

# Taegeuk Sa Jang

## Part 4 of The Taegeuk (Set of Poomsae)

20 Movements, 6 kicks, 7 punches, 1 keup.

1. Start in the ready or “**Joon Bi**” stance, turn left 90 degrees into left back stance, execute left double knife hand middle block (**Dwi kubi Yang Sonnal Makki**).
2. Step up to right front stance, execute right hand spear finger strike. Simultaneously place your left hand palm down under your right elbow (palm down block), (**Ap kubi Batangson Pyonsonkkeut Sewotzireugi**).
3. Turn right 180 degrees into right back stance, execute right double knife hand middle block (**Dwi kubi Yang Sonnal Makki**).
4. Step up to left front stance, and execute left hand spear finger strike. Simultaneously place your right hand palm down under your left elbow (palm down block), (**Ap kubi Batangson Pyonsonkkeut Sewotzireugi**).
5. Turn left 90 degrees into left front stance and execute a right hand knife hand strike, left hand knife hand left block (**Ap kubi Jebipoom Mok Chigi**).
6. Right front kick into a right walking stance, after landing execute a left hand middle punch (**Ap Chagi, Ap seogi Momtong Jireugi**).
7. Execute a left side kick (**Yop Chagi**).
8. Execute right side kick (**Yop Chagi**) into right back stance, simultaneously, execute a double knife hand block (**Dwi kubi Yang Sonnal Makki**).
9. Turn left 270 degrees (counter clockwise) into a right back stance and execute left outside block (**Dwi kubi Bakkat Makki**).
10. Right front kick (don't move forward), right foot back to original position; execute a right hand inside block (**Ap Chagi, Dwi kubi Momtong An Makki**).
11. Turn right 180 degrees into a left back stance, right hand outside block (**Dwi kubi Bakkat Makki**).
12. Left front kick (don't move forward), left foot back to its original position, left hand inside block (**Ap Chagi, Dwi kubi Momtong An Makki**).
13. Turn left 90 degrees execute right hand knife hand strike, at the same time left hand knife hand high block (**Ap koobi Jebipoom Mook Chigi**).
14. Right front kick into right front stance, right hand back fist strike (**Ap Chagi, Ap koobi Deung Jumeok Ap Chigi**).
15. Turn left 90 degrees into a left walking stance and execute left hand inside block (**Ap seogi Momtong An Makki**).
16. Keep both feet fixed, right hand middle punch (**Momtong Jireugi**).
17. Turn right 180 degrees into a right walking stance, right hand inside block (**Ap seogi Momtong An Makki**).
18. Keeping both feet fixed left middle punch (**Momtong Jireugi**).
19. Pivot on right foot, move left foot into a left front stance and execute left inside block. Keep both feet fixed and execute right and left middle punches (**Ap koobi Momtong An Makki, Dubeon Jireugi**).
20. Step up into a right front stance and execute right inside block. Keep both feet fixed. Execute left and right middle punches 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 koobi Momtong An Makki, Dubeon Jireugi, KI-UP**).