

跆拳道品勢

Taekwondo Poomse



Taeguek 1 - 8

Palgwe 1 - 8

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Taeguek 1 (Heaven)

- Attention (Charyeut)
- Bow (Kungye)
- Ready stance (Joonbi)

1. Pivot on the right foot turning toward 9 o'clock. Assume a left walking stance (Oen Apseogi). Execute a left down block (Oen Arae Makki).
2. Advance toward 9 o'clock. Assume a right walking stance (Oreun Apseogi). Execute a right middle punch (Oreun Momtong Bandae Chireugi).
3. Turn clockwise toward 3 o'clock. Assume a right walking stance (Oreun Apseogi). Execute a right down block (Oreun Arae Makki).
4. Advance toward 3 o'clock. Assume a left walking stance (Oreun Apseogi). Execute a left middle punch (Oen Momtong Bandae Chireugi).
5. Turn counterclockwise toward 12 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left down block (Oen Arae Makki). Execute a right middle punch (Oreun Momtong Baro Chireugi).
6. With the left foot fixed, move the right foot to the left heel. Turn toward 3 o'clock. Assume a right walking stance (Oreun Apseogi). Execute a left outside-inside middle block (Oen Momtong An Makki).
7. Advance toward 3 o'clock. Assume a left walking stance (Oen Apseogi). Execute a right middle punch (Oreun Momtong Baro Chireugi).
8. Pivot on the ball of the right foot. Turn counterclockwise toward 9 o'clock. Assume a left walking stance (Oen Apseogi). Execute a right outside-inside middle block (Oreun Momtong An Makki).
9. Advance toward 9 o'clock. Assume a right walking stance (Oreun Apseogi). Execute a left middle punch (Oen Momtong Baro Chireugi).
10. Turn toward 12 o'clock. Assume a right forward stance (Oreun Apkoobi). Execute a right down block (Oreun Arae Makki). Execute a left middle punch (Oen Momtong Baro Chireugi).
11. Bring the left foot to the right heel. Turn toward 9 o'clock. Assume a left walking stance (Oen Apseogi). Execute a left upper block (Oen Eolgool Makki).
12. Execute a right front kick (Oen Apchagi). Execute a right middle punch (Oreun Momtong Bandae Chireugi) from a right walking stance (Oreun Apseogi).
13. Turn clockwise toward 3 o'clock. Assume a right walking stance (Oreun Apseogi). Execute a right upper block (Oreun Eolgool Makki)

14. Execute a left front kick (Oen Apchagi). Assume a left walking stance (Oen Apseogi). Execute a left middle punch (Oen Momtong Bandae Chireugi).

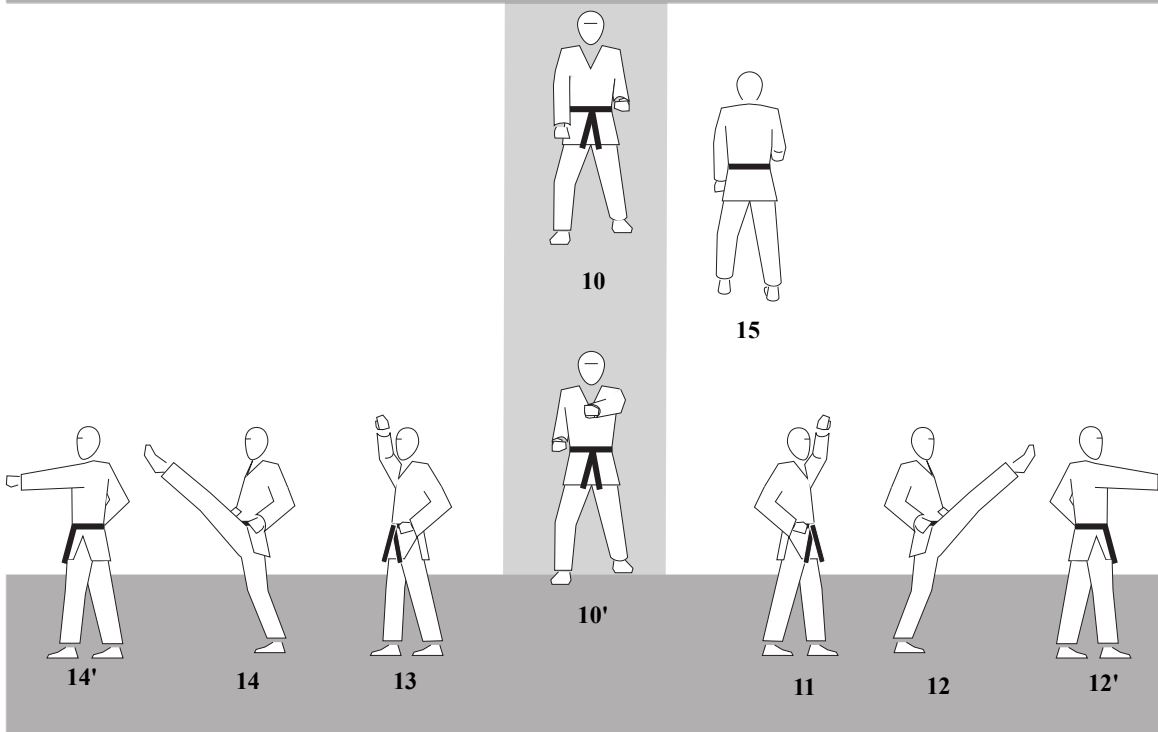
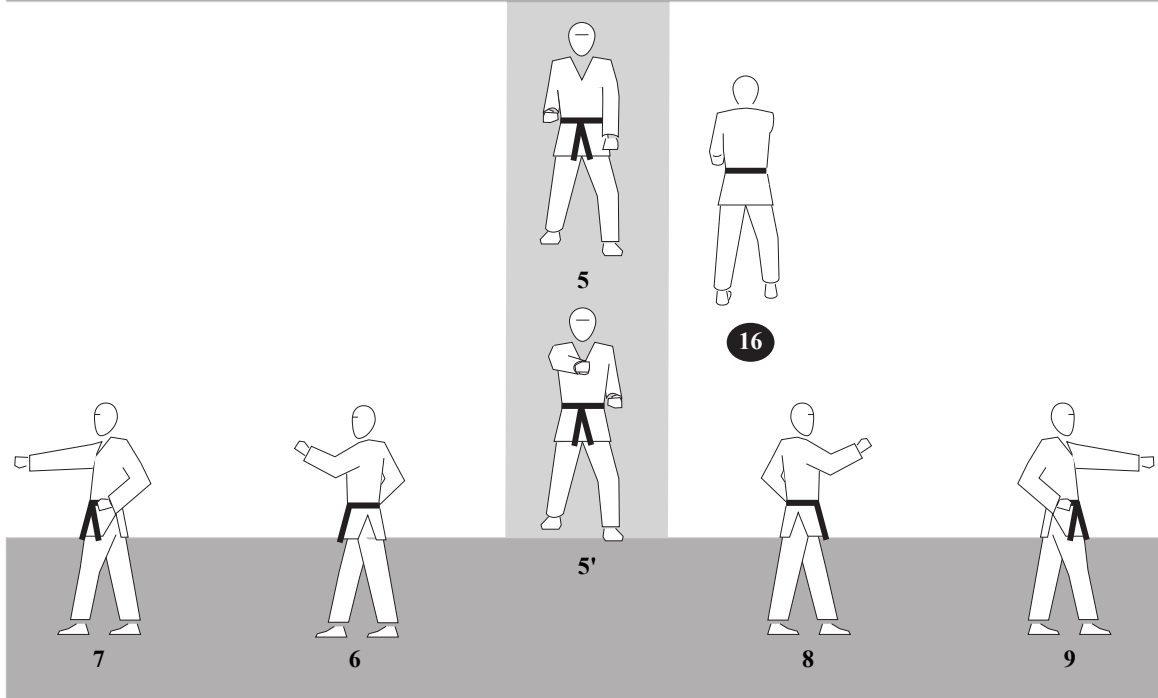
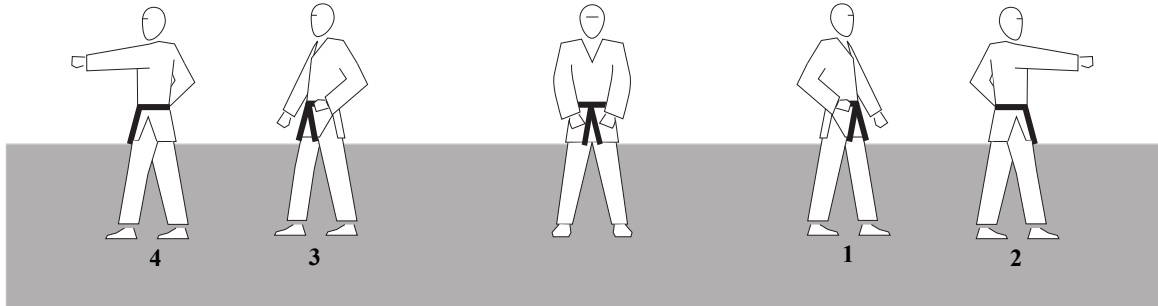
15. Pivoting on the right foot turn clockwise toward 6 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left down block (Oen Arae Makki).

16. Advance assuming a right forward stance (Oreun Apkoobi). Execute a right middle punch (Oreun Momtong Bandae Chireugi). Yell (**Kihap**).

- Ready stance (Geuman) Pivot on right foot, turn body to the left.
- Bow (Shiyo)

Taegeuk Il Jang (1)

KEON



Taegeuk 2 (Lake)

- Attention (Charyeut)
- Bow (Kungye)
- Ready stance (Joonbi)

1. Turn toward 9 o'clock. Assume a left walking stance (Oen Apseogi). Execute a left down block (Oen Arae Makki).
2. Advance toward 9 o'clock. Assume a right forward stance (Oreun Apkoobi). Execute a right middle punch (Oreun Momtong Badae Chireugi).
3. Turn clockwise on the ball of the left foot toward 3 o'clock. Assume a right walking stance (Oreun Apseogi). Execute a right down block (Oreun Arae Makki).
4. Advance toward 3 o'clock assuming a left forward stance (Oen Apkoobi). Execute a left middle punch (Oen Momtong Badae Chireugi).
5. Turn counterclockwise toward 12 o'clock. Assume a left walking stance (Oen Apseogi). Execute a right outside-inside middle block (Oreun Momtong An Makki).
6. Advance toward 12 o'clock. Assume a right walking stance (Oreun Apseogi). Execute a left outside-inside middle block (Oen Momtong An Makki).
7. Bring the left foot to the right heel. Turn toward 9 o'clock assuming a left walking stance (Oen Apseogi). Execute a left down block (Oen Arae Makki).
8. Execute a right front kick (Oreun Apchagi). Assume a right forward stance (Oreun Apkoobi). Execute a right face punch (Oreun Eolgool Badae Chireugi).
9. Turn clockwise toward 3 o'clock pivoting on the left foot. Assume a right walking stance (Oreun Apseogi). Execute a right down block (Oreun Arae Makki).
10. Execute a left front kick (Oen Apchagi). Assume a left forward stance (Oen Apkoobi). Execute a left face punch (Oen Eolgool Badae Chireugi).
11. Turning counterclockwise toward 12 o'clock, assume a left walking stance (Oen Apseogi). Execute a left upper block (Oen Eolgool Makki).
12. Advance assuming a right walking stance (Oreun Apseogi). Execute a right upper block (Oreun Eolgool Makki).
13. Turn 270° counterclockwise to 3 o'clock. Pivot on the right foot. Assume a left walking stance (Oen Apseogi). Execute a right outside-inside middle block (Oreun Momtong An Makki).
14. Pivot clockwise on the left foot toward 9 o'clock. Assume a right walking stance (Oreun Apseogi). Execute a left outside-inside middle block (Oen Momtong An Makki).

15. Turn toward 6 o'clock. Assume a left walking stance (Oen Apseogi). Execute a left down block (Oen Arae Makki).

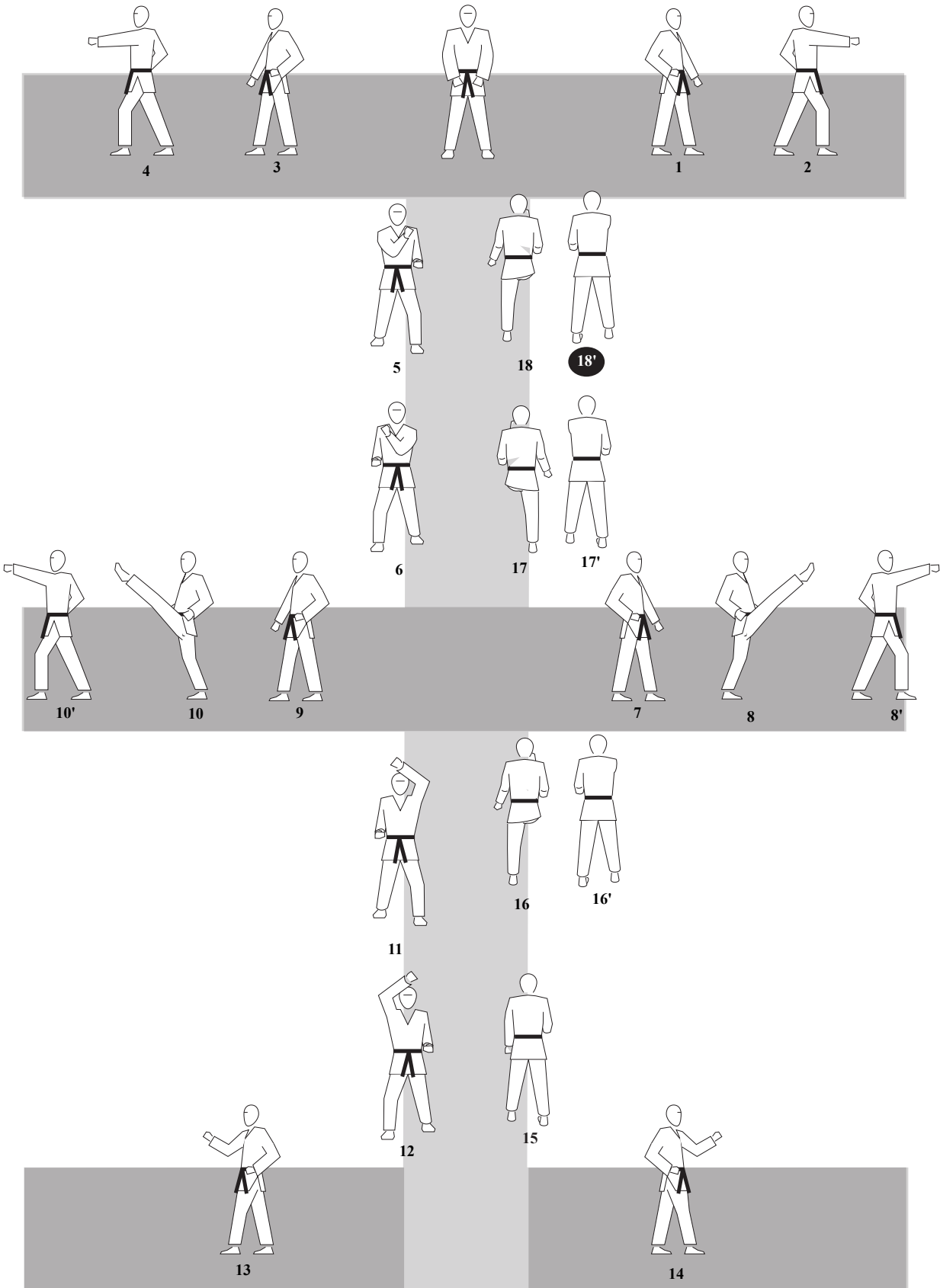
16. Execute a right front kick (Oreun Apchagi). Bring the foot down to assume a right walking stance (Oreun Apseogi). Execute a right middle punch (Oreun Momtong Badae Chireugi).

