

Taegeuk Sa-jang

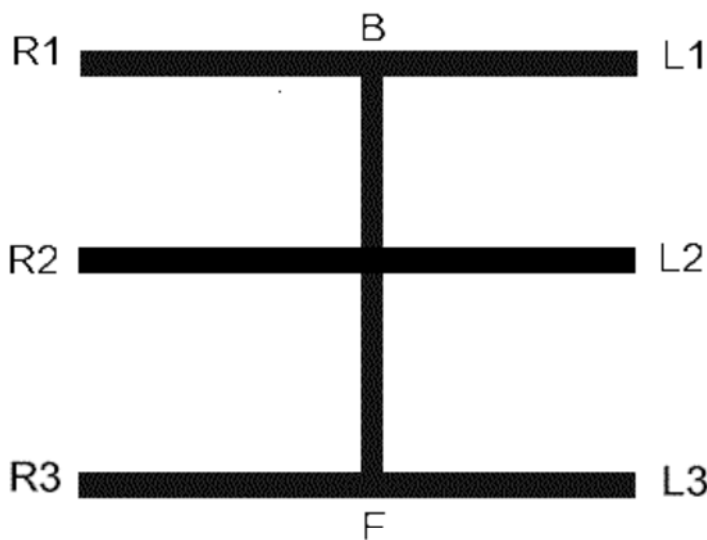













Figure 1. Taekwondo poomse layout.

GRAPHIC SEQ	MOVEMENT	STANCE	HAND TECHNIQUE
	Jumbi From Attention stance, move the left foot out to the (Ready) left. Hands out in front of you.	Ready Stance (Naranhi Sogi)	Basic Hand Position (Gibon Jumbi)
	1 Turn to the direction of L1, pivoting on the right foot.	Right Back Stance (Oreun Dwi Kubi)	Double Knife Hand Block (Sonnal Momtong Makki)
	2 Step forward with the right foot in the direction of L1.	Right Forward Stance (Oreun Ahp Kubi)	Right Finger Thrust (Oreun Sonkut Sweo Jirugi)
	3 Pivot on the left foot; turning to face R1.	Left Back Stance (Owen Dwi Kubi)	Double Knife Hand Block (Sonnal Momtong Makki)
	4 Step forward with the left foot in the direction of R1.	Left Forward Stance (Owen Ahp Kubi)	Left Finger Thrust (Owen Sonkut Sweo Jirugi)

	5	Pivot on the right foot; turning to face the direction of F.	Left Forward Stance (Owen Ahp Kubi)	Swallow Shape Neck Strike (Jebipoom Mok Chigi)
	6	Left foot Front Kick placing the foot down in the direction of F.	Right Forward Stance (Oreun Ahp Kubi)	Left Body Punch (Montong Baro Jirugi)
	7	Left foot Side Kick (Owen Yop Chagi).		Quickly Transition to next move.
	8	Right foot Side Kick (Oreun Yop Chagi) placing the foot down in the direction of F.	Left Back Stance (Owen Dwi Kubi)	Double Knife Hand Block (Sonnal Momtong Makki)
	9	Pivot on the right foot; turn to the left to face the direction of R3.	Right Back Stance (Oreun Dwi Kubi)	Left Outside Block (Owen Momtong Bakkat Makki)
	10	Right foot Front Kick (Oreun Ahp Chagi) bring the foot back to its original position.	Right Back Stance (Oreun Dwi Kubi)	Right Inside Block (Oreun Momtong Ahn Makki)



11 Pivot on the left foot; turning to the right to face L3.

Left
Back
Stance
(Owen
Dwi
Kubi)

Right Outside
Block
(Oreun
Momtong
Bakkat Makki)



12 Left foot Front Kick (Owen Ahp Chagi) bring the foot back to its original position.

Left
Back
Stance
(Owen
Dwi
Kubi)

Left Inside
Block
(Owen
Momtong Ahn
Makki)



13 Pivot on the right foot; turning to the left to face the direction of B.

Left
Forward
Stance
(Owen
Ahp
Kubi)

Swallow
Shape Neck
Strike
(Jebipoom
Mok Chigi)



14 Right foot Front Kick (Oreun Ahp Chagi) placing the foot down in the direction of B.

Right
Forward
Stance
(Oreun
Ahp
Kubi)

Right Backfist
Face Strike
(Oreun
Dung-Joomok
Eolgul Chigi)



15 Pivot on the right foot; turning to the left, moving the left foot toward the direction of R2.

Left
Walking
Stance
(Owen
Ahp
Sogi)

Left Inside
Block
(Owen
Momtong Ahn
Makki)



16 No change in position.

Left Walking Stance (Owen Ahp Sogi) Right Body Punch (Momtong Baro Jirugi)



17 Pivot on the left foot; turning to the right to face L2.

Right Walking Stance (Oreun Ahp Sogi) Right Inside Block (Oreun Momtong Ahn Makki)



18 No change in position.

Right Walking Stance (Oreun Ahp Sogi) Left Body Punch (Momtong Baro Jirugi)



19 Pivot on the right foot; turning to the left to face the direction of B.

Left Forward Stance (Owen Ahp Kubi) Left Inside Block (Owen Momtong Ahn Makki) followed by Double Punch (Momtong Doobon Jirugi)



20 Step forward in the direction of B.

Right Forward Stance (Oreun Ahp Kubi) Right Inside Block (Oreun Montong Ahn Makki) followed by Double Punch (Momtong Doobon Jirugi) (Kiap)





Baro
(Return
to
Ready)

Pivot on the right foot, turning to the left to face F.

Ready
Stance

Basic Hand
Position