

Taegeuk Oh Jang

Part 5 of The Taegeuk (Set of Poomsae)

20 Movements, 6 kicks, 0 punches, 1 keups.

1. Start in the Ready or “**Joon Bi**” stance. Turn left into front stance, left low block (**Ap kubi Arae Makki**).
2. Left foot comes back next to the right foot, left hand hammer fist downwards (**Wen seogi Me Jumeok Naeryeo Chigi**).
3. Turn right 180 degrees into right front stance, right hand low block (**Ap kubi Arae Makki**).
4. Right foot comes back next to the left foot, right hand hammer fist downwards (**Oren seogi Me Jumeok Naeryeo Chigi**).
5. Advance forward into left front stance, left inside block, right inside block (**Ap koobi Momtong Makki, Momtong Makki**).
6. Right foot front kick into right front stance, right hand back fist, left inside block (**Ap Chagi, Ap kubi Deung Jumeok Ap Chigi, Momtong Makki**).
7. Left foot front kick into left front stance, left hand back fist, right inside block (**Ap Chagi, Ap kubi Deung Joomeok Ap Chigi, Momtong Makki**).
8. Advance right foot forward into right front stance, right hand back fist and keup! (**Ap koobi Deung Joomeok Ap Chigi**).
9. Moving left foot, turn 270 degrees (counter clockwise) to the left into right back stance, single knife hand middle block with left hand (**Dwi kubi Sonnal Bakkat Maki**).
10. Step into right front stance, right elbow swing pulling with left hand (**Ap kubi Palkup Dollyo Chigi**).
11. Moving right foot, turn 180 degrees all the way to the right into left back stance, single knife hand middle block (**Dwi kubi Sonnal Bakkat Makki**).
12. Step into left front stance, left elbow swing pulling with right hand (**Ap kubi Palkup Dollyo Chigi**).
13. Turn left 90 degrees into left front stance, left hand low block, right inside block (**Ap kubi Arae Makki, Momtong An Makki**).
14. Right foot kick into right front stance, right hand low block, left inside block (**Ap Chagi, Ap kubi Arae Makki Momtong An Makki**).
15. Turn left 90 degrees into left front stance, left high block (**Ap kubi Ulgul Makki**).
16. Right side kick (right hand side punch at same time) landing on a right front stance, left elbow strike into right open hand (**Yeop Chagi yeop jireugi, Ap kubi Palkup Pyo Jeok Chigi**).
17. Turn right 180 degrees into right front stance, right high block (**Ap kubi Ulgul Makki**).
18. Left side kick landing on a left front stance, right elbow strike into open left hand (**Yeop Chagi yeop jireugi, Ap kubi Palkup Pyo Jeok Chigi**).
19. Turn left 90 degrees into left front stance, left low block, right inside block (**Ap kubi Arae Makki, Momtong An Makki**).
20. Right front kick, hop forward and land in a cross legged stance while executing a right back fist to the nose. The right foot is flat and the left foot should be on the ball of foot, yell keup! Turn 180 degrees and face the front, ending at the same place you started (**Ap Chagi Koa seogi Deung Joomeok Ap Chigi, KI-UP**).