17. Execute a left front kick (Oen Apchagi). Assume a left walking stance (Oen Apseogi). Execute a left middle punch (Oen Momtong Badae Chireugi).

18. Execute a right front kick (Oreun Apchagi). Assume a right walking stance (Oreun Apseogi). Execute a right middle punch (Oreun Momtong Badae Chireugi). Yell (**Kihap**).

- Ready stance (Geuman) Pivot on right foot, turn body to the left.
- Bow (Shiyo)

Taegeuk Yi Jang (2)



Taegeuk 3 (Fire)

- Attention (Charyeut)
- Bow (Kungye)
- Ready stance (Joonbi)

1. Turn toward 9 o'clock. Assume a left walking stance (Oen Apseogi). Execute a left down block (Oen Arae Makki).
2. Execute a right front kick (Oreun Apchagi). Bring the foot down assuming a right forward stance (Oreun Apkoobi). Execute a double middle punch (Momtong Doobeon Chireugi), right fist first.
3. Turn clockwise toward 3 o'clock. Assume a right walking stance (Oreun Apseogi). Execute a right down block (Oreun Arae Makki).
4. Execute a left front kick (Oen Apchagi). Bring the foot down assuming a left forward stance (Oen Apkoobi). Execute a double middle punch (Momtong Doobeon Chireugi), left fist first.
5. Turn counterclockwise toward 12 o'clock. Assume a left walking stance (Oen Apseogi). Execute a right knife hand strike (to the temple) (Oreun Sonnal Eolgool An Chigi).
6. Advance toward 12 o'clock. Assume a right walking stance (Oreun Apseogi). Execute a left knife hand strike (to the temple) (Oen Sonnal Eolgool An Chigi).
7. Bring the left foot up to the right heel. Move the left foot toward 9 o'clock assuming a right back stance (Oreun Dwitkoobi). Execute a single knife hand middle block (Oen Hansonnal Momtong Bakat Makki). Moving only the left foot toward 9 o'clock assume a left forward stance (Oen Apkoobi). Execute a right middle punch (Oreun Momtong Baro Chireugi).
8. Turn the left foot toward 12 o'clock. Keep it fixed and move the right foot to assume a left back stance (Oen Dwitkoobi) facing 3 o'clock. Execute a right single knife hand middle block (Oreun Hansonnal Momtong Bakat Makki). Move the right foot assuming a right forward stance (Oreun Apkoobi). Execute a left middle punch (Oen Momtong Baro Chireugi).
9. Turn counterclockwise toward 12 o'clock bringing the left foot to the right heel. Assume a left walking stance (Oen Apseogi) facing 12 o'clock. Execute a right outside-inside middle block (Oreun Momtong An Makki).
10. Advance assuming a right walking stance (Oreun Apseogi). Execute a left outside-inside middle block (Oen Momtong An Makki).
11. Pivot on the right foot turning 270° counterclockwise to 3 o'clock. Assume a left walking stance (Oen Apseogi). Execute a left down block (Oen Arae Makki).
12. Execute a right front kick (Oreun Apchagi). Assume a right forward stance (Oreun Apkoobi). Execute a double middle punch (Momtong Doobeon Chireugi), right fist first.

13. Pivot on the ball of the left foot. Turn clockwise toward 9 o'clock. Assume a right walking stance (Oreun Apseogi). Execute a right down block (Oreun Arae Makki).

14. Execute a left front kick (Oen Apchagi) and assume a left forward stance (Oen Apkoobi). Execute a double middle punch (Momtong Doobeon Chireugi), left fist first.

15. Turn counterclockwise toward 6 o'clock. Assume a left walking stance (Oen Apseogi). Execute a left down block (Oen Arae Makki) followed by a right middle punch (Oreun Momtong Baro Chireugi).

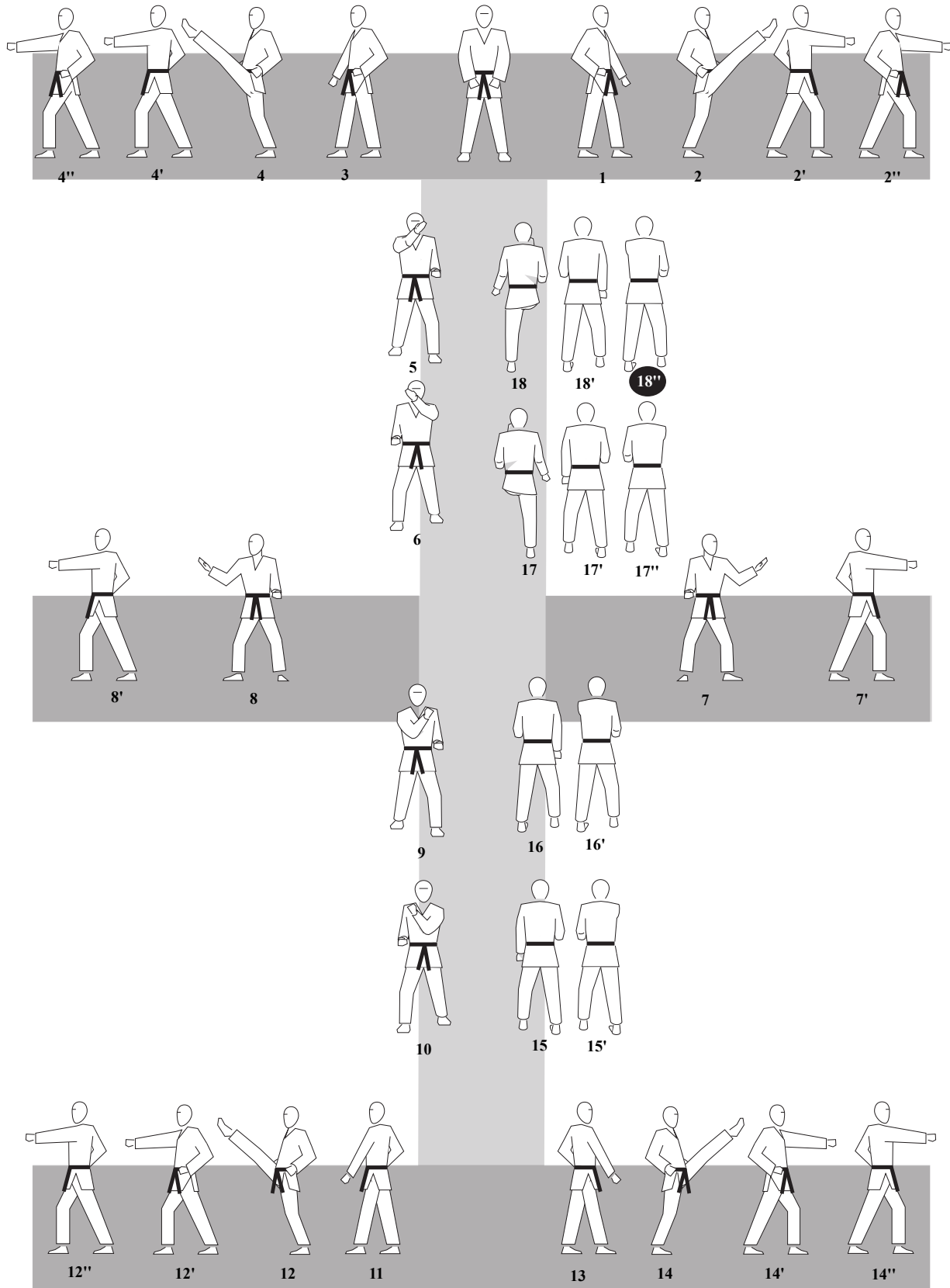
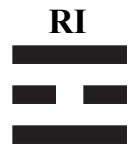
16. Advance assuming a right walking stance (Oreun Apseogi). Execute a right down block (Oreun Arae Makki) followed by a left middle punch (Oen Momtong Baro Chireugi).

17. Execute a left front kick (Oen Apchagi). Assume a left walking stance (Oen Apseogi). Execute a left down block (Oen Arae Makki) followed by a right middle punch (Oreun Momtong Baro Chireugi).

18. Execute a right front kick (Oreun Apchagi). Assume a right walking stance (Oreun Apseogi). Execute a right down block (Oreun Arae Makki) followed by a left middle punch (Oen Momtong Baro Chireugi). Yell (**Kihap**).

- Ready stance (Geuman) Pivot on right foot, turn body to the left.
- Bow (Shiyo)

Taegeuk Sam Jang (3)



Taegeuk 4 (Thunder)

- Attention (Charyeut)
- Bow (Kungye)
- Ready stance (Joonbi)

1. Turn left toward 9 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a left double knife hand middle block (Oen Sonnal Momtong Makki).
2. Advance assuming a right forward stance (Oreun Apkoobi). Execute a right spearhand strike (Oreun Sonkeut Chireugi).
3. Turn to the right toward 3 o'clock. Assume a left back stance (Oen Dwitkoobi). Execute a right double knife hand middle block (Oreun Sonnal Momtong Makki).
4. Advance assuming a left forward stance (Oen Apkoobi). Execute a left spear hand strike (Oen Sonkeut Chireugi).
5. Turn to the left toward 12 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left open hand face block and right knife hand neck strike (Jebipoom Mok Chigi).
6. Keeping the hands in the same position, execute a right front kick (Oreun Apchagi). Step down with the right foot assuming a right forward stance (Oreun Apkoobi). Execute a left middle punch (Oen Momtong Chireugi).
7. Keeping the right foot in position, pivot to the right, executing a left side kick toward 12 o'clock (Oen Yeopchagi).
8. Pivot to the left on the left foot. Execute a right side kick (Oreun Yeopchagi) toward 12 o'clock. Step down facing 12 o'clock. Assume a left back stance (Oen Dwitkoobi). Execute a right double knife hand middle block (Oreun Sonnal Momtong Makki).
9. Pivot on the ball of the right foot, counterclockwise toward 3 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a left inside-outside middle block, closed fist, palm facing toward the opponent. (Oen Palmok Bakat Makki).
10. Execute a right front kick (Oreun Apchagi). Return the right foot to its original position and execute a right outside-inside middle block (Oreun Momtong An Makki).
11. Turning clockwise toward 9 o'clock assume a left back stance (Oen Dwitkoobi). Execute a, right inside-outside middle block (Oreun Palmok Bakat Makki), as in #9.
12. Execute a left front kick (Oen Apchagi). Return the left foot to its original position. Execute a left outside-inside middle block (Oen Momtong An Makki).
13. Turn counterclockwise toward 6 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left knife hand face block and simultaneously execute a right knife hand neck strike (Jebipoom Mok Chigi).

14. Execute a right front kick (Oreun Apchagi). Bring the foot down assuming a right forward stance (Oreun Apkoobi). Execute a right backfist to the philtrum (Oreun Deung Joomeok Eolgool Ap Chigi).

15. Turn toward 3 o'clock. Assume a left walking stance (Oen Apseogi). Execute a left outside-inside middle block (Oen Momtong An Makki).

16. Keep both feet fixed. Execute a right middle punch (Oreun Momtong Baro Chireugi).

17. Turn clockwise toward 9 o'clock. Assume a right walking stance (Oreun Apseogi). Execute a right outside-inside middle block (Oreun Momtong An Makki).

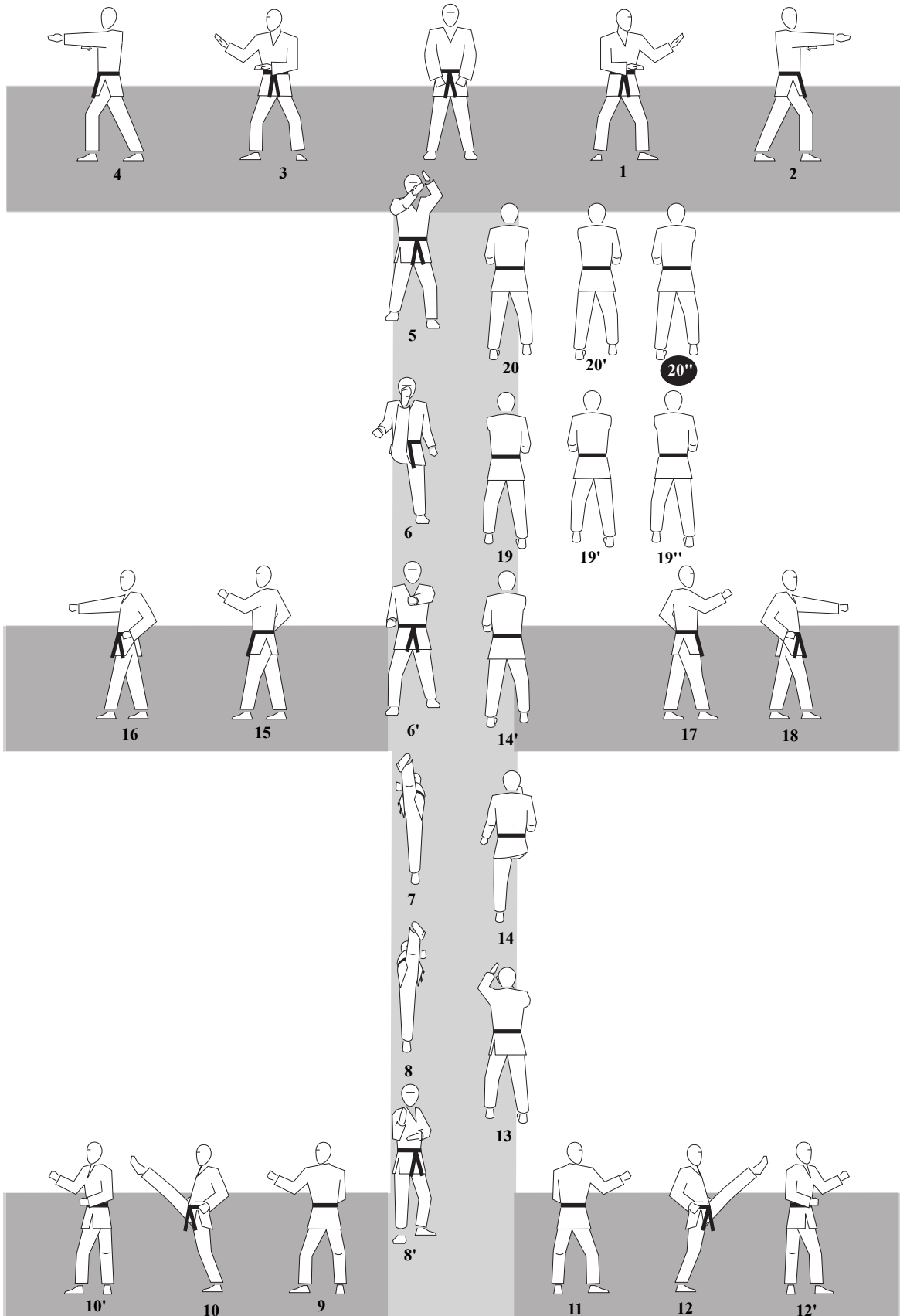
18. Keep both feet fixed. Execute a left middle punch (Momtong Baro Chireugi).

19. Turn counterclockwise toward 6 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left outside-inside middle block (Oen Momtong An Makki). Keep the feet fixed. Execute a right middle punch (Oreun Momtong Baro Chireugi). Execute a left middle punch (Oen Momtong Banae Chireugi).

