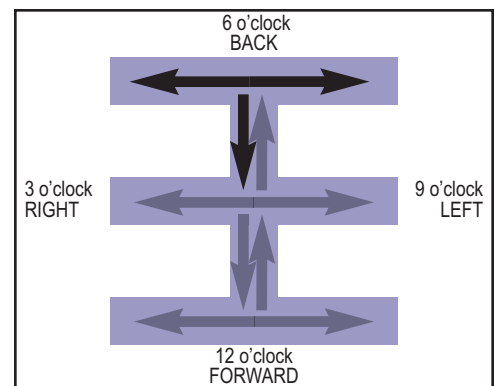
OREUN DWIT KUBI, DU SONNAL MOMTONG MAKKI

4. Step forward into a **LEFT FRONT STANCE** and execute a **RIGHT PRESSING DOWN BLOCK SUPPORTING A LEFT VERTICAL SPEAR HAND THRUST**.

WEN AP KUBI, OREUN NULLO MAKKI, PYONSONKEUT SEWO TZIREUGI

5. Turn left toward 12 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE**, and execute a **LEFT HIGH BLOCK** with the **KNIFE HAND** and a **RIGHT KNIFEHAND STRIKE** to the neck.

WEN AP KUBI, JEBI POOM MOK CHIGI



TAEGUK SA JANG

6. Execute a **RIGHT FRONT KICK**, step forward into a **RIGHT FRONT STANCE** and execute a **LEFT PUNCH**.
OREUNBAL AP CHAGI, OREUN AP KUBI, WEN MOMTONG BARO JIREUGI



7. Moving forward, execute a **LEFT SIDE KICK**, landing in a **LEFT SIDE FIGHTING STANCE**.
WEN YOP CHAGI, WEN YOP SEOGI



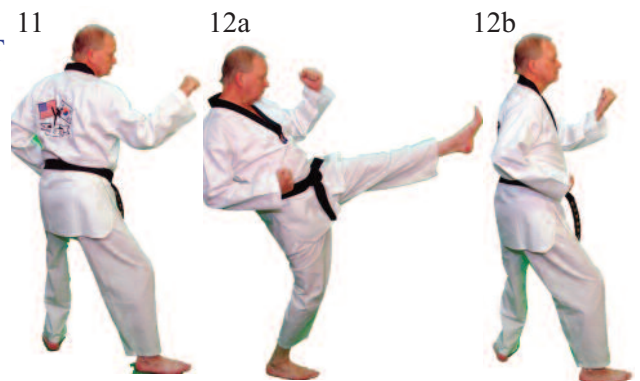
8. Moving forward, execute a **RIGHT SIDE KICK**, landing in a **RIGHT BACK STANCE**. As the kicking foot touches the floor, execute a **DOUBLE KNIFE HAND BLOCK** to the outside.
OREUNBAL YOP CHAGI, OREUN DWIT KUBI, DU SONNAL MOMTONG MAKKI



9. Turn left toward 3 o'clock by pivoting on your right foot into a **LEFT BACK STANCE**, and execute a **LEFT OUTSIDE BLOCK** to the mid-section.
WEN DWIT KUBI, WEN MOMTONG BAKKAT MAKKI

10. Execute a **RIGHT FRONT KICK**, return your right foot back to its original position in a **LEFT BACK STANCE**, and execute a **RIGHT INSIDE BLOCK** to the mid-section.
OREUNBAL AP CHAGI, WEN DWIT KUBI, OREUN MOMTONG AN MAKKI

11. Turn right toward 9 o'clock by pivoting on your left foot into a **RIGHT BACK STANCE**, and execute a **RIGHT OUTSIDE BLOCK** to the mid-section.
OREUN DWIT KUBI, OREUN MOMTONG BAKKAT MAKKI



12. Execute a **LEFT FRONT KICK**, return your left foot back to its original position in a **RIGHT BACK STANCE**, and execute a **LEFT INSIDE BLOCK** to the mid-section.
WENBAL AP CHAGI, OREUN DWIT KUBI, WEN MOMTONG AN MAKKI

TAEGUK SA JANG

13. Turn left toward 6 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE**, and execute a **LEFT HIGH BLOCK** with the **KNIFE HAND** and a **RIGHT KNIFE HAND STRIKE** to the neck.
WEN AP KUBI, JEBI POOM MOK CHIGI



Front View

13

14. Execute a **RIGHT FRONT KICK**, step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT BACK-FIST STRIKE** to the face
OREUNBAL AP CHAGI, OREUN AP KUBI, OREUN DEUNG JUMEOK AP CHIGI

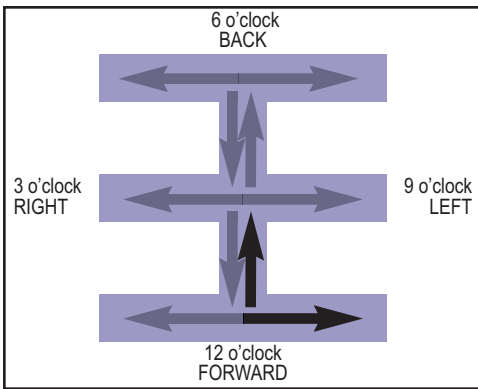


14a

14



14b



16

15

15. Turn left toward 3 o'clock by pivoting on the ball of the right foot into a **LEFT WALKING STANCE**, and execute a **LEFT INSIDE BLOCK** to the mid-section.
WEN AP SEOGI, WEN MOMTONG AN MAKKI



16. Execute a **RIGHT PUNCH** to the mid-section.
OREUN MOMTONG JIREUGI

17. Turn right toward 9 o'clock by pivoting on the ball of the left foot into a **RIGHT WALKING STANCE**, and execute a **RIGHT INSIDE BLOCK** to the mid-section.
OREUN AP SEOGI, OREUN MOMTONG AN MAKKI



17



18. Execute a **LEFT PUNCH** to the mid-section.
WEN MOMTONG JIREUGI

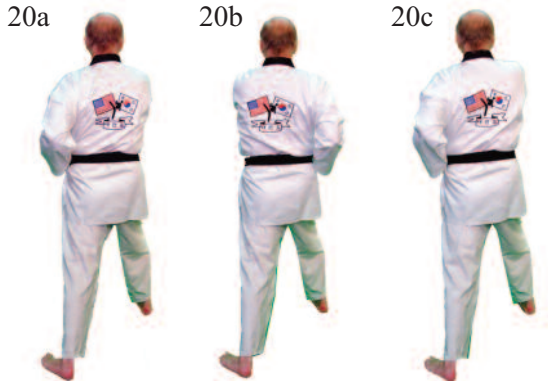
TAEGUK SA JANG

19. Turn left toward 6 o'clock by pivoting on the ball of the right foot into a **LEFT FRONT STANCE**, and execute a **LEFT INSIDE BLOCK** to the mid-section, *WEN AP KUBI, WEN MOMTONG AN MAKKI*,



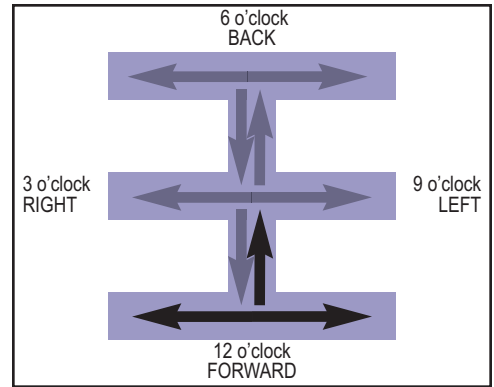
followed immediately by a **RIGHT/LEFT PUNCH**. *MOMTONG DU BEON JIREUGI*

20. Step forward into a **RIGHT FRONT STANCE**, and execute a **RIGHT INSIDE BLOCK** to the mid-section, *OREUN AP KUBI, OREUN MOMTONG AN MAKKI*,



followed immediately by a **LEFT/RIGHT PUNCH, KIHAP!** *MOMTONG DU BEON JIREUGI, KIHAP!*

