

Taegeuk Sam Jang

Part 3 of The Taegeuk (Set of Poomsae)

20 Movements, 6 kicks, 14 punches, 1 keup.

1. Start in the ready or “**Joon Bi**” stance, turn left 90 degrees, left low block (**Ap seogi Arae Makki**).
2. Right front kick, right punch, left punch (**Ap Chagi, Ap kubi Doobeon Momtong Jireugi**).
3. Turn right 180 degrees into a right walking stance, right low block (**Ap seogi Arae Makki**).
4. Left front kick into left front stance, left punch, right punch (**Ap Chagi, Ap kubi Doobeon Momtong Jireugi**).
5. Turn left 90 degrees, into a left walking stance, right hand knife strike to the neck (**Ap seogi Soonal Mok Chigi**).
6. Step forward into a right walking stance, left hand knife strike to the neck (**Ap seogi Sonnal Mok Chigi**).
7. Move left foot into a back stance, simultaneously execute a left side, knife hand block to the left (**Dwi seogi Sonnal Bakat Makki**).
8. Step over to a left front stance and execute a right hand middle punch (**Ap kubi Momtong Jireugi**).
9. Move left foot to a back stance and execute a right hand, knife block to the right side (**Dwi seogi Sonnal Bakat Makki**).
10. Step over to a right front stance and execute a left hand middle punch (**Ap kubi Momtong Jireugi**).
11. Turn left 90 degrees, right inside block (**Ap seogi Momtong Makki**).
12. Step forward into a right walking stance, left inside block (**Ap seogi Momtong Makki**).
13. Turn right 270 degrees, left hand low block (**Ap seogi Arae Makki**).
14. Right front kick into a right front stance; execute right punch and left middle punch (**Ap Chagi, Ap kubi Doobeon Momtong Jireugi**).
15. Turn right 180 degrees, into a right walking stance, right hand low block (**Ap seogi Arae Makki**).
16. Left front kick landing in a left front stance, executing left and right middle punches (**Ap Chagi, Ap kubi Doobeon Momtong Jireugi**).
17. Turn left 90 degrees into left walking stance, left hand low block, right hand middle punch without changing stance (**Ap seogi Arae Makki, Momtong Jireugi**).
18. Step forward into right walking stance, right hand low block, left hand middle punch without changing stance (**Ap seogi Arae Makki, Momtong Jireugi**).
19. Left front kick landing in a left walking stance, left hand low block, then executing right hand middle punch (**Ap Chagi, Ap seogi Arae Makki, Momtong Jireugi**).
20. Right front kick landing in a right walking stance, right hand low block, left middle punch and 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 Arae Makki, Momtong Jireugi, KI-UP**).