20. Step forward assuming a right forward stance (Oreun Apkoobi). Execute a right outside-inside middle block (Oreun Momtong An Makki). Execute a left middle punch (Momtong Baro Chireugi). Execute a right middle punch (Momtong Banae Chireugi). Yell (**Kihap**).

- Ready stance (Geuman) Pivot on right foot, turn body to the left.
- Bow (Shiyo)

Taegeuk Sa Jang (4)



Taegeuk 5 (Wind)

- Attention (Charyeut)
- Bow (Kungye)
- Ready stance (Joonbi)

1. Turning toward 9 o'clock assume a left forward stance (Oen Apkoobi). Execute a left down block (Oen Arae Makki).
2. Retract the left foot assuming an ease stance (Pyeonhiseogi). Making a large circular motion with the left hand, execute a descending hammer fist strike (Oen Me Joomeok Naeryo Chigi).
3. Pivoting on the left foot, turn toward 3 o'clock and assume a right forward stance (Oreun Apkoobi). Execute a right down block (Oreun Arae Makki).
4. Retracting the right foot, assume an ease stance (Pyeonhiseogi). Making a large circular motion execute a right descending hammerfist strike (Oreun Me Joomeok Naeryo Chigi).
5. Turn toward 12 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left outside-inside middle block followed by a right outside-inside middle block (Oen Momtong An Makki and Oreun Momtong An Makki)
6. Execute a right front kick (Oreun Apchagi). Assume a right forward stance (Oreun Apkoobi) and execute a right backfist to the philtrum (Oreun Deung Joomeok Eolgool Ap Chigi) followed by a left outside-inside middle block (Oen Momtong An Makki).
7. Execute a left front kick (Oen Apchagi). Assume a left forward stance (Oen Apkoobi) and execute a left backfist to the philtrum (Oen Deung Joomeok Eolgool Ap Chigi) followed by a right outside-inside middle block (Oreun Momtong An Makki).
8. Advance assuming a right forward stance (Oreun Apkoobi). Execute a right backfist to the philtrum (Oreun Deung Joomeok Eolgool Ap Chigi).
9. Turn counterclockwise toward 3 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a left single knife hand middle block (Oen Hansonnal Momtong Bakat Makki).
10. Advance assuming a right forward stance (Oreun Apkoobi). Execute a right augmented elbow strike to the face (Oreun Palkoop Eolgool Chigi).
11. Turn clockwise toward 9 o'clock. Assume a left back stance (Oen Dwitkoobi). Execute a single knife hand middle block (Oreun Hansonnal Momtong Bakat Makki).
12. Advance, assuming a left forward stance (Oen Apkoobi). Execute a left augmented elbow strike to the face (Oen Palkoop Eolgool Chigi).
13. Turn counterclockwise toward 6 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left down block (Oen Arae Makki) followed by a right outside-inside middle block (Oreun Momtong An Makki).

14. Execute a right front kick (Oreun Apchagi). Assume a right forward stance (Oreun Apkoobi). Execute a right down block (Oreun Arae Makki), followed by a left outside-inside middle block (Oen Momtong An Makki).

15. Bring the left foot to the right heel. Move the left foot outward toward 3 o'clock assuming a left forward stance (Oen Apkoobi). Execute a left upper block (Oen Eolgool Makki).

16. Execute a right side kick (Oreun Yeopchagi). Bring the right foot down assuming a right forward stance (Oreun Apkoobi). Execute a left elbow strike (Oen Palkoop Momtong Pyojeok Chigi).

17. Turn clockwise toward 9 o'clock. Assume a right forward stance (Oreun Apkoobi). Execute a right upper block (Oreun Eolgool Makki).

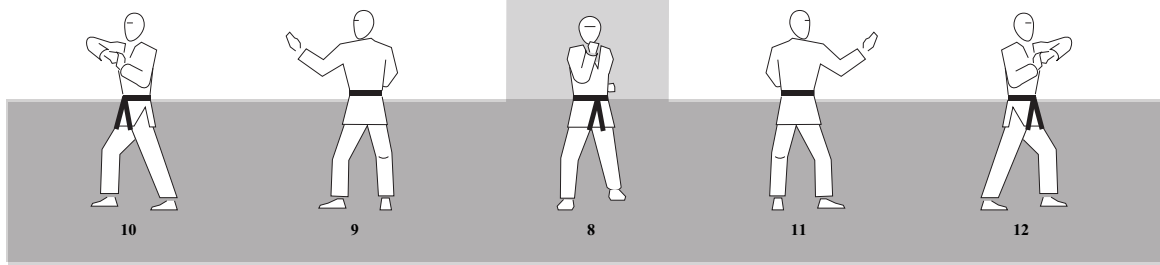
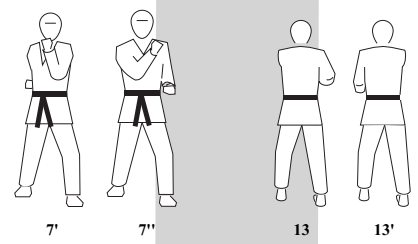
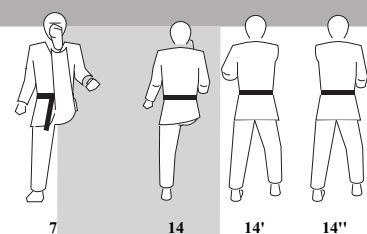
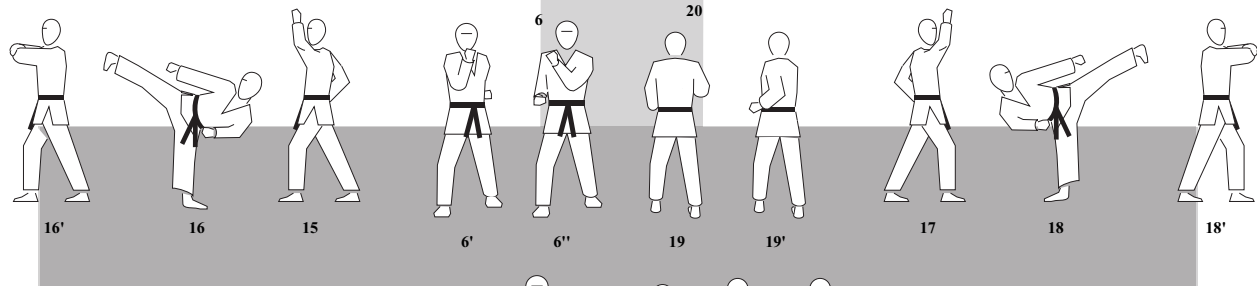
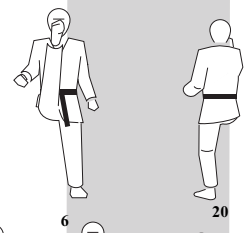
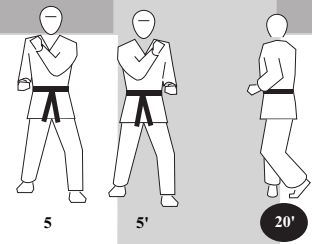
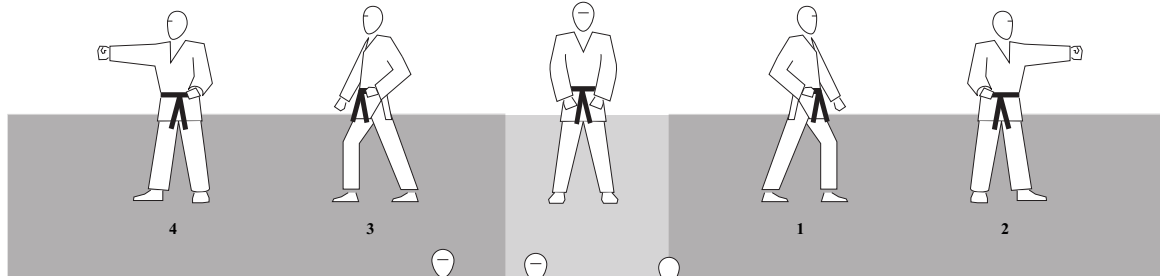
18. Execute a left side kick (Oen Yeopchagi) toward 9 o'clock. Bring the left foot down assuming a left forward stance (Oen Apkoobi). Execute a right elbow strike (Oreun Palkoop Momtong Pyojeok Chigi).

19. Turn counterclockwise toward 6 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left down block (Oen Arae Makki) followed by a right outside-inside middle block (Oreun Momtong An Makki).

20. Execute a right front kick (Oreun Apchagi). Spring forward assuming a crossleg stance, right foot forward (Oreun Bal Dwit Koaseogi). Execute a right back fist to the philtrum (Oreun Deung Joomeok Eolgool Ap Chigi). Yell (**Kihap**).

- Ready stance (Geuman) Pivot on right foot, turn body to the left.
- Bow (Shiyo)

Taegeuk Oh Jang (5)



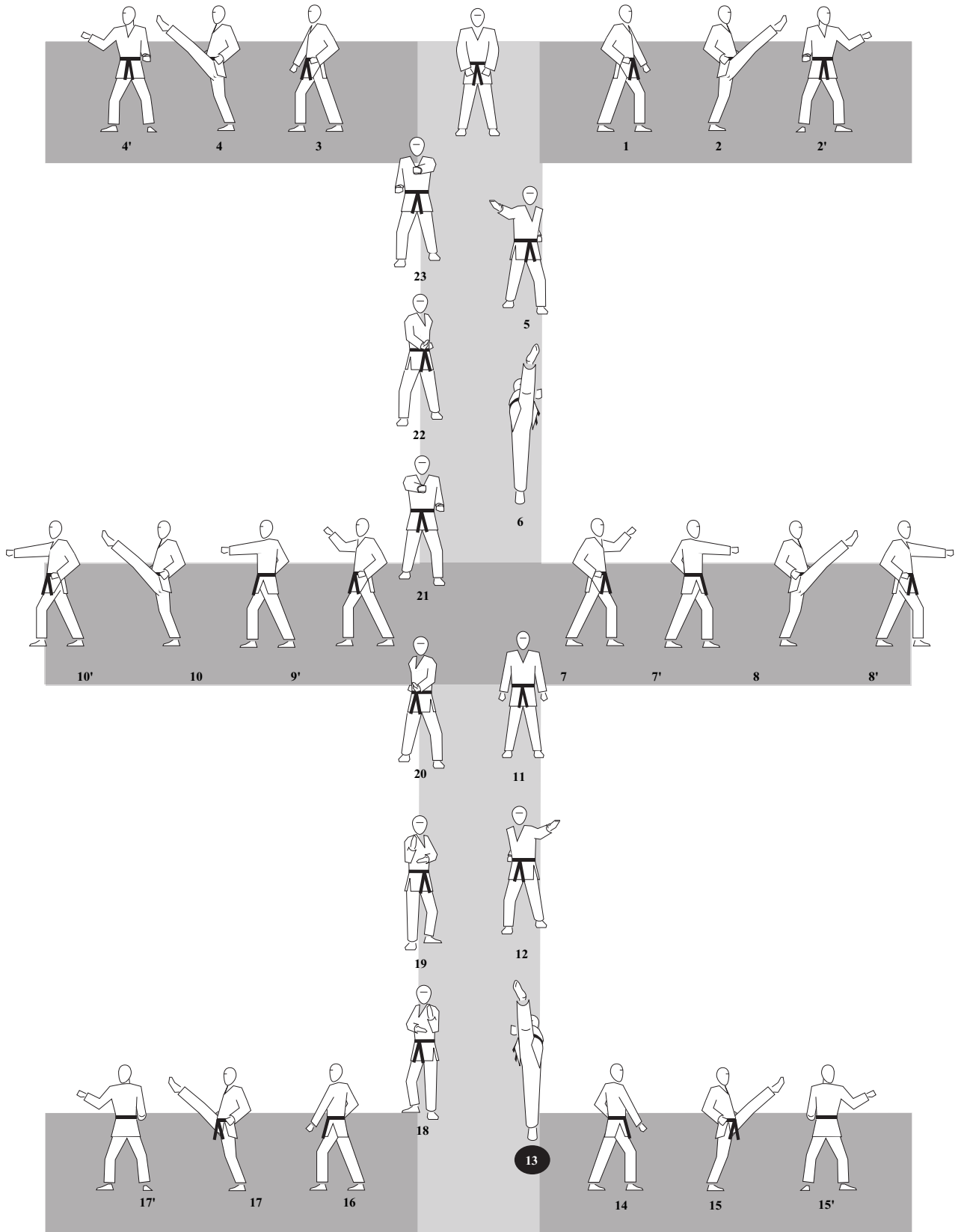
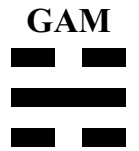
Taegeuk 6 (Water)

- Attention (Charyeut)
- Bow (Kungye)
- Ready stance (Joonbi)

1. Turn toward 9 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left down block (Oen Arae Makki).
2. Execute a right front kick (Oreun Apchagi). Return the right foot to its original position and assume a left back stance (Oreun Dwitkoobi). Execute a left inside-outside middle block (Oen Bakat Palmok Momtong Bakat Makki)
3. Keep the left foot fixed. Turn clockwise toward 3 o'clock. Assume a right forward stance (Oreun Apkoobi). Execute a right down block (Oreun Arae Makki).
4. Execute a left front kick (Oen Apchagi). Bring the left foot back to its original position. Assume a right back stance (Oen Dwitkoobi). Execute a right inside-outside middle block (Oreun Bakat Palmok Momtong Bakat Makki).
5. Turn toward 12 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a right knife hand sweeping middle block (Jebipoom Oreun Hansonnal Eolgool Bakat Makki).
6. Execute a right roundhouse kick to the face (Oreun Eolgool Dollyochagi). Set the right foot down then move the left foot outward toward 9 o'clock. Assume a left forward stance (Oen Apkoobi).
7. Execute a left outward upper block (Oen Bakat Palmok Eolgool Bakat Makki). Followed by a right middle punch (Oreun Momtong Baro Chireugi).
8. Execute a right front kick (Oreun Apchagi). Assume a right forward stance (Oreun Apkoobi). Execute a left middle punch (Oen Momtong Baro Chireugi).
9. Pivot clockwise on the left foot toward 3 o'clock. Assume a right forward stance (Oreun Apkoobi). Execute a right outward upper block (Oreun Bakat Palmok Eolgool Bakat Makki). Execute a left middle punch (Oen Momtong Baro Chireugi).
10. Execute a left front kick (Oen Apchagi). Assume a left forward stance (Oen Apkoobi). Execute right middle punch (Oreun Momtong Baro Chireugi).
11. Turn to the left toward 12 o'clock moving the left foot. Assume a parallel stance (Naranhiseogi). Cross both fists in front of the chest. Bring the fists down slowly exhaling forcibly and execute a low wedge block (Arae Hechyo Makki).
12. Assume a right forward stance (Oreun Apkoobi) facing 12 o'clock. Execute a left knife hand sweeping face block (Jebipoom Oen Hansonnal Bakat Makki).
13. Execute a left roundhouse kick to the face (Oen Eolgool Dollyochagi). Yell (**Kihap**).
14. Bring the right foot toward the left. Turn toward 9 o'clock. Assume a right forward stance (Oreun Apkoobi) Execute a right down block (Oreun Arae Makki).
15. Execute a left front kick (Oen Apkoobi). Bring the left foot back to its original position. Assume a right back stance (Oreun Dwitkoobi). Execute a right inside-outside middle block (Oreun Bakat Palmok Momtong Bakat Makki).
16. With the right foot fixed, turn counterclockwise toward 3 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left down block (Oen Arae Makki).
17. Execute a right front kick (Oreun Apchagi). Bring the kicking foot back to its original position. Assume a left back stance (Oen Dwitkoobi). Execute a left inside-outside block (Oen Bakat Palmok Momtong Bakat Makki).
18. Pivot on the left foot, counter-clockwise, to face 12 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a left double knife hand middle block (Oen Sonnal Momtong Makki).
19. Retreat assuming a left back stance (Oen Dwitkoobi). Execute a right double knife hand middle block (Oreun Sonnal Momtong Makki).
20. Retreat. Assume a left forward stance (Oen Apkoobi). Execute a left palm heel middle block (Oen Batangson Momtong Makki).
21. Keep both feet fixed. Execute a right middle punch (Oreun Momtong Baro Chireugi).
22. Retreat. Assume a right forward stance (Oreun Apkoobi). Execute a right palm heel middle block (Oreun Batangson Momtong Makki).
23. Keep both feet fixed. Execute a left middle punch (Oen Momtong Baro Chireugi).

