

# Taegeuk II Jang

## Part 1 of The Taegeuk (Set of Poomsae)

18 Movements, 2 kicks, 9 punches, 1 keup.

1. Start in the ready stance, turn left 90 degrees into a walking stance with left foot forward, left low block (**Ap Seogi Arae Makki**).
2. Step forward into walking stance with right foot forward, right hand middle punch (**Ap Seogi Momtong Jireugi**).
3. Turn right 180 degrees into a walking stance with right foot forward, right low block (**Ap Seogi Arae Makki**).
4. Step forward into walking stance with left foot forward, left hand middle punch (**Ap Seogi Momtong Jireugi**).
5. Turn left 90 degrees into a front stance with left foot forward, left low block (**Ap Kubi Arae Makki**).
6. Maintain left front stance and execute right middle punch (**Momtong Jireugi**).
7. Turn right 90 degrees into a walking stance with right foot forward, execute left inside block (**Ap Seogi Momtong Makki**).
8. Step forward into walking stance with left foot forward, right hand middle punch (**Ap Seogi Momtong Jireugi**).
9. Turn left 180 degrees into a walking stance with left foot forward, right inside block (**Ap Seogi Momtong Makki**).
10. Step forward into walking stance with right foot forward, left hand middle punch (**Ap Seogi Momtong Jireugi**).
11. Turn right 90 degrees into a front stance with right foot forward, right hand low block (**Ap Kubi Arae Makki**).
12. Maintain a front stance and execute a left middle punch (**Momtong Jireugi**).
13. Turn left 90 degrees into a walking stance with left foot forward, left high block (**Ap Seogi Olgul Makki**).
14. Right front kick, foot placed down into a walking stance with right foot forward, right middle punch (**Ap Chagi Ap Seogi Momtong Jireugi**).
15. Turn right 180 degrees into a walking stance with right foot forward, right high block (**Ap Seogi Olgul Makki**).
16. Left front kick, foot placed down into walking stance with left foot forward, left middle punch (**Ap Chagi Ap Seogi Momtong Jireugi**).
17. Left leg steps 90 degrees to right into a front stance with left foot forward, left low block (**Ap Kubi Arae Makki**).
18. Step forward into a front stance with right foot forward, right middle punch, yell keup! Bring left leg back turning 180 degrees, facing to the front in a ready stance, ending at the same place you started (**Ap Kubi Momtong Jireugi KI-UP**).