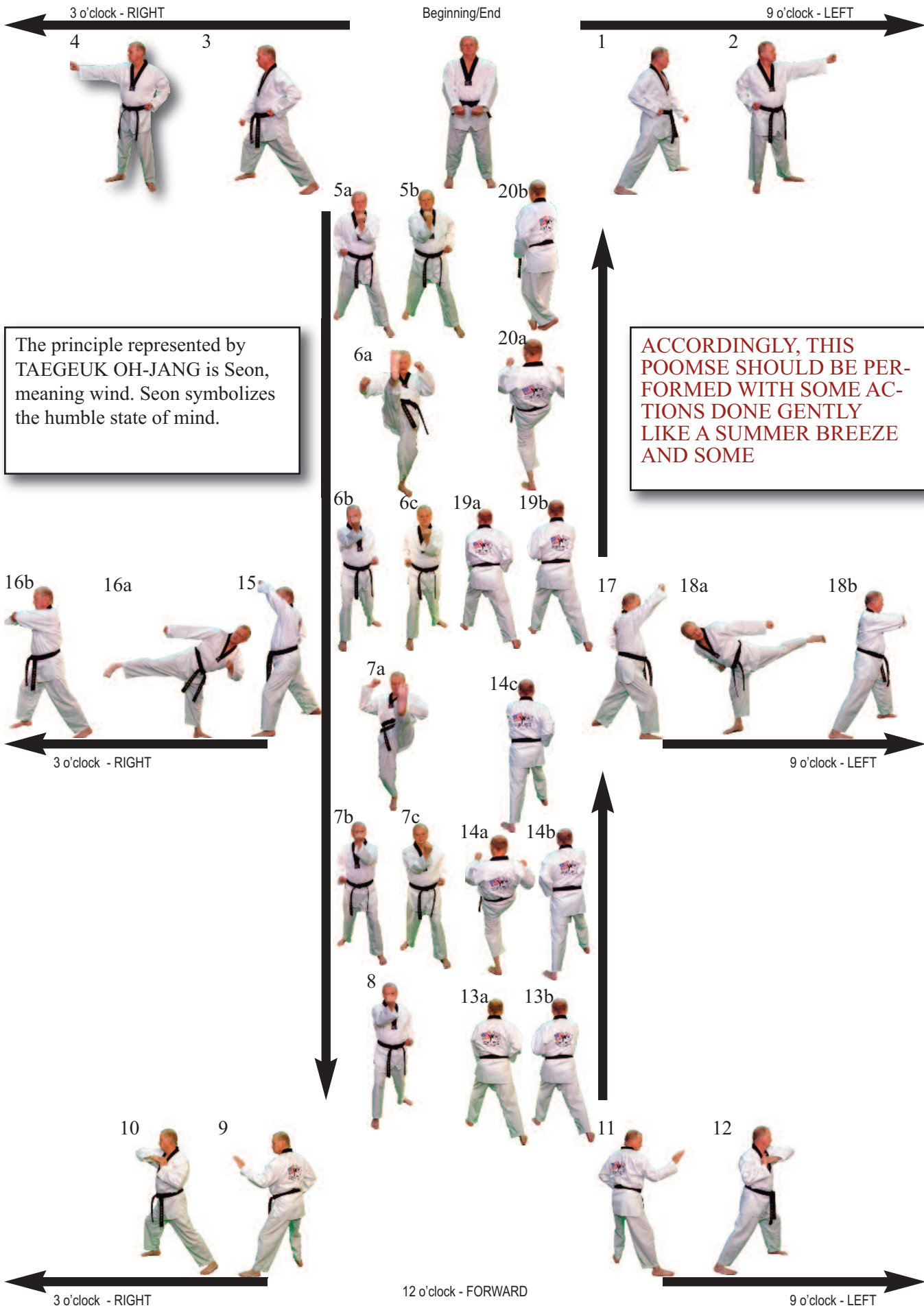
When the command **RETURN** is given, turn left toward 12 o'clock by pivoting on your right foot and assume a **READY STANCE**. *BARO, JUNBI*



Front View



TAEGUK OH JANG

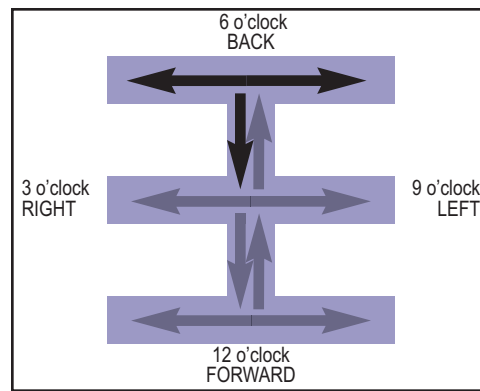


The principle represented by TAEGEUK OH-JANG is Seon, meaning wind. Seon symbolizes the humble state of mind.

ACCORDINGLY, THIS POOMSE SHOULD BE PERFORMED WITH SOME ACTIONS DONE GENTLY LIKE A SUMMER BREEZE AND SOME

TAEGUK OH JANG

From the **READY STANCE**,
JUNBI



1. Turn left toward 9 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE** and execute a **LEFT LOW BLOCK**.
WEN AP KUBI, WEN ARAE MAKKI

2. Immediately return to a **LEFT STANCE**, pull your left hand to your right shoulder and execute a **LEFT HAMMER-FIST STRIKE**.
WEN AP SEOGI, MAE JUMEOK NAERYO CHIGI



3. Turn right toward 3 o'clock by pivoting on your left foot into a **RIGHT FRONT STANCE** and execute a **RIGHT LOW BLOCK**.
OREUN AP KUBI, OREUN ARAE MAKKI

4. Immediately return to a **RIGHT STANCE**, pull your right hand to your left shoulder and execute a **RIGHT HAMMER-FIST STRIKE**.
OREUN AP SEOGI, MAE JOO MEOK NAERYO CHIGI

5. Turn left toward 12 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE**, and execute a **LEFT INSIDE BLOCK** to the mid-section,
WEN AP KUBI, WEN MOMTONG AN MAKKI



followed immediately by a **RIGHT INSIDE BLOCK** to the mid-section.
OREUN MOMTONG AN MAKKI

6. Execute a **RIGHT FRONT KICK**, step into a **RIGHT FRONT STANCE** and execute a **RIGHT BACK-FIST STRIKE** to the face,
OREUNBAL AP CHAGI, AP KUBI, OREUN DEUNGJUMEOK AP CHIGI



followed immediately by a **LEFT INSIDE BLOCK** to the mid-section.
WEN MOMTONG AN MAKKI

TAEGUK OH JANG

7. Execute a **LEFT FRONT KICK**, step into a **LEFT FRONT STANCE**, and execute a **LEFT BACK-FIST STRIKE** to the face,
WENBAL AP CHAGI, WEN AP KUBI, WEN OLGOOL DEUNG JUMEOK AP CHIGI



followed immediately by a **RIGHT INSIDE BLOCK** to the mid-section.
OREUN MOMTONG AN MAKKI

8. Step forward into a **RIGHT FRONT STANCE**, and execute a **RIGHT BACK-FIST STRIKE** to the face.
OREUN AP KUBI, OREUN OLGOOL DEUNG JUMEOK AP CHIGI



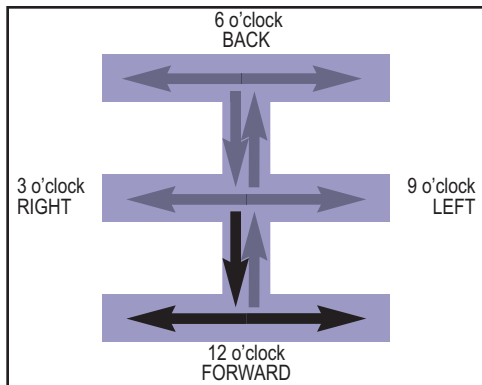
9. Turn left toward 3 o'clock by pivoting on your right foot into a **LEFT BACK STANCE** and execute a **LEFT SINGLE KNIFE HAND BLOCK** to the outside.
WEN DWIT KUBI, WEN HAN SONNAL BAKKAT MAKKI

10. Step forward into a **RIGHT FRONT STANCE** and, catching your right fist in your left palm, execute a **RIGHT ROUND ELBOW STRIKE** to the face.
OREUN AP KUBI, OREUN PALKUP DOLLYO CHIGI

11. Turn right toward 9 o'clock by pivoting on your left foot into a **RIGHT BACK STANCE** and execute a **RIGHT SINGLE KNIFE HAND BLOCK** to the outside.
OREUN DWIT KUBI, OREUN HAN SONNAL BAKKAT MAKKI



12. Step forward into a **LEFT FRONT STANCE** and, catching your left fist in your right palm, execute a **LEFT ELBOW STRIKE** to the face.
WEN AP KUBI, WEN PALKUP DOLLYO CHIGI



TAEGUK OH JANG

13. Turn left toward 6 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE**, and execute a **LEFT LOW BLOCK**.
WEN AP KUBI, WEN ARAE MAKKI

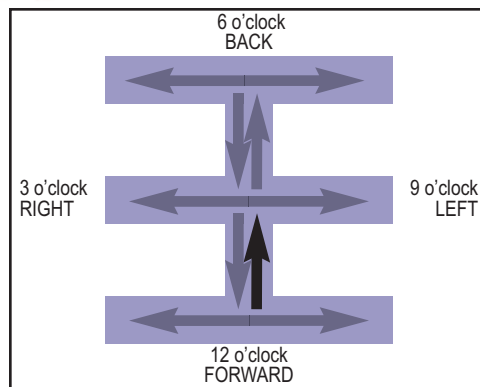


followed immediately by a **RIGHT INSIDE BLOCK** to the mid-section.
OREUN MOMTONG AN MAKKI