- Ready stance (Geuman) With the left foot fixed, move right foot back.
- Bow (Shiyo)

Taegeuk Yook Jang (6)



Taegeuk 7 (Mountain)

- Attention (Charyeut)
- Bow (Kungye)
- Ready stance (Joonbi)

1. Turn toward 9 o'clock. Assume a left tiger stance (Oen Beomseogi). Execute a right palm heel middle block (Oreun Batangson Momtong An Makki).
2. Execute a right front kick (Oreun Apchagi). Bring the kicking foot back to its original position assuming a left tiger stance (Oen Beomseogi). Execute a left outside-inside middle block (Oen Momtong An Makki).
3. Pivot clockwise on the left foot toward 3 o'clock. Assume a right tiger stance (Oreun Beomseogi). Execute a left palm heel middle block (Oen Batangson Momtong An Makki).
4. Execute a left front kick. Bring the kicking foot back to its original position. Assume a right tiger stance (Oreun Beomseogi). Execute a right outside-inside middle block (Oreun Momtong An Makki).
5. Move the left foot toward 12 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a left double low knife hand block (Oen Sonnal Arae Makki).
6. Advance toward 12 o'clock. Assume a left back stance (Oen Dwitkoobi). Execute a right double low knife hand block (Oreun Sonnal Arae Makki).
7. Keeping the right foot fixed, move the left foot toward 9 o'clock. Assume a left tiger stance (Oen Beomseogi). Execute a right augmented palm heel middle block (Oreun Batangson Momtong An Makki) with the left fist placed under the right elbow.
8. From the same stance execute a right augmented backfist to the philtrum (Oreun Deung Joomeok Ap Chigi). Leave the left fist in the same position as in no 7.
9. Turn the body clockwise toward 3 o'clock. Assume a right tiger stance (Oreun Beomseogi). Execute a left augmented palm heel middle block (Oen Batangson Momtong An Makki) with the right fist under the left elbow.
10. Execute a left augmented backfist to the philtrum (Oen Deung Joomeok Ap Chigi) from the same stance. Keep the right fist under the left elbow.
11. Pivoting on the right foot, turn toward 12 o'clock. Bring the left foot beside the right foot. Assume the closed stance (Moaseogi). Both hands are brought up from the sides to the chin. The right hand makes a fist. The left hand covers it lightly.
12. Advance the left foot toward 12 o'clock, assuming a left forward stance (Oen Apkoobi). In rapid succession execute a scissor block right down block (Bandae Gawi Makki) followed by a scissor block left down block (Gawi Makki).

13. Advance assuming a right forward stance (Oreun Apkoobi). Execute a scissor block left down block (Bandae Gawi Makki) followed rapidly by a scissor block, right down block (Gawi Makki).

14. Pivot counterclockwise facing 3 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a wedge block (Bakat Palmok Momtong Hechyo Makki).

15. Grab opponent's head with both hands, pull down and execute a right knee strike to the face (Oreun Mooreupchagi). Keep the right leg cocked, having both fists to the sides, jump forward assuming a crossed stance, right foot to the front (Oen Bal Dwit Koaseogi). Execute a double uppercut to the ribs (Doo Joomeok Momtong Jeochyo Chireugi) rapidly.

16. Keeping the right foot fixed, move the left foot to the rear assuming a right forward stance (Oreun Apkoobi). Execute a low X block (Eotgeoreo Arae Makki) swiftly.

17. Turn clockwise toward 9 o'clock. Assume a right forward stance (Oreun Apkoobi). Execute a wedge block (Bakat Palmok Momtong Hechyo Makki).

18. Execute a left knee strike to the face (Oen Mooreupchigi). Bring both fists to the sides, jump forward assuming a left foot forward crossed stance (Oen Dwit Koaseogi). Execute a double fist uppercut to the body (Doo Joomeok Momtong Jeochyo Chireugi).

19. Bring the right foot to the rear. Assume a left forward stance (Oen Apkoobi). Execute a low X block (Eotgeoreo Arae Makki).

20. Move the left foot toward 6 o'clock. Assume a left ease stance (Oen Pyeonhiseogi). Execute a left backfist to the temple (Oen Deung Joomeok Eolgool Bakat Chigi).

21. Execute a right outside-inside crescent kick (Oreun Pyojeokchagi). Assume a straddle stance (Joochoomseogi) facing 6 o'clock. Execute a right elbow strike (Oreun Palkoop Pyojeok Chigi).

22. Moving the right foot only enough that it points toward 6 o'clock, move the left foot toward it, assuming a right ease stance (Oreun Pyeonhiseogi). Execute a right backfist strike to the face (Oreun Deung Joomeok Eolgool Bakat Chigi).

23. Execute a left outside-inside crescent kick (Oen Pyojeokchagi). Assume a straddle stance (Joochoomseogi). Execute a left elbow strike (Oen Palkoop Pyojeok Chigi) toward 6 o'clock.

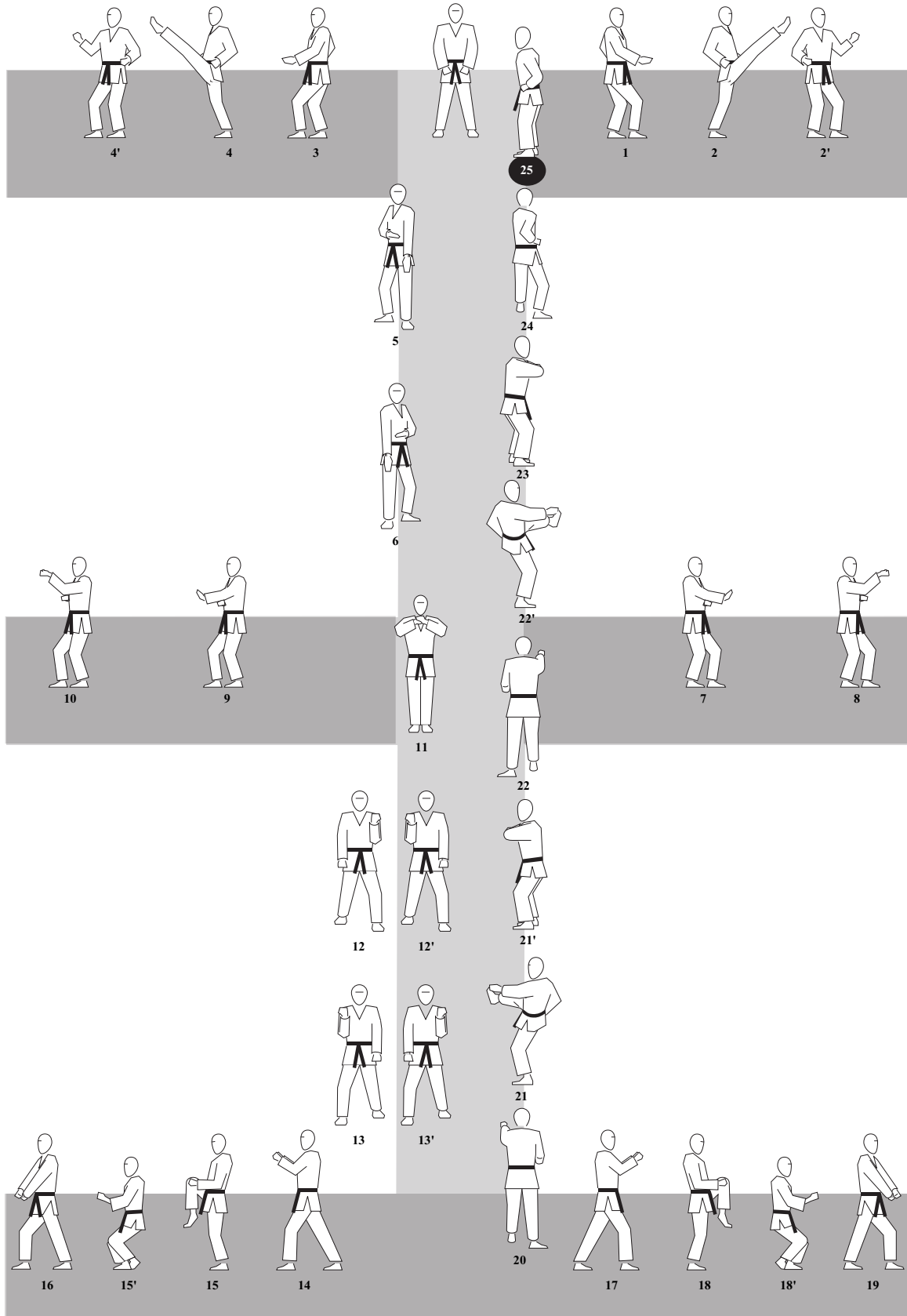
24. Without moving assume a right back stance (Oreun Dwitkoobi). Execute a left single knife hand middle block (Oen Hansonnal Momtong Makki). Bring the right fist to the right hip.

25. Move the right foot forward assuming a straddle stance (Joochoomseogi). Execute a right side body punch (Oreun Joomeok Yeop Chireugi). Pull the left fist to the left side. Yell (**Kihap**).

- Ready stance (Geuman) Pivot on right foot, turn body to the left.
- Bow (Shiyo)



Taegeuk Chil Jang (7)



Taegeuk 8 (Earth)

- Attention (Charyeut)
- Bow (Kungye)
- Ready stance (Joonbi)

1. Assume a right back stance facing 12 o'clock (Oreun Dwitkoobi). Execute a left double fist middle block (Oen Geodeureo Bakat Makki). Shift to a left forward stance (Oen Apkoobi) and execute a right middle punch (Oreun Momtong Baro Chireugi).

2. Pushing off with the left foot, execute a double front jump kick, right front kick followed by a left front kick (Doobaldangsang Apchagi). Yell (**Kihap**) on second kick. Land in a left forward stance (Oen Apkoobi). Execute a left outside-inside middle block (Oen Momtong An Makki) followed by rapidly by a left-right double middle punch (Momtong Doobeon Chireugi).

3. Advance to a right forward stance (Oreun Apkoobi). Execute a right middle punch (Oreun Momtong Badae Chireugi).

4. Pivot on the ball of the right foot turning counterclockwise toward 6 o'clock. Assume a right forward stance (Oreun Apkoobi), feet facing 9 o'clock. Execute a low block to the rear with the left hand and a face block toward 9 o'clock with the right (Oesanteul Makki).

5. Slowly shift the body toward 3 o'clock assuming a left forward stance (Oen Apkoobi) without moving the feet. Bring the left fist to the right shoulder and in a circular motion slowly execute a right uppercut (Oreun Joomeok Dangyo Teok Chireugi).

6. Bring the left foot over the right toward 9 o'clock. Assume a crossed stance (Oen Ap Koaseogi). Extend the right foot toward 9 o'clock. Assume a left forward stance, feet facing 3 o'clock (Oen Apkoobi). Execute a right down block and a left high block, looking toward 9 o'clock (Oesanteul Makki).

7. Turn slowly toward 9 o'clock demonstrating tension without moving the feet. Assume a right forward stance (Oreun Apkoobi). Bring the right fist to the left shoulder and in a circular motion execute a left uppercut (Oen Joomeok Dangyo Teok Chireugi).

8. Pivot on the left foot toward 12 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a left double knife hand middle block (Oen Sonnal Momtong Makki).

9. Shift to a left forward stance (Oen Apkoobi). Execute a right middle punch (Oreun Momtong Baro Chireugi).

10. Execute a right front kick (Oreun Apchagi). Bring the kicking leg back to its original position then move the left leg to its rear, assuming a right tiger stance (Oreun Beomseogi). Execute a right palm heel middle block (Oreun Batangson Momtong An Makki).

11. Pivot toward 9 o'clock on the right foot. Assume a left tiger stance (Oen Beomseogi). Execute a left double knife hand middle block (Oen Sonnal Momtong Makki).

12. Execute a left front kick (Oen Apchagi). Assume a left forward stance (Oen Apkoobi) and execute a right middle punch (Oreun Momtong Baro Chireugi).

13. Retract the left leg, assuming a left tiger stance (Oen Beomseogi). Execute a left palm heel middle block (Oen Batangson Momtong An Makki).

14. Turn the body clockwise toward 3 o'clock. Assume a right tiger stance (Oreun Beomseogi). Execute a right double knife hand middle block (Oreun Sonnal Momtong Makki).

15. Execute a right front kick (Oreun Apchagi). Assume a right forward stance (Oreun Apkoobi) and execute a left middle punch (Oen Momtong Baro Chireugi).

16. Retract the right foot assuming a right tiger stance (Oreun Beomseogi). Execute a right palm heel middle block (Oreun Batangson Momtong An Makki).

17. Turn clockwise toward 6 o'clock. Assume a left back stance (Oen Dwitkoobi). Execute a right dual fist down block (Oreun Geodeureo Arae Makki).

18. Execute a left front kick (Oen Apchagi) followed by a right front jump kick (Oreun Twiapchagi). The left foot lands where the right foot formerly was. Yell (**Kihap**) on the second kick. Assume a right forward stance (Oreun Apkoobi). Execute a right outside-inside middle block (Oreun Momtong An Makki) quickly followed by a left middle punch (Oen Momtong Baro Chireugi).

19. Turn counterclockwise toward 9 o'clock pivoting on the ball of the right foot. Assume a right back stance (Oreun Dwitkoobi). Execute a left knife hand middle block (Oen Hansonnal Momtong Makki).

20. Shift to a left forward stance (Oen Apkoobi). Execute a right elbow face strike (Oreun Palkoop Eolgool Dollyo Chigi).

21. With both feet fixed in the left forward stance (Oen Apkoobi) execute a right backfist to the face (Oreun Deung Joomeok Eolgool Apchigi) followed by a left middle punch (Oen Momtong Badae Chireugi).

