

Taegeuk Yuk Jang

Part 6 of The Taegeuk (Set of Poomsae)

23 Movements, 8 kicks, 6 punches, 2 keup.

1. Start in the Ready or “**Joon Bi**” stance, turn left 90 degrees into left front stance, execute left hand low block (**Ap kubi Arae Makki**).
2. Keep left foot fixed, right leg front kick, place right foot back behind you into left back stance, execute left outside block (**Ap chagi, Dwi kubi Bakkat Makki**).
3. Turn right 180 degree into right front stance, right low block (**Ap kubi Arae Makki**).
4. Keeping right foot fixed, left front kick, then place left foot back behind you into a right back stance, and execute a right outside block (**Ap chagi, Dwi kubi Bakkat Makki**).
5. Turn left 90 degrees into a left front stance, right knife hand high block (**Ap kubi Sonnal Bitureo Bakkat Makki**).
6. Execute right roundhouse kick turning 90 degrees when you finish the roundhouse kick, drop your right foot behind you, so you are in a left front stance (**Dollyo Chagi**).
7. Execute left outside block, then right middle punch (**Ap kubi Ulgul Bakkat Makki, Momtong Jireugi**).
8. Right front kick and land in a right front stance, left middle punch (**Ap chagi Ap kubi Momtong Jireugi**).
9. Turn right 180 degrees into right front stance, execute a right outside block, then a left middle punch (**Ap kubi Ulgul Bakkat Makki, Momtong Jireugi**).
10. Left front kick landing in a left front stance, right middle punch (**Ap chagi, Ap kubi Momtong Jireugi**).
11. Turn left 90 degrees into a parallel stance (**Naranhi seogi**), cross both hands over your chest on a X-block (**Otgoreo Makki**), and execute a slow double low block (**Arae Hecho Makki**).
12. Step forward into a right front stance, left knife hand high block (**Ap kubi Sonnal Bitureo Bakkat Makki**).
13. Left roundhouse kick and yell keup! Drop your left foot so you are approximately 270 degrees into a right turn (**Dollyo Chagi KI-UP**).
14. Complete the turn by moving your right leg into a right front stance and execute a right hand low block (**Ap kubi Arae Makki**).
15. Keeping right foot fixed, left front kick, then place left foot behind you, so you are in a right back stance. Execute a right outside block (**Ap chagi, Dwi kubi Bakkat Makki**).
16. Turn left 180 degrees into left front stance, left low block (**Ap kubi Arae Makki**).
17. Keeping left foot fixed, right front kick, then place right foot behind you into a left back stance, and execute a left outside block (**Ap chagi, Dwi kubi Bakkat Makki**).
18. Pivot on left foot turning left 90 degrees into a left back stance, double knife hand middle block (**Dwi kubi Yang Sonnal Makki**).
19. Stepping back into right back stance, double knife hand middle block (**Dwi kubi Yang Sonnal Makki**).
20. Stepping back into left front stance, left down palm block (**Ap kubi Batangson Makki**).
21. Execute right middle punch (**Momtong Jireugi**).
22. Left foot steps back into right front stance, right hand palm down block (**Ap kubi Batangson Makki**).
23. Execute left middle punch. Move your right foot forward (in line with your left foot) and go into a ready stance (**Momtong Jireugi**).