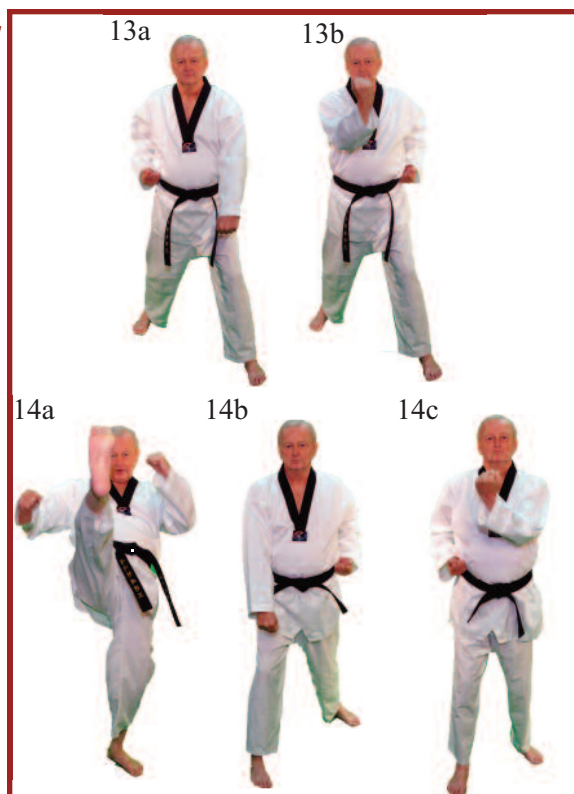
14. Execute a **RIGHT FRONT KICK**, step forward into **RIGHT FRONT STANCE**, and execute a **RIGHT LOW BLOCK**,
OREUNBAL AP CHAGI, OREUN AP KUBI, OREUN ARAE MAKKI



followed immediately by a **LEFT INSIDE BLOCK** to the mid-section.
WEN MOMTONG AN MAKKI



Front View



TAEGUK OH JANG

15. Turn left toward 3 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE**, and execute a **LEFT HIGH BLOCK**.

WEN AP KUBI, WEN OLGUL MAKKI

16. Execute a **RIGHT SIDE KICK** and a **RIGHT SIDE PUNCH** at the same time, step into a **RIGHT FRONT STANCE**, and execute a **LEFT TARGET-ELBOW STRIKE**.

OREUNBAL YOP CHAGI, OREUN YOP JIREUGI, OREUN AP KUBI, WEN PALKOOP PYOJEOK CHIGI

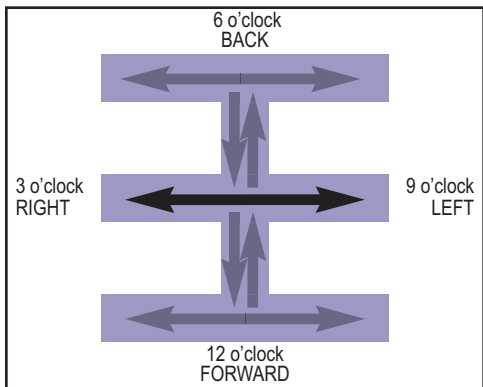


17. Turn right toward 9 o'clock by pivoting on your left foot into a **RIGHT FRONT STANCE**, and execute a **RIGHT HIGH BLOCK**.

OREUN AP KUBI, OREUN OLGUL MAKKI

18. Execute a **LEFT SIDE KICK** and a **LEFT SIDE PUNCH** at the same time, step into a **LEFT FRONT STANCE**, and execute a **RIGHT TARGET-ELBOW STRIKE**.

WEN YOP CHAGI, WEN YOP JIREUGI, WEN AP KUBI, OREUN PALKOOP PYOJEOK CHIGI



TAEGUK OH JANG

19. Turn left toward 6 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE**, and execute a **LEFT LOW BLOCK**, *WEN AP KUBI, WEN ARAE MAKKI*



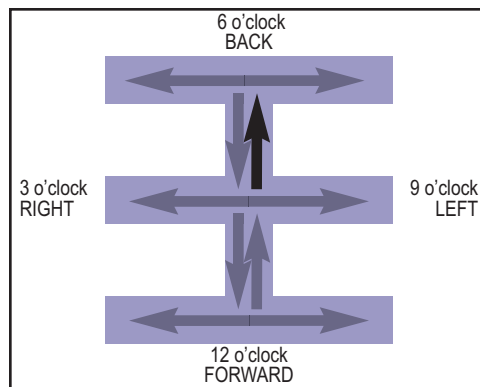
followed immediately by a **RIGHT INSIDE BLOCK** to the mid-section. *OREUN MOMTONG AN MAKKI*

20. Execute a **RIGHT FRONT KICK**, 20a and before the right foot returns to the floor spring forward into a **RIGHT CROSS STANCE** *OREUNBAL AP CHAGI, OREUN DWI KKO A SEO GI*



and execute a **RIGHT BACK-FIST STRIKE** to the face. **KIHAP!** *OREUN DEUNG JUMEOK OLGUL AP CHIGI, KIHAP!*

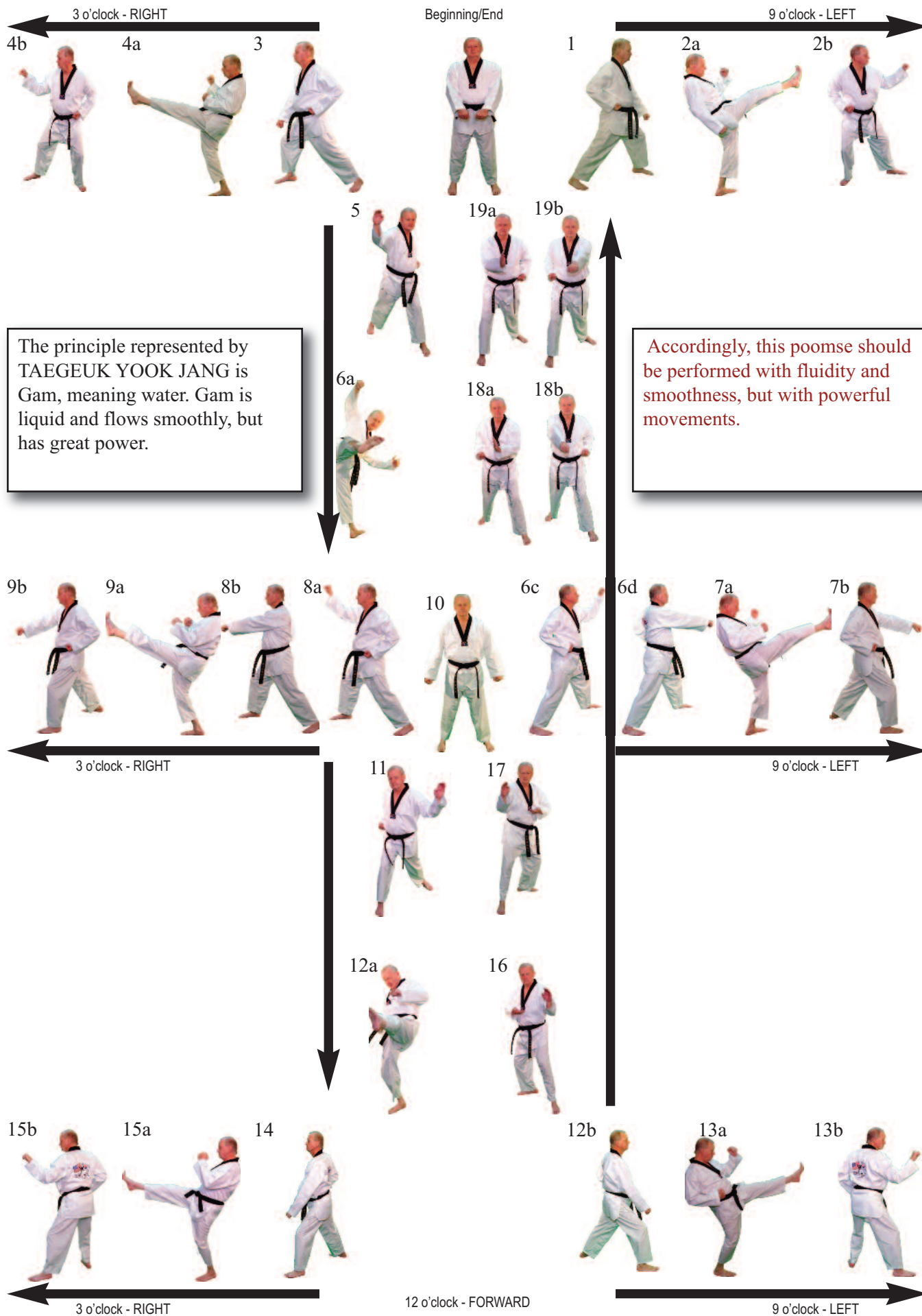
When the command **RETURN** is given, turn left toward 12 o'clock by pivoting on your right foot and assume a **READY STANCE**. *BARO, JUNBI*



Front View



TAEGUK YOOK JANG

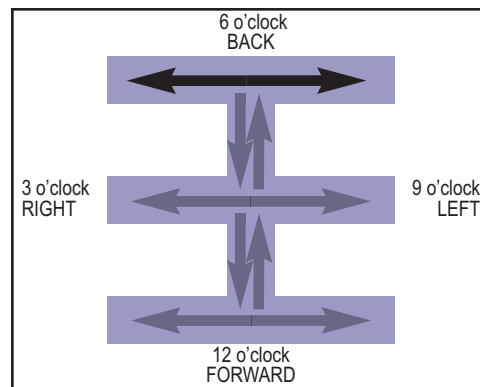


The principle represented by TAEGEUK YOOK JANG is Gam, meaning water. Gam is liquid and flows smoothly, but has great power.