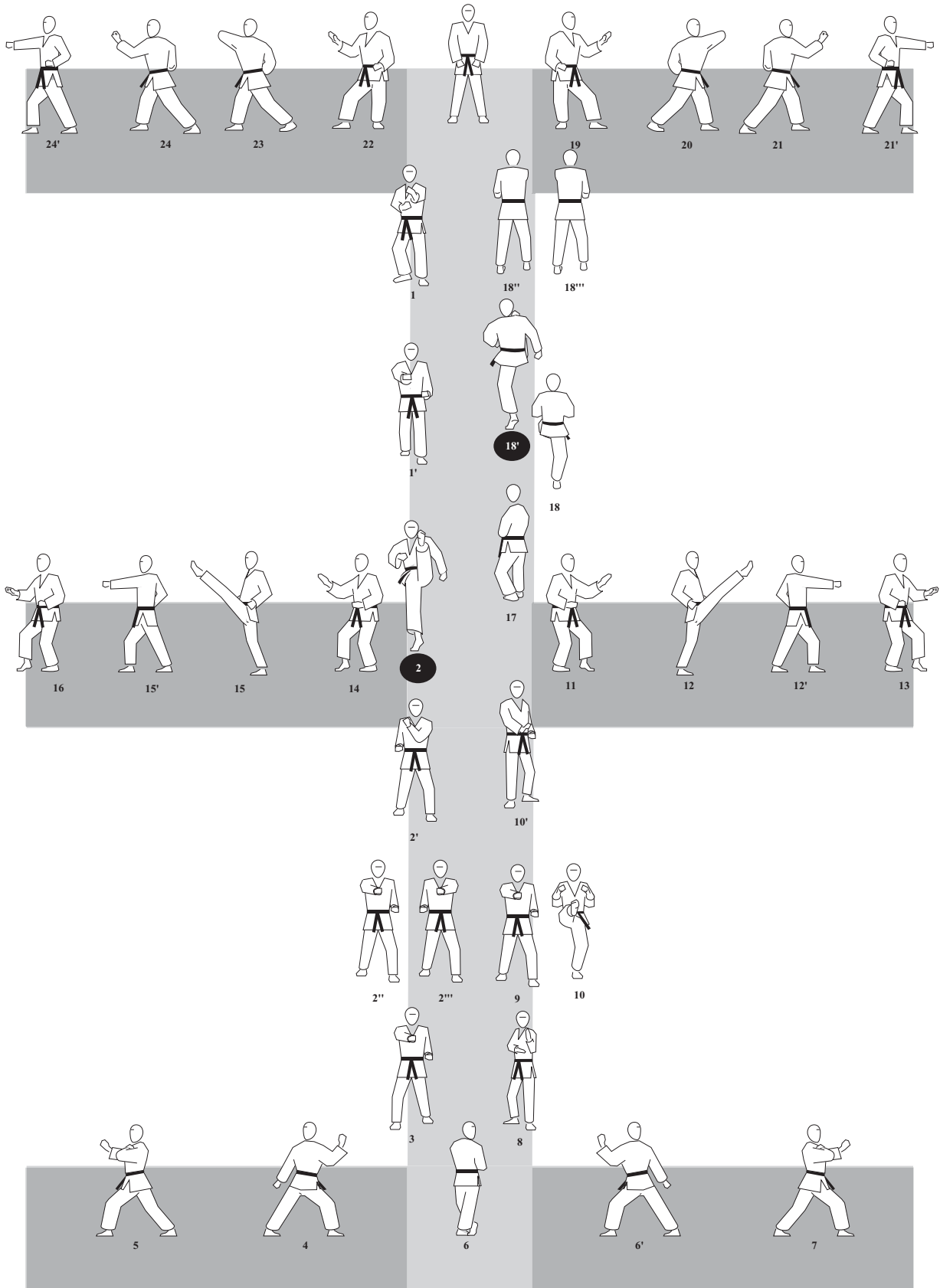
22. Turn the body clockwise toward 3 o'clock keeping the left foot fixed. Assume a left back stance (Oen Dwitkoobi). Execute a right knife hand middle block (Oreun Hansonnal Momtong Makki).

23. Shift to a right forward stance (Oreun Apkoobi). Execute a left elbow face strike (Oen Palkoop Eolgool Dollyo Chigi).

24. Execute a left backfist to the face (Oen Deung Joomeok Eolgool Apchigi) followed by a right middle punch (Oreun Momtong Badae Chireugi).

- Ready stance (Geuman) With the right foot fixed, move left foot toward right.
- Bow (Shiyo)

Taegeuk Pal Jang (8)



Palgwe 1

- Attention (Charyeut)
- Bow (Kungye)
- Ready stance (Joonbi)

1. Turn toward 9 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left down block (Oen Arae Makki).
2. Advance assuming a right forward stance (Oreun Apkoobi). Execute a right inside-outside middle block (Oreun Momtong Bakat Makki).
3. Turn clockwise toward 3 o'clock. Assume a right forward stance (Oreun Apkoobi). Execute a right down block (Oreun Arae Makki).
4. Advance assuming a left forward stance (Oen Apkoobi). Execute a left inside-outside middle block (Oen Momtong Bakat Makki).
5. Turn counterclockwise toward 12 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left down block (Oen Arae Makki).
6. Advance toward 12 o'clock. Assume a left back stance (Oen Dwitkoobi). Execute a right inside-outside middle block (Oreun An Palmok Momtong Yeop Bakat Makki).
7. Advance assuming a right back stance (Oreun Dwitkoobi). Execute a left inside-outside middle block. (Oen An Palmok Momtong Yeop Bakat Makki).
8. Advance assuming a right forward stance (Oreun Apkoobi). Execute a right middle punch (Oreun Momtong Badae Chireugi). Yell (**Kihap**).
9. Turn counterclockwise toward 3 o'clock pivoting on the right foot. Assume a right back stance (Oreun Dwitkoobi). Execute a left single knife hand middle block (Oen Hansonnal Momtong Bakat Makki).
10. Advance assuming a left back stance (Oen Dwitkoobi). Execute a right inside-outside middle block (Oreun An Palmok Momtong Yeop Bakat Makki).
11. Turn clockwise toward 9 o'clock. Assume a left back stance (Oen Dwitkoobi). Execute a right single knife hand middle block (Oreun Hansonnal Momtong Bakat Makki).
12. Advance assuming a right back stance (Oreun Dwitkoobi). Execute a left inside outside middle block (Oen Momtong Yeop Bakat Makki).
13. Turn toward 6 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left down block (Oen Arae Makki).
14. Advance toward 6 o'clock. Assume a right forward stance (Oreun Apkoobi). Execute a right knife hand strike to the neck (Oreun Hansonnal Mok An Chigi).
15. Advance assuming a left forward stance (Oen Apkoobi). Execute a left knife hand strike to the neck (Oen Hansonnal Mok An Chigi).

16. Advance assuming a right forward stance (Oreun Apkoobi). Execute a right middle punch (Oreun Momtong Badae Chireugi). Yell (**Kihap**).

17. Turn counterclockwise toward 9 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left down block (Oen Arae Makki).

18. Advance assuming a right forward stance (Oreun Apkoobi). Execute a right inside-outside middle block (Oreun Momtong Bakat Makki).

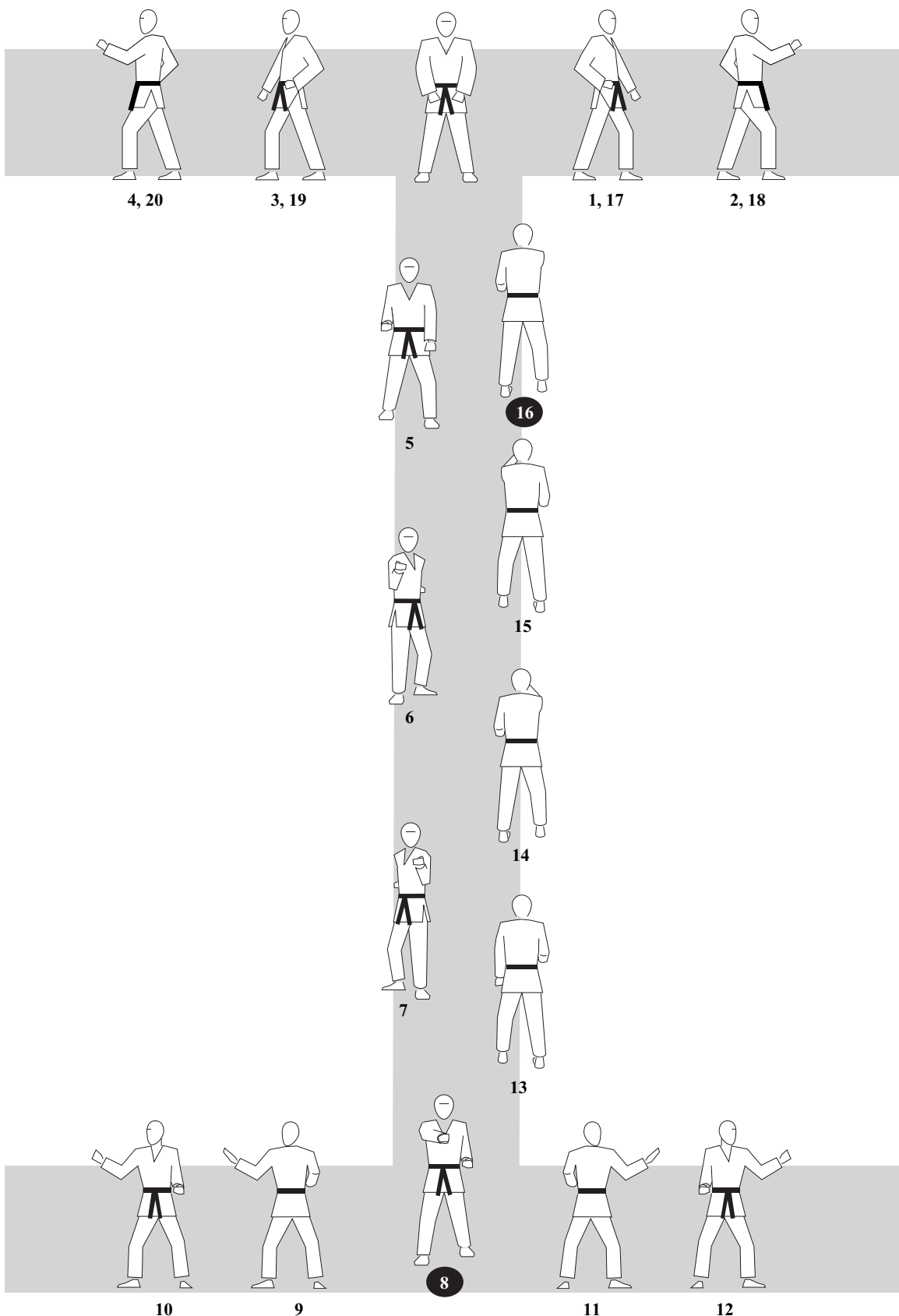
19. Turn clockwise toward 3 o'clock. Assume a right forward stance (Oreun Apkoobi). Execute a right down block (Oreun Arae Makki).

20. Advance assuming a left forward stance (Oen Apkoobi). Execute a left inside-outside middle block (Oen Momtong Bakat Makki).

- Ready stance (Geuman) Pivot on right foot, turn body to the left.
- Bow (Shiyo)

Palgwe Il Jang (1)

I



Palgwe 2

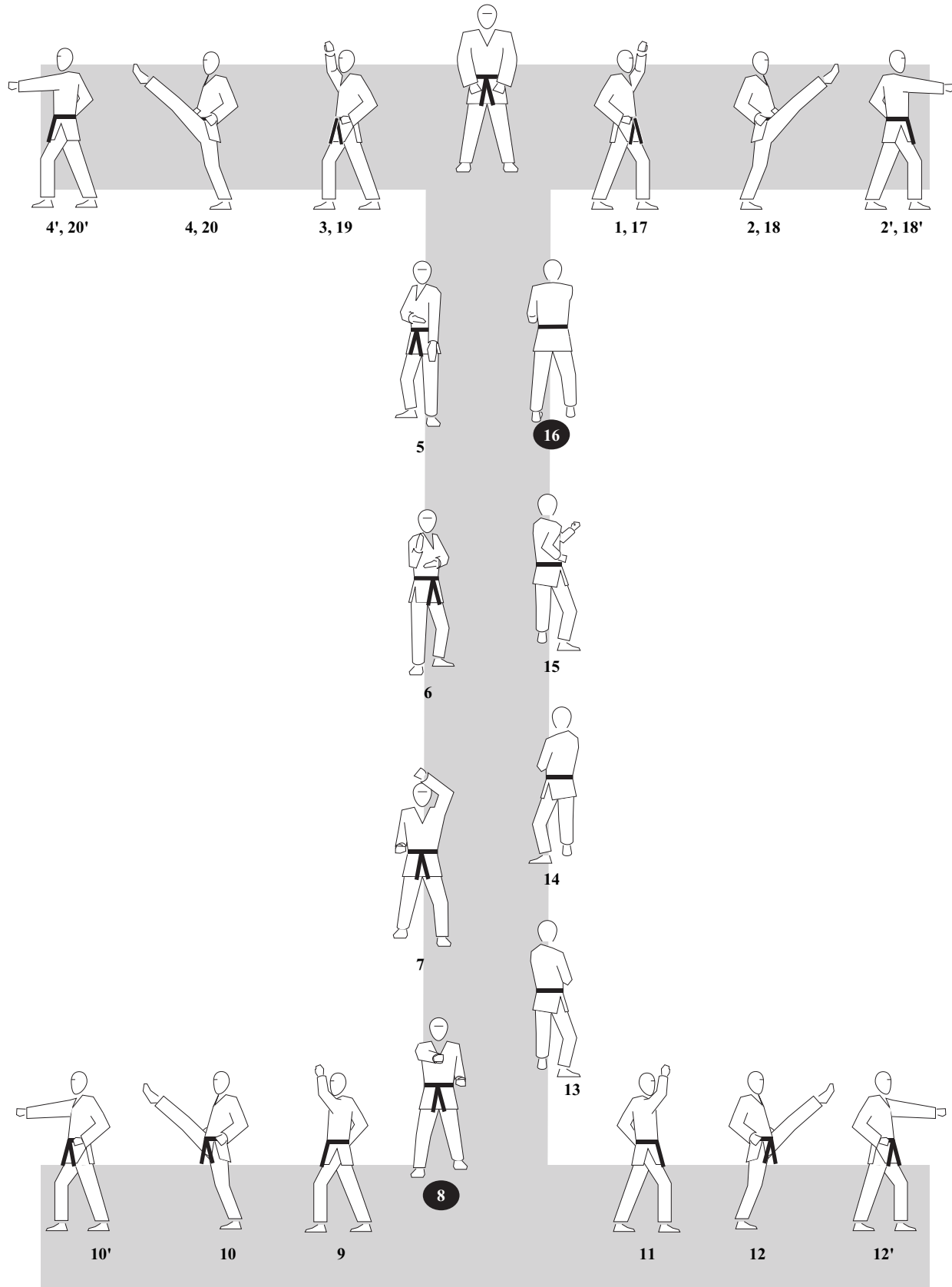
- Attention (Charyeut)
- Bow (Kungye)
- Ready stance (Joonbi)

1. Turn toward 9 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left upper block (Oen Eolgool Makki).
2. Execute a right front kick (Oreun Apchagi). Assume a right forward stance (Oreun Apkoobi). Execute a right middle punch (Oreun Momtong Bandae Chireugi).
3. Turn clockwise toward 3 o'clock pivoting on the left foot. Assume a right forward stance (Oreun Apkoobi). Execute a right upper block (Oreun Eolgool Makki).
4. Execute a left front kick (Oen Apchagi). Assume a left forward stance (Oen Apkoobi). Execute a left middle punch (Oen Momtong Bandae Chireugi).
5. Turn toward 12 o'clock. Assuming right back stance (Oreun Dwitkoobi), execute a left double knife hand down block (Oen Sonnal Arae Makki).
6. Advance assuming a left back stance (Oen Dwitkoobi). Execute a right double knife hand middle block (Oreun Sonnal Momtong Makki).
7. Advance assuming a left forward stance (Oen Apkoobi). Execute a left upper block (Oen Eolgool Makki).
8. Advance assuming a right forward stance (Oreun Apkoobi). Execute a right middle punch (Oreun Momtong Bandae Chireugi). Yell (**Kihap**).
9. Turn counterclockwise toward 3 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left upper block (Oen Eolgool Makki).
10. Execute a right front kick (Oreun Apchagi). Assume a right forward stance (Oreun Apkoobi). Execute a right middle punch (Oreun Momtong Bandae Chireugi).
11. Turn clockwise toward 9 o'clock. Assume a right forward stance (Oreun Apkoobi). Execute a right upper block (Oreun Eolgool Makki).
12. Execute a left front kick (Oen Apchagi). Assume a left forward stance (Oen Apkoobi). Execute a left middle punch (Oen Momtong Bandae Chireugi).
13. Turn toward 6 o'clock assume a right back stance (Oreun Dwitkoobi). Execute a left dual fist down block (Oen Geodeureo Arae Makki).
14. Advance assuming a left back stance (Oen Dwitkoobi). Execute a right dual fist middle block (Oreun An Palmok Geodeureo Bakat Makki). Both palms up.
15. Advance assuming a right back stance (Oreun Dwitkoobi). Execute a left outside-inside middle block (Oen Momtong An Makki).
16. Advance to a right forward stance (Oreun Apkoobi). Execute a right middle punch (Oreun Momtong Bandae Chireugi). Yell (**Kihap**).
17. Turn 270° counterclockwise to upper 9 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left upper block (Oen Eolgool Makki).
18. Execute a right front kick (Oreun Apchagi). Assume a right forward stance (Oreun Apkoobi). Execute a right middle punch (Oreun Momtong Bandae Chireugi).
19. Turn clockwise to 3 o'clock. Assume a right forward stance (Oreun Apkoobi). Execute a right upper block (Oreun Eolgool Makki).
20. Execute a left front kick (Oen Apchagi). Assume a left forward stance (Oen Apkoobi). Execute a left middle punch (Oen Momtong Bandae Chireugi).

