

# Taegeuk Ee Jang

## Part 2 of The Taegeuk (Set of Poomsae)

18 Movements, 5 kicks, 7 punches, 1 keup.

1. Start in the ready or “**Joon Bi**” stance, turn 90 degrees to the left into a walking stance with left foot forward, left hand low block (**Ap seogi Arae Makki**).
2. Step forward into front stance with right foot forward, right arm middle punch (**Ap kubi Momtong Jireugi**).
3. Turn 180 degrees to the right into a walking stance with right foot forward, right hand low block (**Ap seogi Arae Makki**).
4. Step forward into front stance with left foot forward, left arm middle punch (**Ap kubi Momtong Jireugi**).
5. Turn 90 degrees to the left into a walking stance with left foot forward, right arm inside block (**Ap seogi Momtong Makki**).
6. Step forward into walking stance with right foot forward, left arm inside block (**Ap seogi Momtong Makki**).
7. Turn 90 degrees to the left into a walking stance with left foot forward, left hand low block (**Ap seogi Arae Makki**).
8. Right foot front snap kick, landing in front stance with right foot forward, right arm high punch (**Ap Chagi, Ap kubi Olgul Jireugi**).
9. Turn 180 degrees to the right into a walking stance with right foot forward, right arm low block (**Ap seogi Arae Makki**).
10. Left foot front snap kick, landing in front stance with left foot forward, left arm high punch (**Ap Chagi, Ap kubi Olgul Jireugi**).
11. Turn 90 degrees to the left into a walking stance with left foot forward, left arm high block (**Ap seogi Olgul Makki**).
12. Step forward into a walking stance with right foot forward, right arm high block (**Ap seogi Olgul Makki**).
13. Turn 270 degrees (counter clockwise) to the left into a walking stance with left foot forward, right arm inside block (**Ap seogi Momtong Makki**).
14. Turn left 180 degrees into the right walking stance with right foot forward, left arm inside block (**Ap seogi Momtong Makki**).
15. Turn 90 degrees to the left into a walking stance with left foot forward, left arm low block (**Ap seogi Arae Makki**).
16. Right foot front snap kick, landing in walking stance with right foot forward, right arm middle punch (**Ap Chagi, Ap seogi Momtong Jireugi**).
17. Left foot front snap kick, landing in walking stance with left foot forward, left arm middle punch (**Ap Chagi, Ap seogi Momtong Jireugi**).
18. Right foot front snap kick, landing in walking stance with right foot forward, right arm 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 Chagi, Ap seogi Momtong Jireugi, KEUP**).