Accordingly, this poomse should be performed with fluidity and smoothness, but with powerful movements.

TAEGUK YOOK JANG

From the **READY STANCE**,
JUNBI

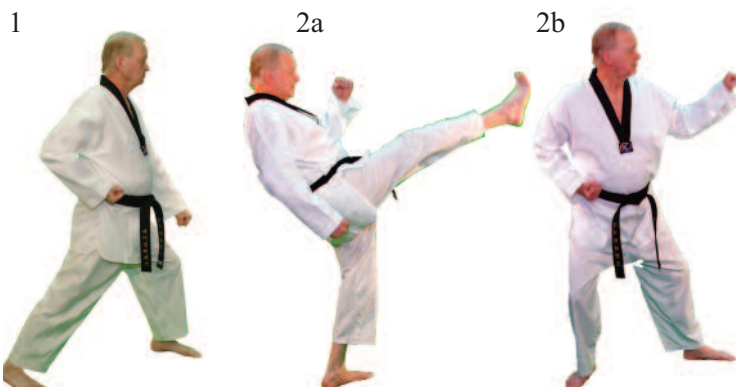


1. Turn left toward 9 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE** and execute a **LEFT LOW BLOCK**.

WEN AP KUBI, WEN ARAE MAKKI

2. Execute a **RIGHT FRONT KICK**, then return foot back into a **LEFT BACK STANCE**, and execute a **LEFT OUTSIDE BLOCK** to the mid-section.

OREUNBAL AP CHAGI, WEN DWIT KUBI, WEN BAKKAT MAKKI



3. Turn right toward 3 o'clock by pivoting on your left foot into a **RIGHT FRONT STANCE**, and execute a **RIGHT LOW BLOCK**.

OREUN AP KUBI, OREUN ARAE MAKKI

4. Execute a **LEFT FRONT KICK**, then return foot back into a **RIGHT BACK STANCE**, and execute a **RIGHT OUTSIDE BLOCK** to the mid-section.

WENBAL AP CHAGI, OREUN DWIT KUBI, OREUN BAKKAT MAKKI



TAEGUK YOOK JANG

5. Turn left toward 12 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE**, while twisting your upper body to the left and execute **RIGHT OUTSIDE BLOCK** to the head with the **KNIFE HAND**.
WEN AP KUBI, OREUN HAN SONNAL OLGUL BITEURO MAKKI

6. Execute a **RIGHT ROUND-HOUSE KICK** to the head and step into a **SIDE-STANCE** facing 9 o'clock. Follow immediately by stepping forward into a **LEFT FRONT STANCE** and executing a **LEFT OUTSIDE BLOCK** to the head, and a **RIGHT PUNCH** to the mid-section.
OREUNBAL OLGUL DOLLYO CHAGI, WEN AP KUBI, WEN OLGUL BAKKAT MAKKI, OREUN MOMTONG JIREUGI

7. Execute a **RIGHT FRONT KICK**, stepping forward into a **RIGHT FRONT STANCE**, and execute a **LEFT PUNCH** to the mid-section.
OREUNBAL AP CHAGI, OREUN AP KUBI, WEN MOMTONG JIREUGI

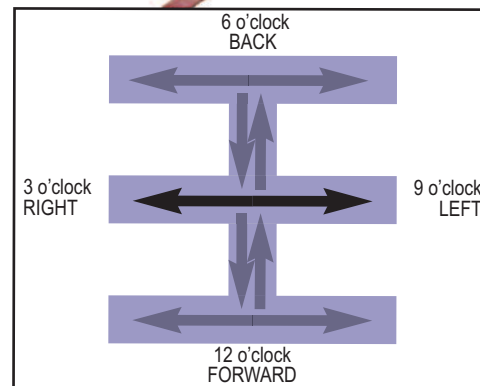


8. Turn right toward 3 o'clock, into a **RIGHT FRONT STANCE** and execute a **RIGHT OUTSIDE BLOCK** to the head and a **LEFT PUNCH** to the mid-section.
OREUN AP KUBI, OREUN OLGUL BAKKAT MAKKI, WEN MOMTONG JIREUGI

9. Execute a **LEFT FRONT KICK**, stepping forward into a **LEFT FRONT STANCE**, and execute a **RIGHT PUNCH** to the mid-section.
WEN AP KUBI, WEN AP SEOGI, OREUN MOMTONG JIREUGI

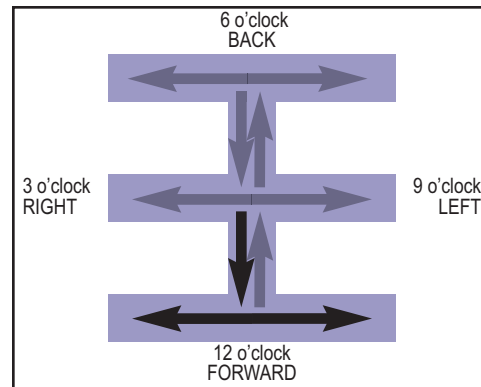


10. Turn left toward 12 o'clock by pivoting on your right foot into the **READY STANCE** and execute a **LOW SPREADING BLOCK** to the outside.
NARANHI SEOGI, ARAE HECHO MAKKI



TAEGUK YOOK JANG

11. Step forward into a **RIGHT FRONT STANCE**, while twisting your upper body to the right and execute a **LEFT OUTSIDE BLOCK** with the **KNIFE HAND**
OREUN AP KUBI, WEN HAN SONNAL OLGUL BITUERO MAKKI



12. Execute a **LEFT ROUND-HOUSE KICK**, **KIHAP!**, stepping into a **SIDE STANCE** facing 3 o'clock. Turn right toward 9 o'clock by pivoting on your left foot into a **RIGHT FRONT STANCE**, and execute a **RIGHT LOW BLOCK**.

OREUNBAL DOLLYO CHAGI, KIHAP! OREUN AP KUBI, OREUN ARAE MAKKI

13. Execute a **LEFT FRONT KICK** and step back into a **RIGHT BACK STANCE**, and execute a **RIGHT OUTSIDE BLOCK** to the mid-section.

WENBAL AP CHAGI, OREUN DWIT KUBI, OREUN MOMTONG BAKKAT MAKKI



14. Turn left toward 3 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE** and execute a **LEFT LOW BLOCK**.

WEN AP KUBI, WEN ARAE MAKKI

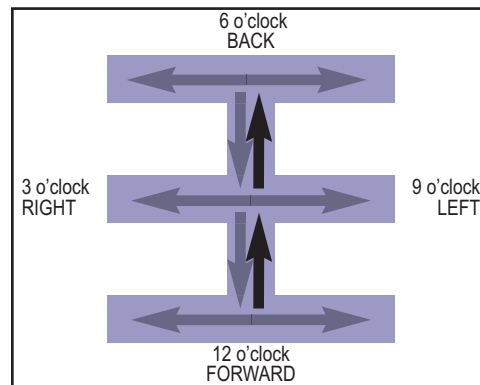
15. Execute a **RIGHT FRONT KICK** and step back into a **LEFT BACK STANCE**, and execute a **LEFT OUTSIDE BLOCK** to the mid-section.

OREUNBAL AP CHAGI, WEN DWIT KUBI, WEN BAKKAT MAKKI



TAEGUK YOOK JANG

16. Keeping your left foot in place, move your right foot counter-clockwise to six o'clock and pivot around to 12 o'clock, assuming a **LEFT BACK STANCE**, and execute a **LEFT DOUBLE KNIFE HAND BLOCK**
WEN DWIT KUBI, DU SONNAL MOMTONG MAKKI



17. Step your left foot backward into a **RIGHT BACK STANCE**, and execute a **RIGHT DOUBLE KNIFE HAND BLOCK**.
OREUN DWIT KUBI, DU SONNAL MOMTONG MAKKI



18. Step your right foot backward into a **LEFT FRONT STANCE**, and execute a **LEFT PALM HEEL MID-SECTION INSIDE BLOCK**,
WEN AP KUBI, BATANG SON MOMTONG AN MAKKI

18a



18b



followed immediately by a **RIGHT PUNCH**.
OREUN MOMTONG JIREUGI

19. Step your left foot backward into a **RIGHT FRONT STANCE**, and execute a **RIGHT PALM HEEL MID-SECTION INSIDE BLOCK**
OREUN AP KUBI, OREUN BATANG SON MOMTONG AN MAKKI