- Ready stance (Geuman) Pivot on right foot, turn body to the left.
- Bow (Shiyo)

Palgwe Yi Jang (2)

I



Palgwe 3

- Attention (Charyeut)
- Bow (Kungye)
- Ready stance (Joonbi)

1. Turn toward 9 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left down block (Oen Arae Makki).
2. Advance assuming a right forward stance (Oreun Apkoobi). Execute a right middle punch (Oreun Momtong Badae Chireugi).
3. Turn clockwise toward 3 o'clock. Assume a right forward stance (Oreun Apkoobi). Execute a right down block (Oreun Arae Makki).
4. Advance assuming a left forward stance (Oen Apkoobi). Execute a left middle punch (Oen Momtong Badae Chireugi).
5. Turn counterclockwise toward 12 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left down block (Oen Arae Makki).
6. Advance assuming a right forward stance (Oreun Apkoobi). Execute a right upper block (Oreun Eolgool Makki).
7. Advance assuming a left forward stance (Oen Apkoobi). Execute a left upper block (Oen Eolgool Makki).
8. Advance assuming a right forward stance (Oreun Apkoobi). Execute a right upper punch (Oreun Eolgool Badae Chireugi). Yell (**Kihap**).
9. Turn counterclockwise toward 3 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a left double knife hand middle block (Oen Sonnal Momtong Makki).
10. Advance toward 3 o'clock. Assume a left back stance (Oen Dwitkoobi). Execute a right double knife hand middle block (Oreun Sonnal Momtong Makki).
11. Turn clockwise to 9 o'clock. Assume a left back stance (Oen Dwitkoobi). Execute a right double knife hand middle block (Oreun Sonnal Momtong Makki).
12. Advance toward 9 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a left double knife hand middle block (Oen Sonnal Momtong Makki).
13. Turn counterclockwise toward 6 o'clock assume a right back stance (Oreun Dwitkoobi). Execute a left inside-outside middle block (Oen An Palmok Momtong Yeop Bakat Makki).
14. Keeping the feet in the same place, pivot clockwise to 12 o'clock, assuming a left back stance (Oen Dwitkoobi). Execute a right inside-outside middle block (Oreun An Palmok Momtong Yeop Bakat Makki).
15. Retreat. Assume a right back stance (Oreun Dwitkoobi). Execute a left outside-inside middle block (Oen Momtong An Makki).
16. Retreat. Assume a left back stance (Oen Dwitkoobi). Execute a right outside-inside middle block (Oreun Momtong An Makki).

17. Retreat. Assume a right back stance (Oreun Dwitkoobi). Execute a left outside-inside middle block (Oen Momtong An Makki).

18. Keeping the feet in the same spot, turn clockwise to 6 o'clock. Assume a left back stance (Oen Dwitkoobi). Execute a right inside-outside middle block (Oreun An Palmok Momtong Yeop Bakat Makki). Yell (**Kihap**).

19. Turn counterclockwise to 9 o'clock pivoting on the right foot. Assume a left forward stance (Oen Apkoobi). Execute a left upper block (Oen Eolgool Makki).

20. Advance assuming a right forward stance (Oreun Apkoobi). Execute a right upper punch (Oreun Eolgool Badae Chireugi).

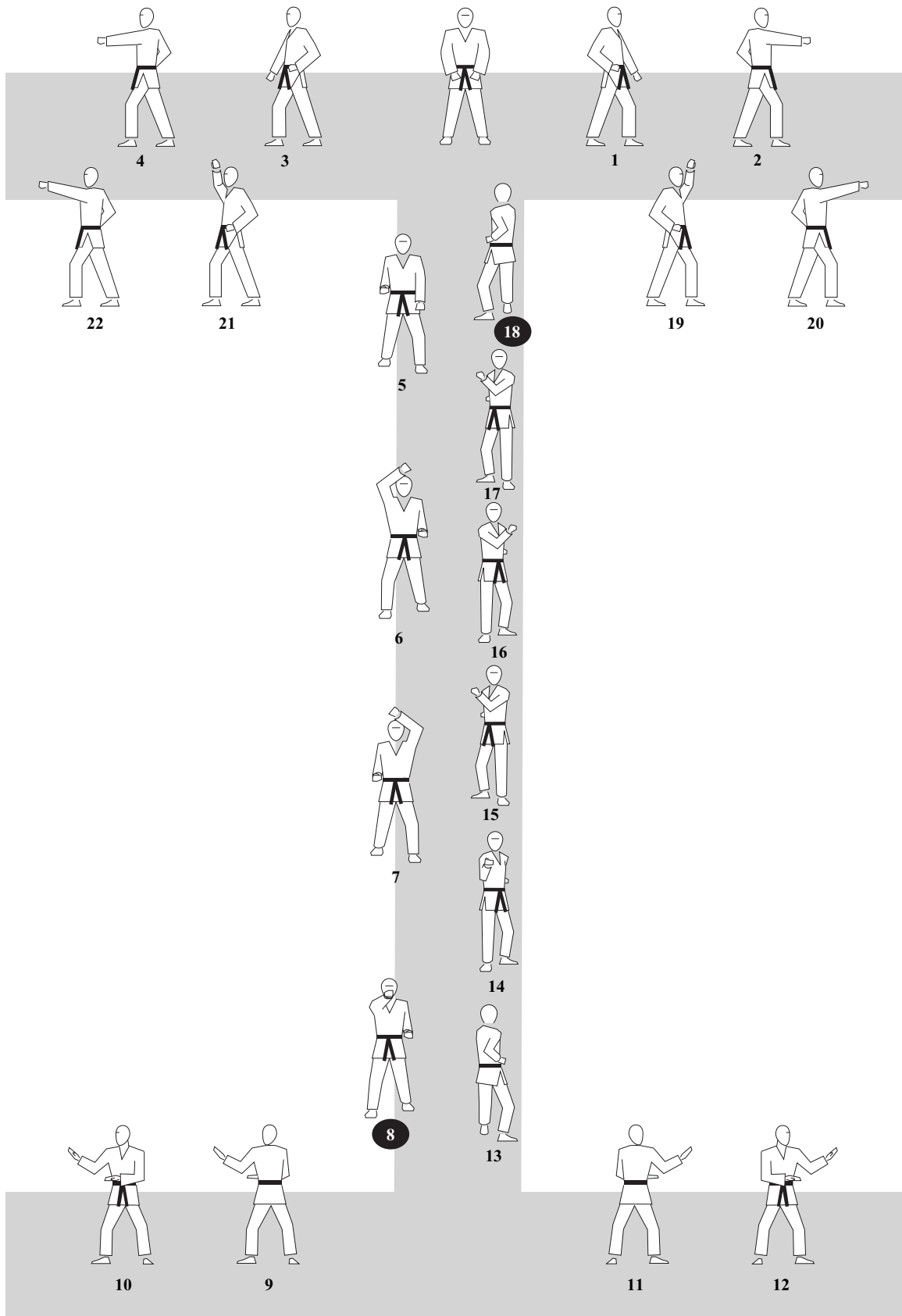
21. Turn clockwise toward 3 o'clock. Assume a right forward stance (Oreun Apkoobi). Execute a right upper block (Oreun Eolgool Makki).

22. Advance assuming a left forward stance (Oen Apkoobi). Execute a left upper punch (Oen Eolgool Badae Chireugi).

- Ready stance (Geuman) Pivot on right foot, turn body to the left.
- Bow (Shiyoo)

Palgwe Sam Jang (3)

I



Palgwe 4

- Attention (Charyeut)
- Bow (Kungye)
- Ready stance (Joonbi)

1. Assume a closed stance (Moaseogi). Chamber hands at right hip, left fist over right. Turn toward 9 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a diamond mountain middle block (Keumgang Momtong Makki).
2. Pull the left fist under the right arm. Execute a right uppercut (Oreun Dangyo Teok Chireugi).
3. Bring the left foot toward the right foot. Face and look towards 12 o'clock. Assume a closed stance (Moaseogi). Execute a left knife hand strike to the side (Oen Hansonnal Bakat Chigi).
4. Assume a closed stance (Moaseogi). Chamber hands at left hip, right fist over left. Move the right foot toward 3 o'clock assuming a left back stance (Oen Dwitkoobi). Execute a diamond mountain middle block (Keumgang Momtong Makki).
5. Pull the right fist under the left arm. Execute a left uppercut (Oen Dangyo Teok Chireugi).
6. Bring the right foot inward to assume a closed stance (Moaseogi). Face and look towards 12 o'clock. Execute a right side knife hand strike to the side (Oreun Hansonnal Bakat Chigi).
7. Move the left foot toward 12 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a left double knife hand middle block (Oen Sonnal Momtong Makki).
8. Execute a right front kick (Oreun Apchagi). Assume a right forward stance (Oreun Apkoobi) and execute a left pressing block and right spear hand strike (Oreun Pyeonsonkeut Seweo Chireugi).
9. Press hand forward by shifting your weight toward 12 o'clock. Quickly retract hand as if escaping from a grab. Place behind the lower back. As you retract your hand turn 360° counterclockwise to 12 o'clock, pivoting on the ball of the right foot, end in a left forward stance (Oen Apkoobi). Execute a left hammerfist strike (Oen Me Joomeok Bakat Chigi) at the completion of the turn.
10. Advance assuming a right forward stance (Oreun Apkoobi). Execute a right middle punch (Oreun Momtong Banae Chireugi). Yell (**Kihap**).
11. Turn counterclockwise to 3 o'clock. Assume a closed stance (Moaseogi). Chamber hands at right hip, left fist over right. Assume a right back stance (Oreun Dwitkoobi). Execute a diamond mountain middle block (Keumgang Momtong Makki).
12. Bring the left fist under the right arm. Execute a right uppercut (Oreun Dangyo Teok Chireugi).
13. Assume a closed stance (Moaseogi). Face and look towards 6 o'clock. Execute a left knife hand side strike (Oen Hansonnal Bakat Chigi).

14. Assume a closed stance (Moaseogi). Chamber hands at left hip, right fist over left. Move the right foot toward 9 o'clock, assuming a left back stance (Oen Dwitkoobi). Execute a diamond mountain middle block (Keumgang Momtong Makki).

15. Bring the right fist under the left arm. Execute a left uppercut (Oen Dangyo Teok Chireugi).

16. Bring the right foot inward. Assume a closed stance (Moaseogi). Execute a right knife hand side strike (Oreun Hansonnal Bakat Chigi).

17. Move the left foot toward 6 o'clock assuming a right back stance (Oreun Dwitkoobi). Execute a left double knife hand middle block (Oen Sonnal Momtong Makki).

18. Execute a right front kick (Oreun Apchagi). Assume a right forward stance. Execute a left pressing block and right spear hand strike (Oreun Pyeonsonkeut Seweo Chireugi).

19. Press hand forward by shifting your weight toward 6 o'clock. Quickly retract hand as if escaping from a grab. Place hand to left side of head, palm in. As you retract your hand turn 360° counterclockwise to 6 o'clock, pivoting on the ball of the right foot, end in a left forward stance (Oen Apkoobi). Execute a left hammerfist strike (Oen Me Joomeok Bakat Chigi) at the completion of the turn.

20. Advance assuming a right forward stance (Oreun Apkoobi). Execute a right middle punch (Oreun Momtong Banae Chireugi). Yell (**Kihap**).

21. Pivot on the ball of the right foot. Assume a straddle stance, facing 12 o'clock (Joochoomseogi). Look toward 9 o'clock and execute a left side down block (Oen Arae Yeop Makki).

22. Shift the left foot toward 9 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a right middle punch (Oreun Momtong Baro Chireugi).

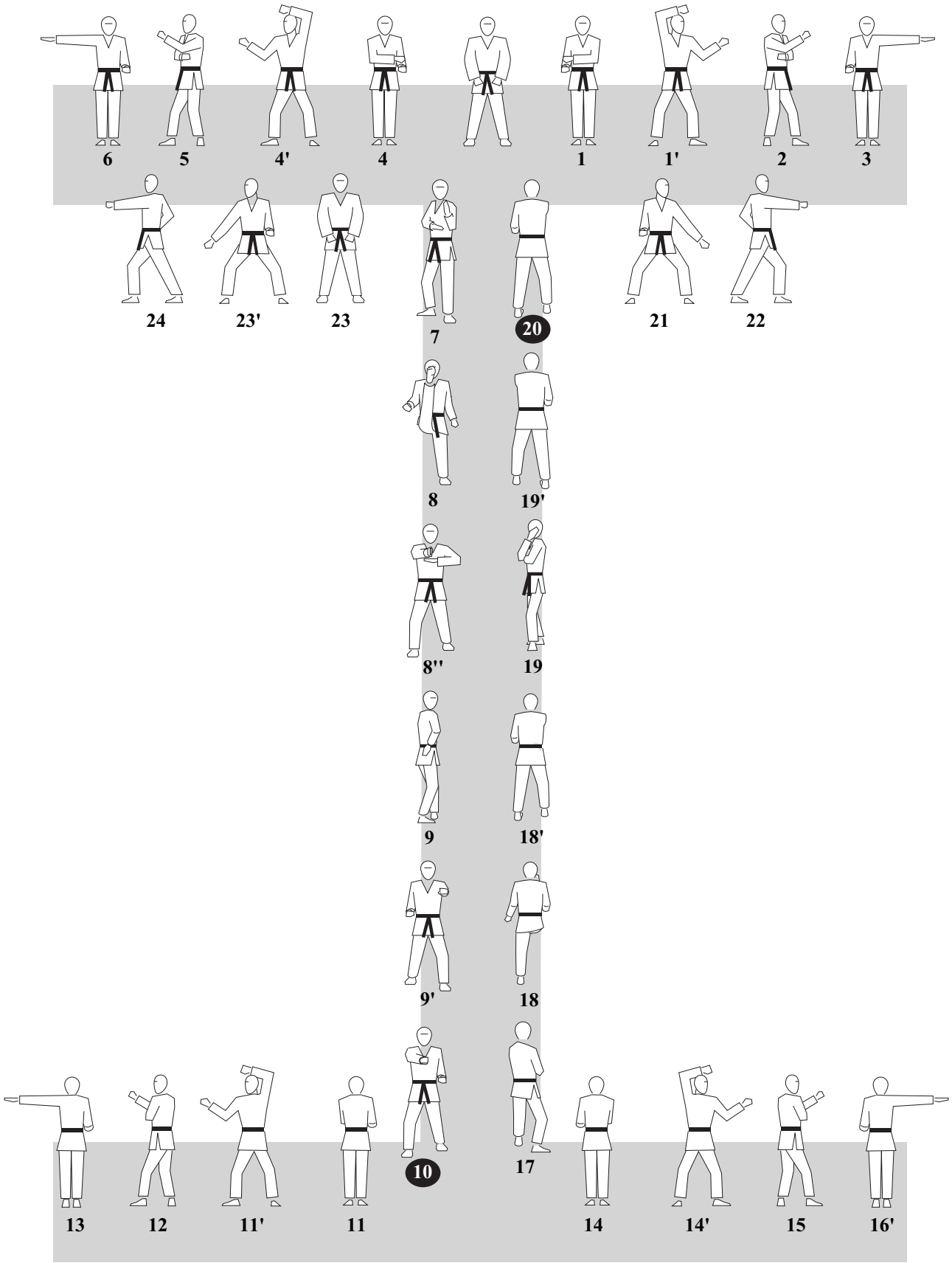
23. Assume a ready position (Joonbichasay) facing 12 o'clock, hold for a moment then move the right foot toward 3 o'clock to assume a straddle stance (Joochoomseogi). Execute a right side down block (Oreun Arae Yeop Makki).