19a



19b

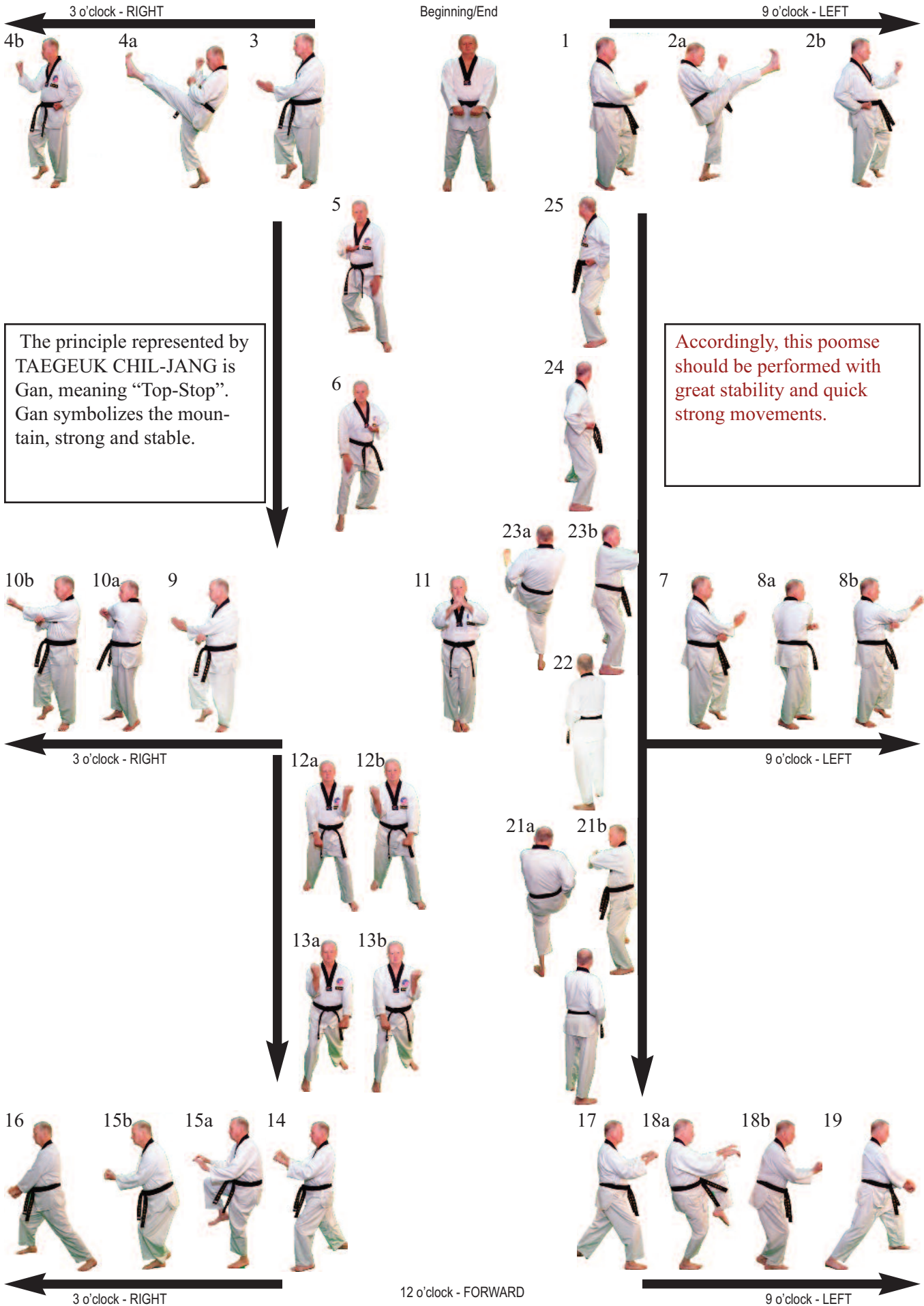


followed immediately by a **LEFT PUNCH**.
WEN MOMTONG JIREUGI

When the command **RETURN** is given, bring left forward facing 12 o'clock and assume a **READY STANCE**.
BARO, JUNBI



TAEGUK CHIL JANG

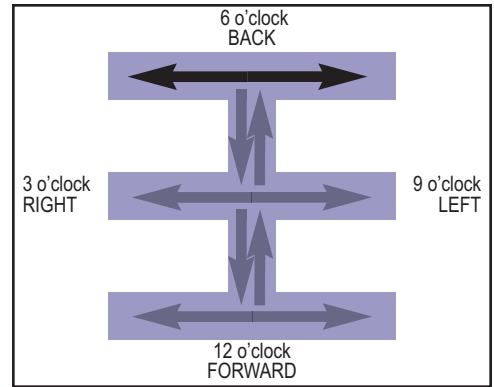


The principle represented by TAEGEUK CHIL-JANG is Gan, meaning "Top-Stop". Gan symbolizes the mountain, strong and stable.

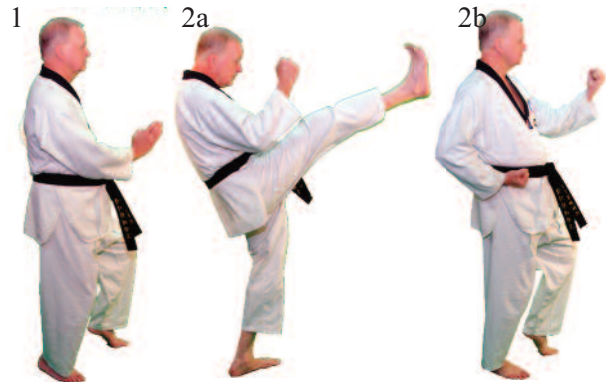
Accordingly, this poomse should be performed with great stability and quick strong movements.

TAEGUK CHIL JANG

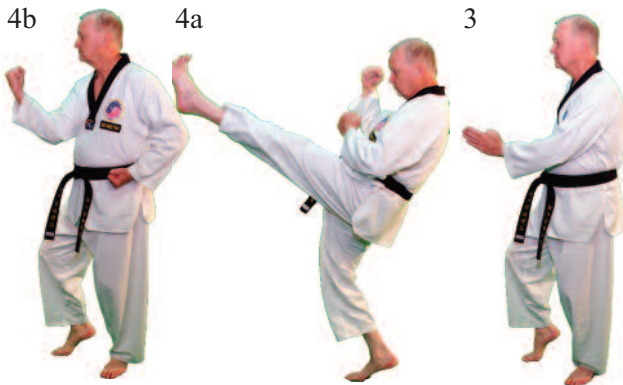
From the **READY STANCE**,
JUNBI



1. Turn left toward 9 o'clock into a **LEFT TIGER STANCE**, and execute a **RIGHT PALM HEEL INSIDE BLOCK** to the mid-section.
WEN BEOM SEOGI, OREUN BATANG SON MOMTONG AN MAKKI



2. Execute a **RIGHT FRONT KICK**, bring your right foot back to its original position into a **LEFT TIGER STANCE**, and execute a **LEFT INSIDE BLOCK** to the mid-section.
OREUNBAL AP CHAGI, WEN BEOM SEOGI, WEN BATANG SON MOMTONG AN MAKKI



3. Turn right by pivoting on your left foot into a **RIGHT TIGER STANCE**, and execute a **LEFT PALM HEEL INSIDE BLOCK** to the mid-section.
WEN BEOM SEOGI, OREUN BATANG SON AN MAKKI

4. Execute a **LEFT FRONT KICK**, bring your left foot back to its original position into a **RIGHT TIGER STANCE**, and execute a **RIGHT INSIDE BLOCK** to the mid-section.
WENBAL AP CHAGI, WEN BEOM SEOGI, OREUN BATANG SON MOMTONG AN MAKKI

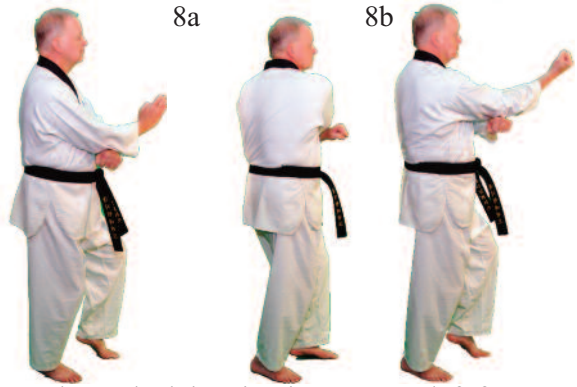
5. Turn left by pivoting on your right foot into a **LEFT BACK STANCE**, and execute a **LEFT DOUBLE KNIFE-HAND LOW BLOCK**.
WEN BEOM SEOGI, OREUN BATANGSON MOMTONG AN MAKKI



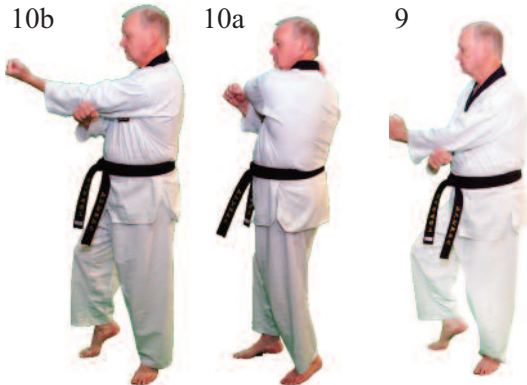
6. Step forward into a **RIGHT BACK STANCE** and execute a **RIGHT DOUBLE KNIFE-HAND LOW BLOCK**.
WEN BEOM SEOGI, OREUN BATANGSON MOMTONG AN MAKKI