24. Shift the right foot toward 3 o'clock. Assume a right forward stance (Oreun Apkoobi). Execute a left middle punch (Oen Momtong Baro Chireugi).

- Ready stance (Geuman) Keep left foot fixed, move right foot toward left.
- Bow (Shiyo)

Palgwe Sa Jang (4)

I



Palgwe 5

- Attention (Charyeut)
- Bow (Kungye)
- Ready stance (Joonbi)

1. Move the left foot to the rear assuming a right forward stance (Oreun Apkoobi). Execute a right scissor block (Oreun Gawi Makki).

2. Move the left foot toward 9 o'clock assuming a right back stance (Oreun Dwitkoobi). Execute a left double knife hand down block (Oen Sonnal Arae Makki).

3. Advance assuming a left back stance (Oen Dwitkoobi). Execute a right double knife hand middle block (Oreun Sonnal Momtong Makki).

4. Retreat assuming a right back stance (Oreun Dwitkoobi). Execute a left middle pressing palm block (Oen Batangson Nooleo Makki).

5. Advance to a right forward stance (Oreun Apkoobi). Execute a right middle punch (Oreun Momtong Badae Chireugi).

6. Turn clockwise to 3 o'clock. Assume a left back stance (Oen Dwitkoobi). Execute a right double knife hand down block (Oreun Sonnal Arae Makki).

7. Advance to a right back stance (Oreun Dwitkoobi). Execute a left double knife hand middle block (Oen Sonnal Momtong Makki).

8. Retreat to a left back stance (Oen Dwitkoobi). Execute a right middle pressing palm block (Oreun Batangson Nooleo Makki).

9. Advance to a left forward stance (Oen Apkoobi). Execute a left middle punch (Oen Momtong Badae Chireugi).

10. Turn counterclockwise to upper 12 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left scissor block (Oen Gawi Makki).

11. Advance to a right forward stance (Oreun Apkoobi). Execute a right augmented middle block (Oreun Momtong Geodeureo Bakat Makki).

12. Advance to a left forward stance (Oen Apkoobi). Execute a left augmented middle block (Oen Momtong Geodeureo Bakat Makki).

13. Advance to a right forward stance (Oreun Apkoobi). Execute a left palm pressing middle block and a right spear hand strike (Oreun Pyeonsonkeut Seweo Chireugi). Yell (**Kihap**).

14. Turn counterclockwise to 9 o'clock. Pivot on the right foot. Assume a left forward stance (Oen Apkoobi). Execute a left inside-outside middle block (Oen An Palmok Momtong Bakat Makki).

15. Maintaining the same stance, execute a double middle punch, right fist first (Momtong Dooboon Chireugi).

16. Keep the right foot fixed; raise the left foot to assume a right crane stance (Oreun Haktari Seogi). Bring the right fist (palm up) to the right side. The left fist is held palm toward the middle over the right one.

17. Execute a left side kick (Oen Yeopchagi) toward 3 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a right elbow middle strike (Oreun Palkoop Pyojeok Chigi).

18. Advance toward 3 o'clock. Assume a left back stance (Oen Dwitkoobi). Execute a right double knife hand middle block (Oreun Sonnal Momtong Makki).

19. Pivot on the ball of the left foot. Turn clockwise toward 9 o'clock. Assume a right forward stance (Oreun Apkoobi). Execute a right inside-outside middle block (Oreun An Palmok Momtong Bakat Makki).

20. Maintain the same stance. Execute a double middle punch, left fist first (Momtong Dooboon Chireugi).

21. Keep the left foot fixed. Raise the right foot to assume a left crane stance (Oen Haktari Seogi). Bring fists to the left hip.

22. Execute a right side kick (Oreun Yeopchagi) toward 9 o'clock. Assume a right forward stance (Oreun Apkoobi). Execute a left elbow middle strike (Oen Palkoop Pyojeok Chigi).

23. Advance to a right back stance (Oreun Dwitkoobi). Execute a left double knife hand middle block (Oen Sonnal Momtong Makki).

24. Turn counterclockwise toward 6 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left scissor block (Oen Gawi Makki).

25. Advance to a left back stance (Oen Dwitkoobi). Execute a right double fist down block (Oreun Geodeureo Arae Makki).

26. Advance to a right back stance (Oreun Dwitkoobi). Execute a left double fist down block (Oen Geodeureo Arae Makki).

27. Advance to a right forward stance (Oreun Apkoobi). Execute a right middle punch (Oreun Momtong Badae Chireugi). Yell (**Kihap**).

28. Turn counterclockwise to 9 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a left double knife hand down block (Oen Sonnal Arae Makki).

29. Advance to a left back stance (Oen Dwitkoobi). Execute a right double knife hand middle block (Oreun Sonnal Momtong Makki).

30. Retreat to a right back stance (Oreun Dwitkoobi). Execute a left pressing block (Oen Batangson Nooleo Makki).

31. Advance to a right forward stance (Oreun Apkoobi). Execute a right middle punch (Oreun Momtong Badae Chireugi).

32. Turn clockwise to 3 o'clock assuming a left back stance (Oen Dwitkoobi). Execute a right double knife hand down block (Oreun Sonnal Arae Makki).

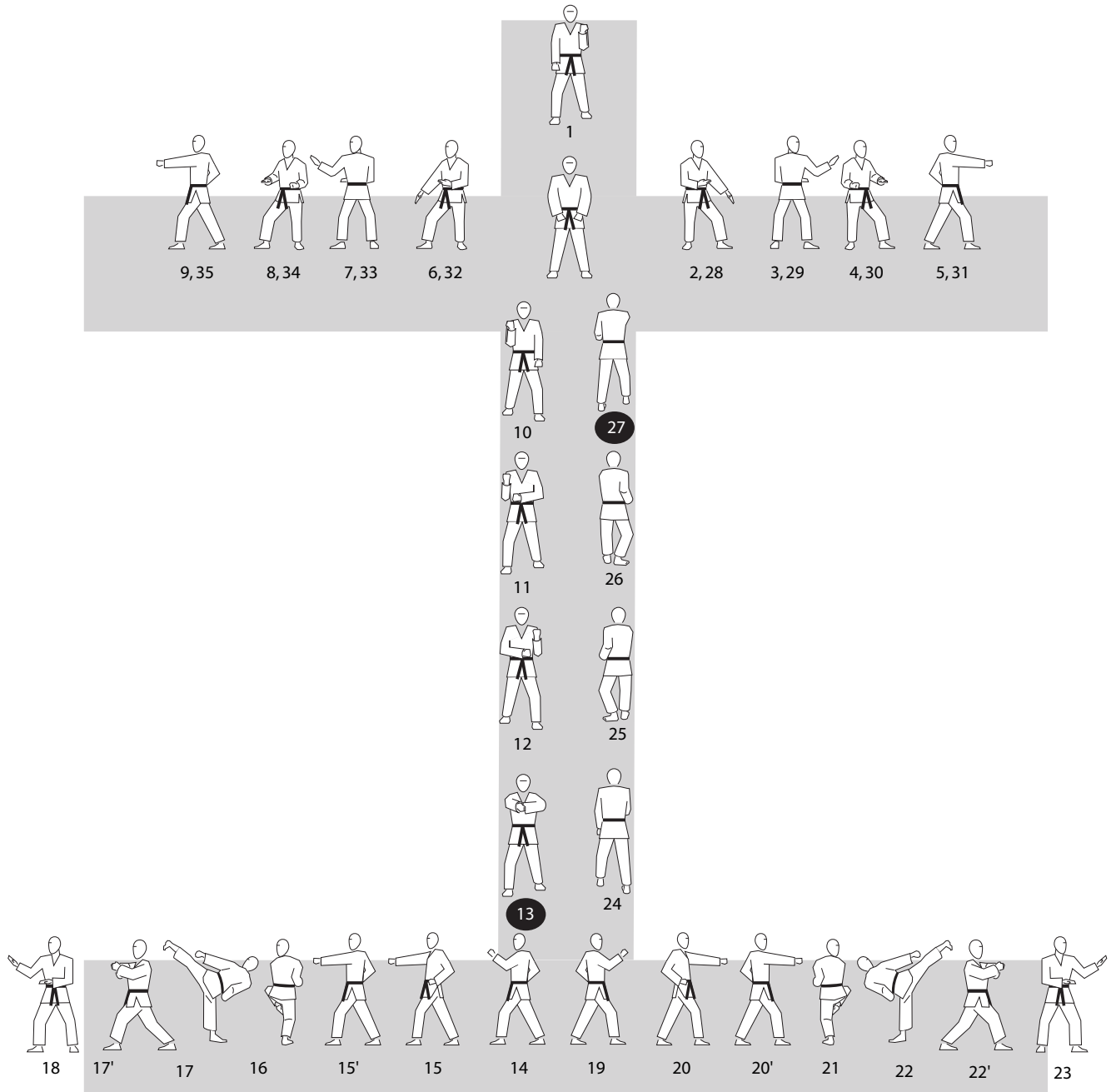
33. Advance to a right back stance (Oreun Dwitkoobi). Execute a left double knife hand middle block (Oen Sonnal Momtong Makki).

34. Retreat to a left back stance (Oen Dwitkoobi). Execute a right pressing palm block (Oreun Batangson Nooleo Makki).

35. Advance to a left forward stance (Oen Apkoobi). Execute a left middle punch (Oen Momtong Badae Chireugi).

- Ready stance (Geuman) Pivot on right foot, turn body to the left.
- Bow (Shiyo)

Palgwe Oh Jang (5)



Palgwe 6

- Attention (Charyeut)
- Bow (Kungye)
- Ready stance (Joonbi)

1. Turn to 9 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a left double knife hand middle block (Oen Sonnal Momtong Makki).
2. Execute a right front kick (Oreun Apchagi). Assume a right forward stance (Oreun Apkoobi). Execute a right middle punch (Oreun Momtong Badae Chireugi).
3. Turn clockwise to 3 o'clock. Assume a left back stance (Oen Dwitkoobi). Execute a right double knife hand middle block (Oreun Sonnal Momtong Makki).
4. Execute a left front kick (Oen Apchagi). Assume a left forward stance (Oen Apkoobi). Execute a left middle punch (Oen Momtong Badae Chireugi).
5. Turn counterclockwise toward 12 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left down block (Oen Arae Makki).
6. With the feet in the same positions, twist the middle to the left and execute a right knife hand neck strike and left open hand upper block simultaneously (Jebipoom Mok Chigi).
7. Execute a right front kick (Oreun Apchagi) with the hands in the same position. As the kicking leg comes down, push off with the left leg and jump forward landing in a crossed stance, right foot forward (Oreun Koaseogi). At the instant you land, execute a right augmented backfist to the philtrum (Oreun Geodeureo Deung Joomeok Eolgool Ap Chigi). The left fist is held at the right elbow. Yell (**Kihap**).
8. Pivot on the right foot. Turn counterclockwise toward 3 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a left double knife hand down block (Oen Sonnal Arae Makki).
9. Shift the left foot to assume a left forward stance (Oen Apkoobi). Execute a palm outward wedge block (Bakat Palmok Momtong Hechyong Makki).
10. Execute a right front kick (Oreun Apchagi). Assume a right forward stance (Oreun Apkoobi). Execute a double middle punch (Momtong Doobeon Chireugi), right fist first.
11. Turn clockwise to 9 o'clock. Assume a left back stance (Oen Dwitkoobi). Execute a right double knife hand down block (Oen Sonnal Arae Makki).
12. Move the right foot, assuming a right forward stance (Oreun Apkoobi). Execute a palm outward wedge block (Bakat Palmok Momtong Hechyong Makki).
13. Execute a left front kick (Oen Apchagi). Assume a left forward stance (Oen Apkoobi). Execute a double middle punch (Momtong Doobeon Chireugi), left fist first.

14. Pivot on the right foot. Turn counterclockwise to 6 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a left double knife hand middle block (Oen Sonnal Momtong Makki).

15. Shift the left foot to assume a left forward stance (Oen Apkoobi). Execute a right palm heel strike to the chin and a left open hand upper block (Jebipoom Teok Chigi) simultaneously.

16. Execute a right front kick (Oreun Apchagi). Assume a right forward stance (Oreun Apkoobi). Execute a right backfist to the philtrum (Oreun Deung Joomeok Eolgool Chigi). Yell (**Kihap**).

17. Execute a left front kick (Oen Apchagi). Assume a left forward stance (Oen Apkoobi). Execute a left upper block (Oen Eolgool Makki).