TAEGUK CHIL JANG

7. Turn left toward 9 o'clock by pivoting on your right foot into a **LEFT TIGER STANCE**. Using your left hand for support, execute a **RIGHT PALM HEEL INSIDE BLOCK** to the mid-section.
WEN BEOM SEOGI, OREUN BATANG SON AN MAKKI



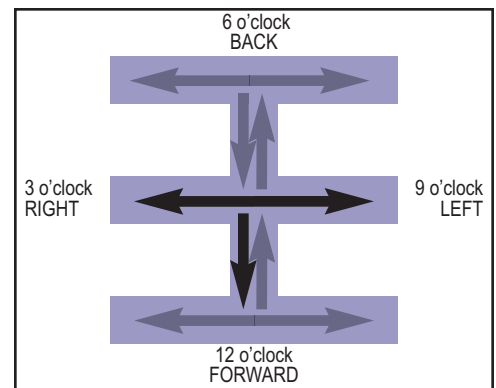
8. Execute a **RIGHT BACK-FIST STRIKE** to the face.
OREUN OLGUL DUNGJUMEOK CHIGI



9. Turn right toward 3 o'clock by pivoting on your left foot into a **RIGHT TIGER STANCE**. Using your right hand for support, execute a **LEFT PALM HEEL INSIDE BLOCK** to the mid-section.
WEN BEOM SEOGI, OREUN BATANG SON AN MAKKI

10. Execute a **LEFT BACK-FIST STRIKE** to the face.
WEN OLGUL DUNGJUMEOK CHJIGI

11. Turn left toward 12 o'clock, bringing your right foot adjacent to your left foot and cup your right fist in your left hand in front of your face (slowly inhale). Rapidly extend your cupped hands out.
MOA SEOGI, BO JUMEOK



(**RIGHT LOW BLOCK/LEFT OUTSIDE BLOCK** followed by **LEFT LOW BLOCK/RIGHT OUTSIDE BLOCK**).

12. Step your left foot forward into a **LEFT FRONT STANCE**, executing a **DOUBLE SCISSOR BLOCK**.
WEN AP KUBI, KAWI MAKKI



13. Step forward into a **RIGHT FRONT STANCE**, executing a **DOUBLE SCISSOR BLOCK**.
OREUN AP KUBI, KAWI MAKKI



(**LEFT LOW BLOCK/RIGHT OUTSIDE BLOCK** followed by **RIGHT LOW BLOCK/LEFT OUTSIDE BLOCK**).

TAEGUK CHIL JANG

14. Turn left toward 3 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE**, and execute an **OUTSIDE SPREADING BLOCK**.

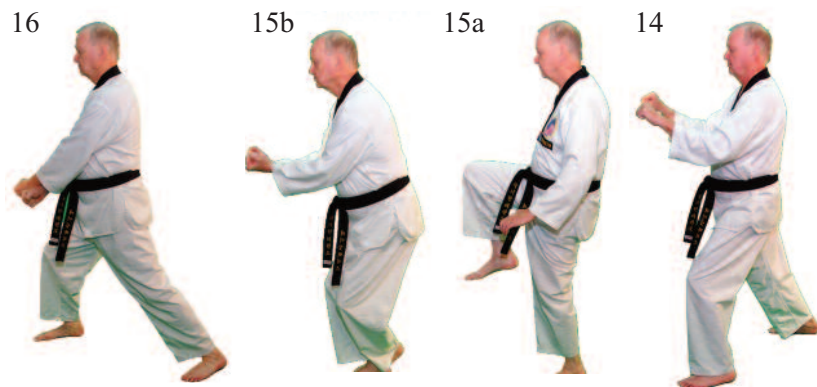
WEN AP KUBI, MOMTONG HECHO MAKKI

15. Execute a **RIGHT KNEE STRIKE**, then leap forward onto your right foot, landing in a **CROSS STANCE**, and execute a **DOUBLE UPPER CUT PUNCH** to the mid-section.

OREUN MUREUP CHAGI, DWI KKO A SEOGI, DU BEON JECHO JIREUGI

16. Step back with your left foot into a **RIGHT FRONT STANCE** and execute a **LOW CROSS BLOCK** with the left fist over the right fist.

OREUN AP KUBI, ARAE OTKEORO MAKKI



17. Turn right toward 9 o'clock by pivoting on your left foot into a **RIGHT FRONT STANCE**, and execute a **OUTSIDE SPREADING BLOCK** to the mid-section.

OREUN AP KUBI, MOMTONG HECHO MAKKI

18. Execute a **LEFT KNEE STRIKE**, then leap forward onto your left foot, landing in a **CROSS STANCE**, and execute a **DOUBLE PUNCH** to the mid-section.

WEN MUREUP CHAGI, DWI KKO A SEOGI, DU BEON JECHO JIREUGI

19. Step back with your right foot into a **LEFT FRONT STANCE** and execute a **LOW CROSS BLOCK** with the right fist over the left fist.

WEN AP KUBI, ARAE OTKOERO MAKKI



20. Turn left toward 6 o'clock by pivoting on your right foot into a **LEFT WALKING STANCE**, and execute a **LEFT OUTSIDE BACK-FIST STRIKE** to the face.

*WEN AP SEOGI, WEN OLGUL
DEUNG JUMEOK CHIGI*



TAEGUK CHIL JANG

21. Open your left palm making a target, execute an **OUTSIDE to INSIDE CRES-CENT KICK** with the right leg landing in a **HORSE-RIDING STANCE**, facing 3 o'clock, followed immediately by a **RIGHT TARGET ELBOW STRIKE**. *PAKESO ANRO CHAGI, JUJUM SEOGI, OREUN PYEOJEOK PALKUP CHIGI*



Front View



22. Turn right toward 6 o'clock by pivoting on your right foot and pull your left foot forward into a **RIGHT WALKING STANCE** and execute a **RIGHT OUTSIDE BACK-FIST STRIKE** to the face. *OREUN AP SEOGI, OREUN OLGUL DEUNG JUMEOK CHIGI*



22

23. Open your right palm, making a target, execute an **OUTSIDE to INSIDE CRES-CENT KICK** with the left leg landing in a **HORSE-RIDING STANCE** facing 9 o'clock, followed immediately by a **LEFT TARGET ELBOW STRIKE**. *PAKESO ANRO CHAGI, JUJUM SEOGI, WEN PYEOJEOK PALKUP CHIGI.*



TAEGUK CHIL JANG

24. With both feet fixed, execute a **LEFT SINGLE KNIFE-HAND BLOCK** to the outside.
WEN HANSONNAL MOMTONG YOP MAKKI

24



Front View



25. Turn toward 3 o'clock by pivoting on your left foot into a **HORSE-RIDING STANCE** and execute a **RIGHT SIDE PUNCH. KIHAP!**
JUJUM SEOGI, OREUN MOMTONG YOPJIREUGI, KIHAP!

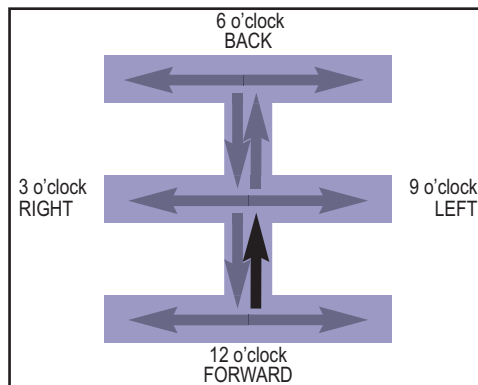
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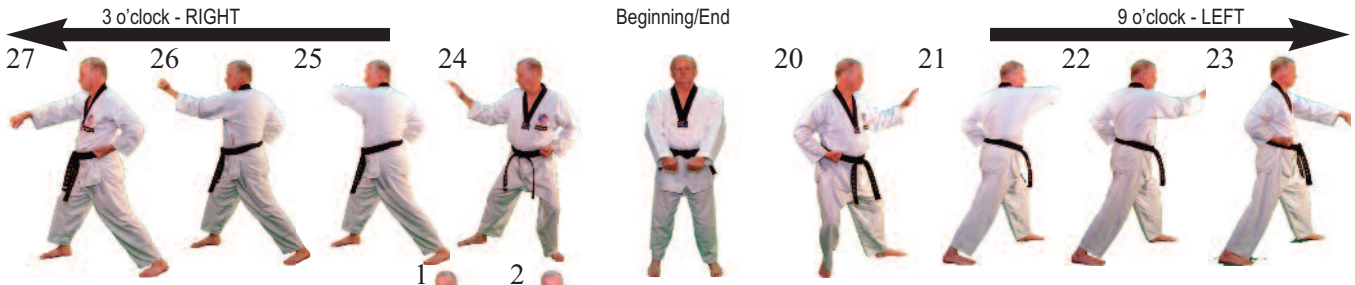
25



When the command **RETURN** is given, turn left toward 12 o'clock by pivoting on your right foot and assume a **READY STANCE.**
BARO, JUNBI

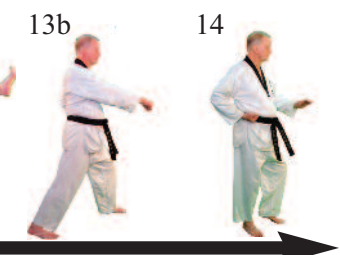
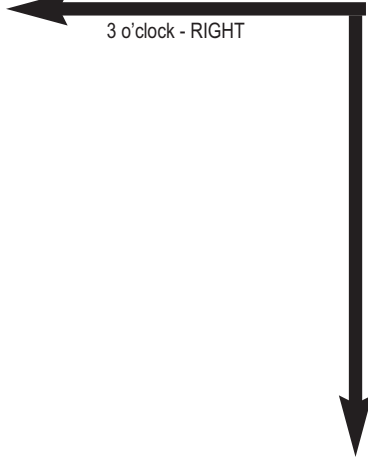
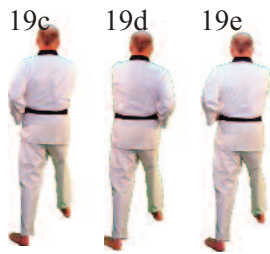


TAEGUK PAL JANG



The principle represented by TAEGEUK PAL-JANG is Gon, meaning Earth. Gon symbolizes the source of life from which we draw limitless energy.