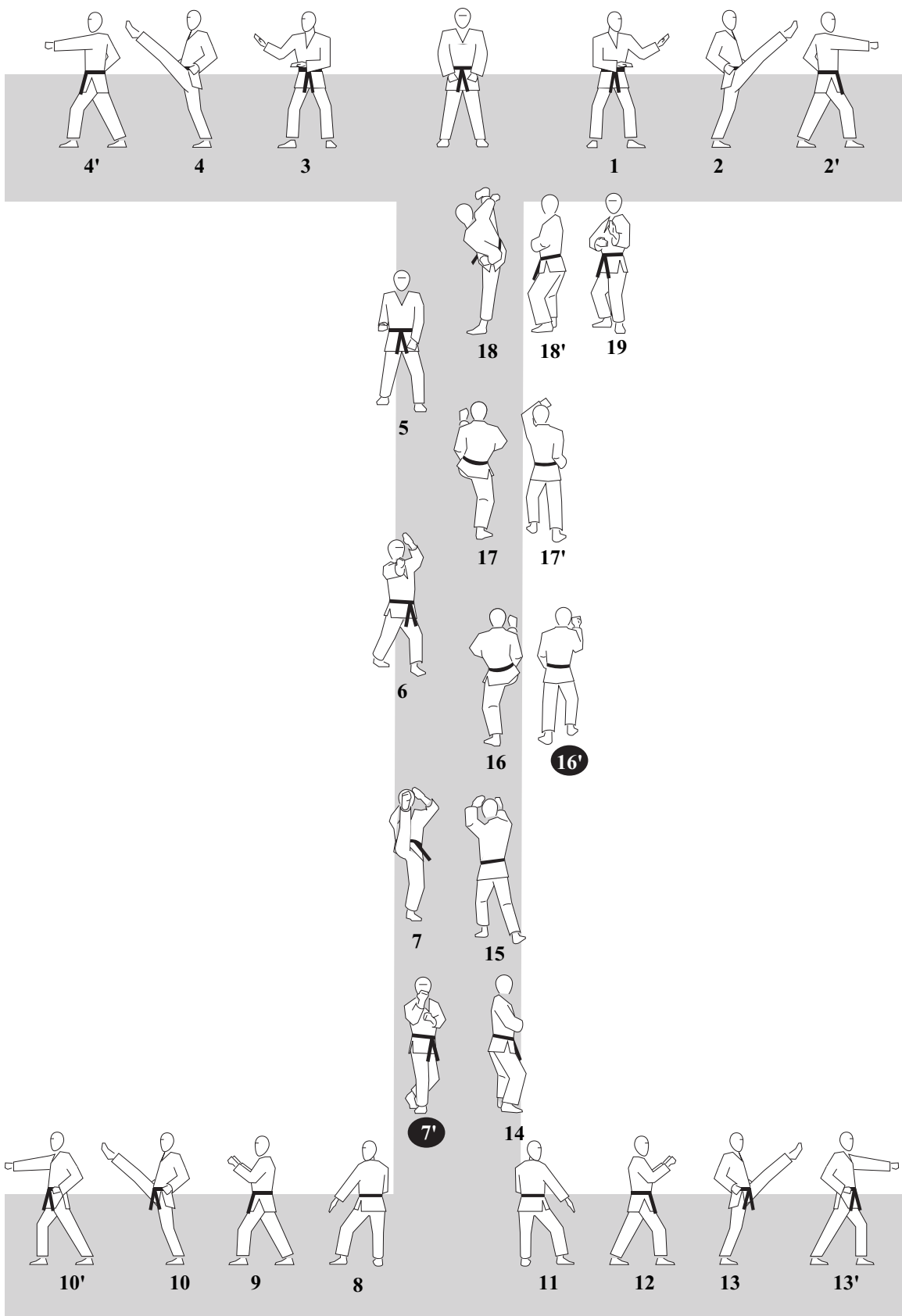
18. Execute a right side kick (Oreun Yeopchagi) toward 6 o'clock. Assume a left back stance (Oen Dwitkoobi). Execute a right double knife hand middle block (Oreun Sonnal Momtong Makki).

19. Keep the feet in the same position. Shift counterclockwise to upper 12 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a left double knife hand middle block (Oen Sonnal Momtong Makki).

- Ready stance (Geuman) Keep left foot fixed, move right foot to the front.
- Bow (Shiyo)

Palgwe Yook Jang (6)

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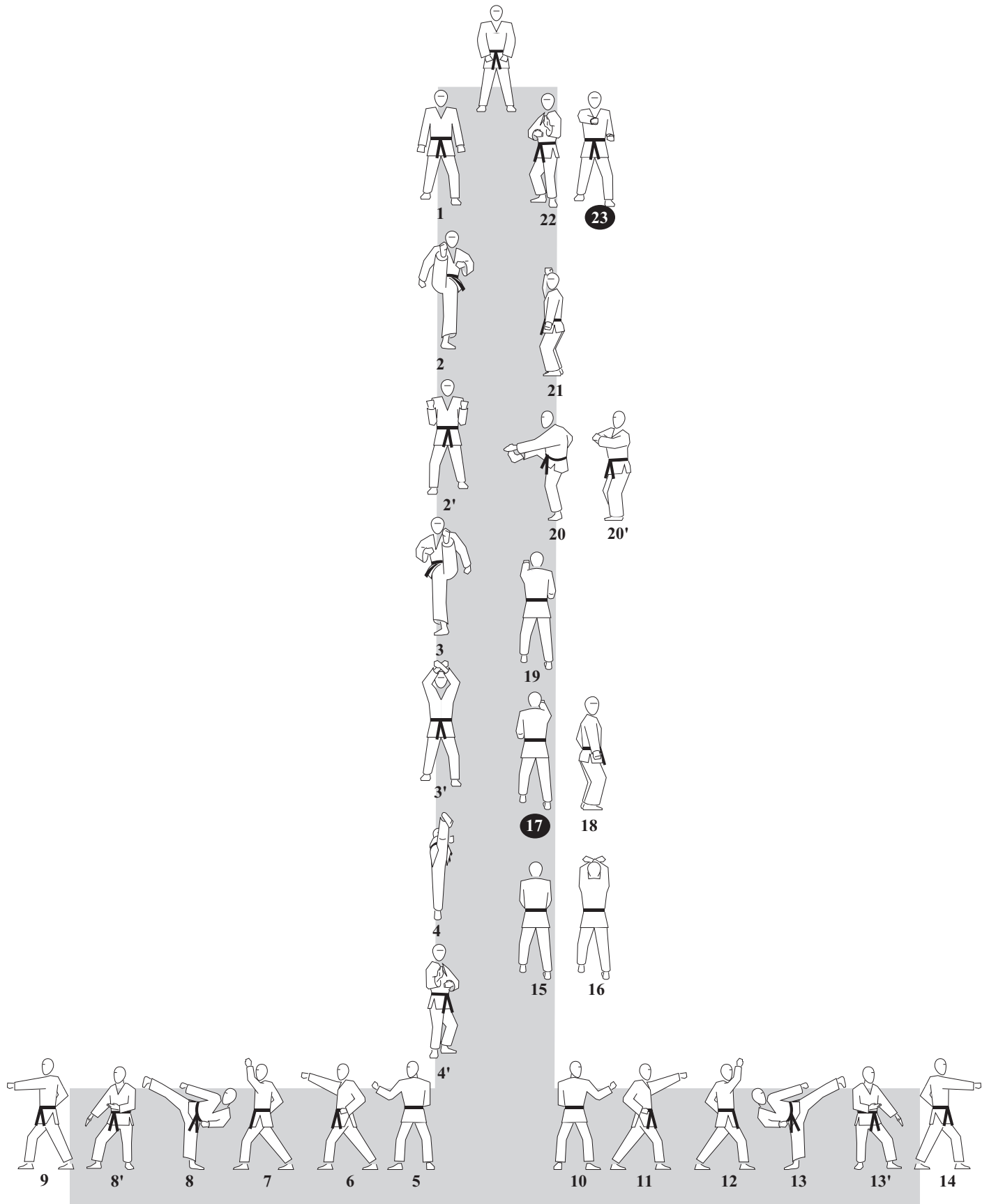
Palgwe 7

- Attention (Charyeut)
- Bow (Kungye)
- Ready stance (Joonbi)

1. Advance toward 12 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a down wedge block (Arae Hechyo Makki) with the fists closed.
2. Execute a right front kick (Oreun Apchagi). Assume a right forward stance (Oreun Apkoobi). Execute a palm inward middle wedge block (An Palmok Momtong Hechyo Makki).
3. Execute a left front kick (Oen Apchagi). Assume a left forward stance (Oen Apkoobi). Execute a high X block (Eotgeoreo Eolgool Makki).
4. Execute a right side kick (Oreun Yeopchagi) toward 12 o'clock. Assume a left back stance (Oen Dwitkoobi). Execute a right double knife hand middle block (Oreun Sonnal Momtong Makki).
5. Pivot counterclockwise toward 3 o'clock assuming a right back stance (Oreun Dwitkoobi). Execute a left inside-outside middle block (Oen An Palmok Momtong Yeop Makki).
6. Shift the left foot to assume a left forward stance (Oen Apkoobi). Execute a right upper punch (Oreun Eolgool Baro Chireugi).
7. Keep both feet fixed. Execute a left upper block (Oen Eolgool Makki).
8. Execute a right side kick (Oreun Yeopchagi) toward 3 o'clock. Assume a left back stance (Oen Dwitkoobi) and execute a right double knife hand down block (Oreun Sonnal Arae Makki).
9. Shift the right foot to a right forward stance (Oreun Apkoobi). Execute a left middle punch (Oen Momtong Baro Chireugi).
10. Pivot on the left foot. Turn clockwise to 9 o'clock. Assume a left back stance (Oen Dwitkoobi). Execute a right inside-outside middle block (Oreun An Palmok Momtong Yeop Makki).
11. Shift the right foot to assume a right forward stance (Oreun Apkoobi). Execute a left upper punch (Oen Eolgool Baro Chireugi).
12. Keep the feet fixed. Execute a right upper block (Oreun Eolgool Makki).
13. Execute a left side kick (Oen Yeopchagi) toward 9 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a left double knife hand down block (Oen Sonnal Arae Makki).
14. Shift the left foot to assume a left forward stance (Oen Apkoobi). Execute a right middle punch (Oreun Momtong Baro Chireugi).
15. Turn counterclockwise to 6 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a down X block (Eotgeoreo Arae Makki).
16. Stay in the same stance. Execute an upper X block (Eotgeoreo Eolgool Makki).
17. Stay in the same stance. Bring both hands to the hips and execute a right upper punch (Oreun Eolgool Baro Chireugi). Yell (**Kihap**).
18. Pivot on the left foot turning counterclockwise. Stamping with the right foot, assume a straddle stance (Joochoomseogi) looking toward 9 o'clock. Execute a right down side block (Oreun Arae Yeop Makki).
19. Execute a left, palm down, knife hand strike (Oen Hansonnal Eolgool Bakat Chigi) toward 6 o'clock from a left forward stance (Oen Apkoobi).
20. Execute a right outside-inside crescent kick (Oreun Pyojeok Chagi), striking the left hand. Facing 3 o'clock, assume a straddle stance (Joochoomseogi). Execute a right elbow middle strike (Oreun Palkoop Pyojeok Chigi).
21. Shift to the rear, assume a right back stance (Oreun Dwitkoobi) and execute a part mountain shape block (Oesanteul Makki) toward 12 o'clock.
22. Shift to the rear assuming a right back stance (Oreun Dwitkoobi). Execute a left double knife hand middle block (Oen Sonnal Momtong Makki) toward 12 o'clock.
23. Shift forward toward 12 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a right middle punch (Oreun Momtong Baro Chireugi). Yell (**Kihap**).

- Ready stance (Geuman) Keep right foot fixed, move the left foot to the rear.
- Bow (Shiyo)

Palgwe Chil Jang (7) T



Palgwe 8

- Attention (Charyeut)
- Bow (Kungye)
- Ready stance (Joonbi)

1. Turn toward 9 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left down block (Oen Arae Makki)
2. Retract the left foot. Assume a left ease stance (Oen Pyeonhiseogi). Execute a left downward hammer fist strike (Oen Me Joomeok Naeryo Chigi).
3. Advance toward 9 o'clock assuming a right forward stance (Oreun Apkoobi). Execute a right middle punch (Oreun Momtong Banae Chireugi).
4. Turn clockwise toward 3 o'clock. Assume a right forward stance (Oreun Apkoobi). Execute a right down block (Oreun Arae Makki).
5. Retract the right foot to assume a right ease stance (Oreun Pyeonhiseogi). Execute a right downward hammerfist strike (Oreun Me Joomeok Naeryo Chigi).
6. Advance toward 3 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left middle punch (Oen Momtong Banae Chireugi).
7. Turn counterclockwise toward 12 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a left double knife hand middle block (Oen Sonnal Momtong Makki).
8. Advance to a right forward stance (Oreun Apkoobi). Execute a left palm heel pressing middle block and a right spear hand strike (Oreun Pyeonsonkeut Seweo Chireugi).
9. Press hand forward by shifting your weight toward 12 o'clock. Quickly retract hand as if escaping from a grab. Place behind the lower back. As you retract your hand turn 360° counterclockwise to 12 o'clock, pivoting on the ball of the right foot, at the completion of the turn assume a right back stance (Oreun Dwitkoobi) and execute a left back fist (Oen Deung Joomeok Momtong Bakat Chigi).
10. Advance to a right forward stance (Oreun Apkoobi). Execute a right upper punch (Oreun Eolgool Banae Chireugi). Yell (**Kihap**).
11. Turn counterclockwise to 3 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a left knife hand strike (Oen Hansonnal Bakat Chigi).
12. Turn to the right; shift the left foot inward toward 6 o'clock. Pull the elbow across the middle, the left knife hand aligned with the right shoulder to escape from a grab.
13. Assume a straddle stance (Joochoom Seogi), facing 6 o'clock. Execute a left side elbow strike (Oen Palkoop Yeop Chigi) toward 3 o'clock.
14. Shift the left foot toward 3 o'clock assuming a left forward stance (Oen Apkoobi). Execute a left inside-outside middle block (Oen An Palmok Momtong Bakat Makki).
15. Keep the feet in the same stance. Execute a right middle punch (Oreun Momtong Baro Chireugi).
16. Move the left foot up toward 6 o'clock to a straddle stance (Joochoomseogi) facing 6 o'clock. Place the fists at the left hip.
17. Bring the left foot toward the right, then move the right toward 9 o'clock to assume a left back stance (Oen Dwitkoobi). Execute a right knife hand strike (Oreun Hansonnal Bakat Chigi).

18. Shift to the left, move the right foot inward and pull the elbow across the middle, the knife hand aligning with the left shoulder to escape a grab.

19. Assuming a straddle stance (Joochoomseogi). Execute a right side elbow strike (Oreun Palkoop Yeop Chigi) toward 9 o'clock.

20. Shift the right foot, assuming a right forward stance (Oreun Apkoobi). Execute a right inside-outside, middle block (Oreun An Palmok Momtong Bakat Makki).

21. Staying in the same stance, execute a left middle punch (Oen Momtong Baro Chireugi).

22. Turn counterclockwise; assume a straddle stance (Joochoomseogi) facing 6 o'clock. Place both fists on the right hip.

23. Bring the left foot to the right. Assume a right crane stance (Oreun Haktariseogi).

24. Execute a left side kick (Oen Yeopchagi) toward 6 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a right elbow strike (Oreun Palkoop Pyojeok Chigi).

25. Pull the right foot back to assume a straddle stance (Joochoomseogi) facing 9 o'clock, looking toward 12 o'clock. Place both fists on the left hip.

26. Bring the right foot toward the left foot. Assume a left crane stance (Oen Haktariseogi).

27. Execute a right sidekick (Oreun Yeopchagi) toward 12 o'clock. Assume a right forward stance (Oreun Apkoobi). Execute a left elbow strike (Oen Palkoop Pyojeok Chigi).

28. Pivot counterclockwise to 6 o'clock assuming a left forward stance (Oen Apkoobi). Execute a palm outward wedge block (Bakat Palmok Momtong Hechyo Makki). Immediately execute a double fist uppercut (Doo Joomeok Jeochyo Chireugi).

29. Advance to a right forward stance (Oreun Apkoobi). Execute a palm outward wedge block (Bakat Palmok Momtong Hechyo Makki). Immediately execute a double fist upper cut (Doo Joomeok Jeochyo Chireugi).

30. Advance to a right back stance (Oreun Dwitkoobi). Execute a left knife hand middle block (Oen Hansonnal Momtong Makki).

31. Pivot on the left foot, turning clockwise assuming a straddle stance (Joochoomseogi) facing toward 6 o'clock. Execute a right side elbow strike (Oreun Palkoop Dwiro Chigi).

32. Pivot counterclockwise on the right foot. Assume a closed stance (Moaseogi) with the open hands crossed in front of the groin area, left hand over right.

33. Move the left foot to assume a straddle stance (Joochoomseogi). Raise the elbows to escape from a rear grab (Meonge Paegi).

34. Shift toward 3 o'clock. Execute simultaneous right rear elbow strike and left rear upper punch over the right shoulder (Oreun Dwi Chireugi) while looking over the right shoulder.

35. In the same stance move slightly toward 9 o'clock. Execute a left rear elbow strike and a right rear upper punch over the left shoulder (Oen Dwi Chireugi) while looking over the left shoulder. Yell (**Kihap**).

- Ready stance (Geuman) Keep right foot fixed, move left foot in.
- Bow (Shiyo)

Palgwe Pal Jang (8)