Accordingly, this poomse should be performed with great energy and enthusiasm.



TAEGUK PAL JANG

From the **READY STANCE**,
JUNBI



1. Step forward into a **LEFT BACK STANCE**, and execute a **LEFT DOUBLE MID-SECTION BLOCK**.
WEN DWIT KUBI, WEN MOM-TONG KODUREO PAKKAT MAKKI



2. Shift your left foot forward into a **LEFT FRONT STANCE** and execute a **RIGHT PUNCH**.
OREUN JIREUGI

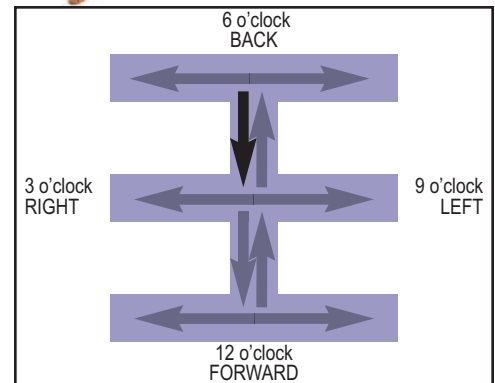
3. Execute a **LEFT DOUBLE JUMP FRONT KICK** Land in **LEFT FRONT STANCE**, **KIHAP!** and execute a **LEFT INSIDE BLOCK** to the mid-section, *DU BAL DANG SEONG CHAGI, KIHAP! WEN MOM-TONG AN MAKKI*



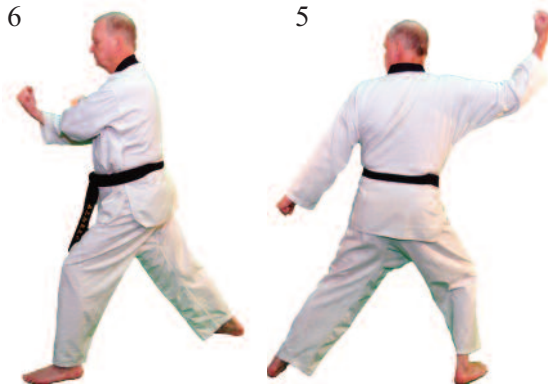
Follow immediately by a **RIGHT/LEFT DOUBLE PUNCH**.
MOMTONG DU BEON JIREUGI



4. Step forward into a **RIGHT FRONT STANCE**, and execute a **RIGHT PUNCH**.
OREUN AP KUBI, OREUN MOMTONG JIREUGI



TAEGUK PAL JANG

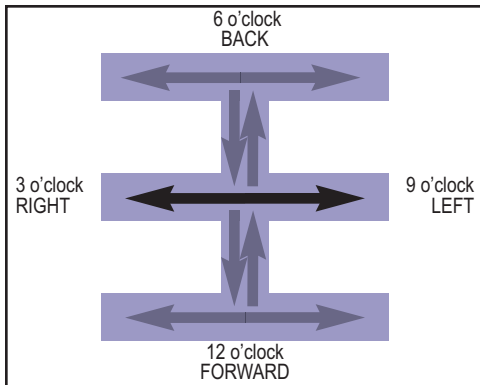


5. Turn left toward 9 o'clock, by pivoting on your right foot into a **LEFT SKEWED MOUNTAIN BLOCK**
WEN WESANTEUL MAKKI

6. Slowly and powerfully shift the body counterclockwise toward 3 o'clock into a **LEFT FRONT STANCE**, and execute a **GRABBING RIGHT UPPERCUT** (Speed up at impact)
WEN AP KUBI, DANGKYO TEOK JIREUGI

7. Bring your left foot over your right foot making a **SIDE CROSS STANCE**, and immediately extend your right foot toward 9 o'clock, executing a **RIGHT SKEWED MOUNTAIN BLOCK**.
WEN AP KKOJA SEOGI, OREUN WESANTEUL MAKKI

8. Slowly and powerfully shift the body counterclockwise toward 3 o'clock into a **RIGHT FRONT STANCE**, and execute a **GRABBING LEFT UPPERCUT** (Speed up before impact)
OREUN AP KUBI, DANGKYO TEOK JIREUGI



9. Turn left toward 12 o'clock, by pivoting on your left foot into a **LEFT BACK STANCE**, and execute a **DOUBLE KNIFE HAND BLOCK** to the mid-section.
WEN DWIT KUBI, DU SONNAL MOMTONG MAKKI



10. Push your left foot forward into a **LEFT FRONT STANCE** and execute a **RIGHT PUNCH**.
WEN AP KUBI, OREUN MOMTONG JIREUGI

11. Execute a **RIGHT FRONT KICK**, and bring your right foot back to its original position.
OREUNBAL AP CHAGI



Immediately pull your left foot backward to assume a **RIGHT TIGER STANCE** and execute a **RIGHT PALM HEEL MID-SECTION INSIDE BLOCK**.
OREUN BEOM SEOGI, OREUN BATANG SON MOMTONG MAKKI

TAEGUK PAL JANG

12. Turn left toward 9 o'clock by pivoting on your right foot into a **LEFT TIGER STANCE**, and execute a **LEFT DOUBLE KNIFE HAND BLOCK** to the mid-section.

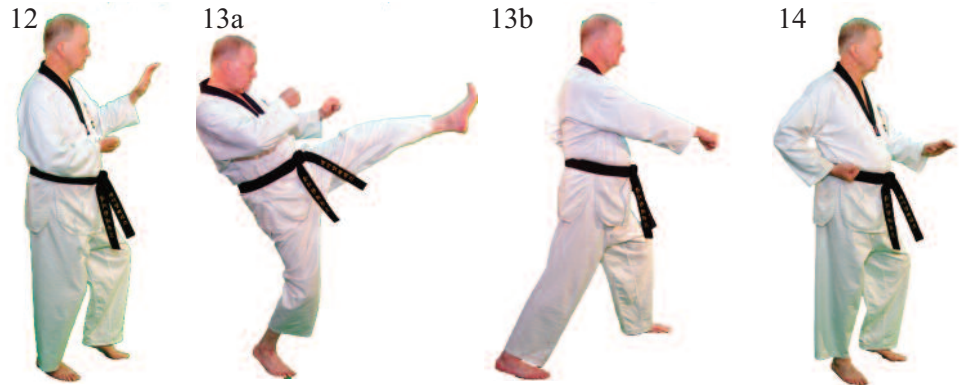
WEN BEOM SEOGI, WEN DU SONNAL MOMTONG MAKKI

13. Execute a **LEFT FRONT KICK**. Step into a **LEFT FRONT STANCE**, and immediately follow with a **RIGHT PUNCH**.

WENBAL AP CHAGI, WEN AP KUBI, OREUN MOMTONG JIREUGI

14. Retreat your left leg assuming a **LEFT TIGER STANCE** and execute a **LEFT PALM HEEL MID-SECTION INSIDE BLOCK**.

WEN BEOM SEOGI, WEN BATANG SON MOMTONG MAKKI



15. Turn right toward 3 o'clock, by pivoting on your left foot into a **RIGHT TIGER STANCE**, and execute a **RIGHT DOUBLE KNIFE HAND BLOCK** to the mid-section.

OREUN BEOM SEOGI, DU SONNAL MOMTONG MAKKI

16. Execute a **RIGHT FRONT KICK**. Step into a **RIGHT FRONT STANCE**, and immediately followed by a **LEFT PUNCH**.

OREUNBAL AP CHAGI, OREUN AP KUBI, WEN MOMTONG JIREUGI

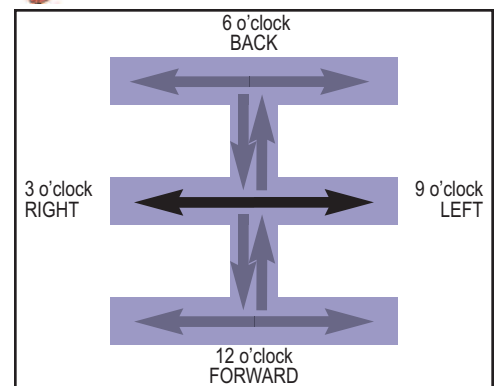
17. Retreat your right leg assuming a **RIGHT TIGER STANCE** and execute a **RIGHT PALM HEEL MID-SECTION INSIDE BLOCK**.

OREUN BEOM SEOGI, OREUN BATANG SON MOMTONG AN MAKKI



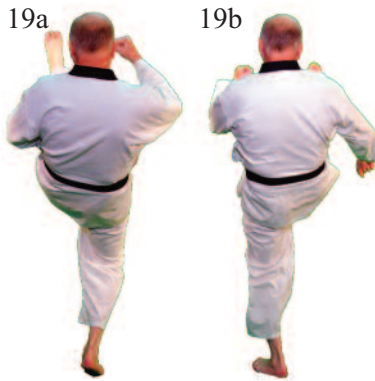
18. Turn right toward 6 o'clock, by pivoting on your left foot into a **RIGHT BACK STANCE**, and execute a **DOUBLE LOW BLOCK** with the fists

OREUN DWIT KUBI, DU BEON ARAE MAKKI

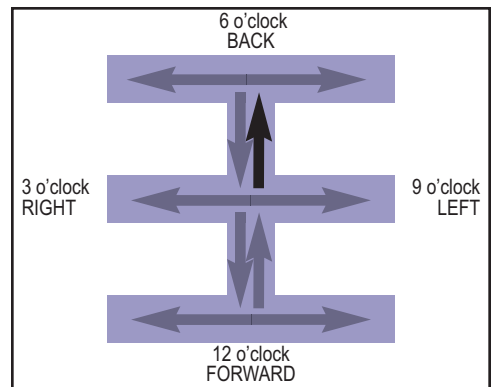
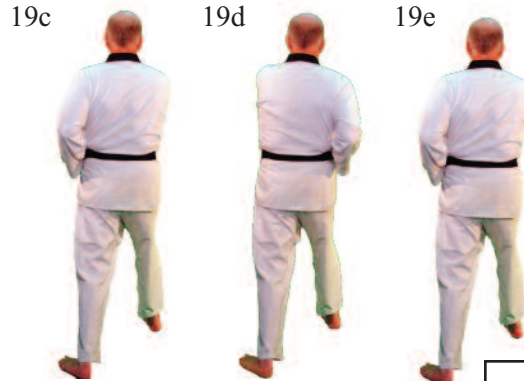


TAEGUK PAL JANG

19. Execute a **LEFT FRONT KICK** and without stepping down, execute a **RIGHT JUMP FRONT KICK, KIHAP!**
WENBAL AP CHAGI, DU BAL DANG SONG CHAGI, KIHAP!



Land in a **RIGHT FRONT STANCE** and execute a **RIGHT INSIDE BLOCK** to the mid-section. Follow immediately by a **LEFT/RIGHT DOUBLE PUNCH.**
OREUN AP KUBI, OREUN MOMTONG AN MAKKI, WEN/OREUN DU BEON MOMTONG JIREUGI

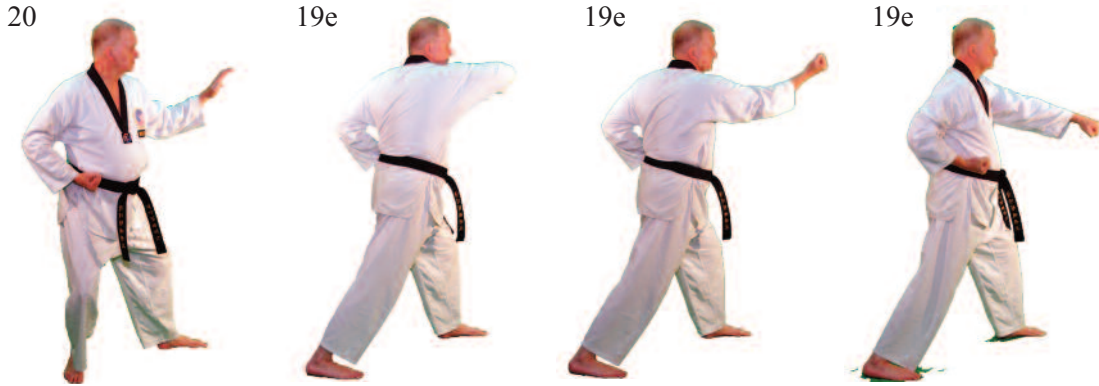


Front View



TAEGUK PAL JANG

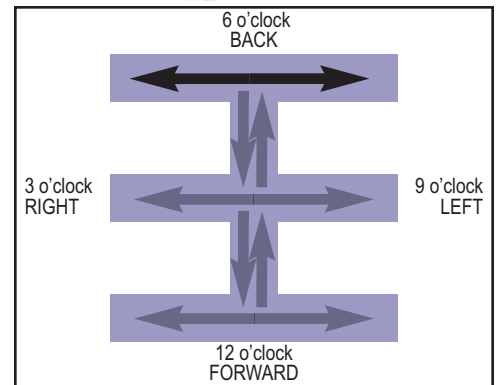
- 20. Turn left toward 9 o'clock, by pivoting on your right foot into a **LEFT BACK STANCE**, and execute a **SINGLE KNIFE HAND BLOCK** to the outside.
WEN DWIT KUBI, HANSONNAL MOMTONG BAKKAT MAKKI
- 21. Pivot into a **LEFT FRONT STANCE**, while executing a **RIGHT ELBOW STRIKE**.
WEN AP KUBI, OREUN PALKUP DOLLYO CHIGI
- 22. Without stepping, execute a **RIGHT BACK-FIST STRIKE** to the face.
OREUN OLGUL DEUNG JUMEOK AP CHIGI
- 23. Without stepping, execute a **LEFT PUNCH**.



- 24. Slide your left foot to your right foot, turn toward 3 o'clock to the right again by pivoting on your left foot into a **RIGHT BACK STANCE**, and execute a **RIGHT SINGLE KNIFE HAND BLOCK** to the outside
OREUN DWIT KUBI, OREUN HANSONNAL MOMTONG BAKKAT MAKKI
- 25. Pivot into a **RIGHT FRONT STANCE**, while executing a **LEFT ELBOW STRIKE**.
OREUN AP KUBI, WEN PALKUP DOLLYO CHIGI
- 26. Without stepping, execute a **LEFT BACK-FIST STRIKE** to the face.
WEN OLGUL DEUNG JUMEOK AP CHIGI
- 27. Without stepping, execute a **RIGHT PUNCH**.
OREUN MOMTONG JIREUGI



When the command **RETURN** is given, turn left toward 12 o'clock by pivoting on your right foot and assume a **READY STANCE**.
BARO, JUNBI



When you practice Taekwondo, you may think of Bruce Lee's martial art movies, but Newton's laws of motion, which you learned in physics class in high school and college, are the last things in your mind that have anything to do with Taekwondo. Many people who are so fascinated by Taekwondo demonstration may wonder whether mystical or magical effort is required for Taekwondo training. Though it requires some physics and biomechanical engineering knowledge, Taekwondo techniques can be analyzed in terms of a basic scientific concepts or natural laws.

KICK AND PUNCH

In general, a collision or contact between two bodies or between a body and ground or object is a common occurrence in all types of sport. The magnitude of forces involved in an impact varies inversely with the amount of contact time and contact area between the two colliding objects. Kicks and punches can be analyzed as a collision of two objects.

There is a fundamental difference between the boxing punch and the Taekwondo kick or punch. The boxing punches are thrown to knock the opponent off-balance. The forces of the boxing punch are distributed over a wide area for a longer period time, which often causes head injury or brain damage in the long run. On the other hand, Taekwondo kicks or punches are to focus the force of impact on a small area (e.g., solar plexus) of contact in a very short period of time, creating a highly effective mass and a large transfer of momentum and energy to the target.

Applying the same physics theory in the opposite way, to reduce the possibility of injury during a contact, the contact time and contact area should be spread as far as possible to keep forces at a minimum level. This explains why a football player lands on the ground using a shoulder roll, in which case his motion is dissipated over a longer time and a wider area. The same is true for landing after the jump kick; land with one foot followed by the other with the knees bent.

BREAKING TECHNIQUES

Breaking techniques are not the objective of the Taekwondo practice, but an essential by-product of the training. The breaking techniques also can be analyzed using simple physics theory. It is well known from Newton's second law of motion that force equals mass times acceleration. Given the mass of your body, you can generate more force with acceleration which means the ability to increase speed. With the proper training, one can generate five to ten times of the force needed to break a standard one inch board. However, it must be understood that upon impact of the object (board or brick), the hand or foot is decelerated and is subjected to a rather large impact on your hand or foot. It is, of course, possible to break your hand or foot. Newton's third law of motion explains the physics of this breaking technique: whenever one body exerts a force on another, there is an equal and opposite force exerted by the second body on the first.

SUMMARY

In summary, Taekwondo is a scientific sport. It is helpful to understand the basic concepts of physics to teach and to improve your Taekwondo techniques. The proper training must be supervised by a qualified instructor to avoid possible injuries.