

# Taegeuk Pal Jang

## Part 8 of The Taegeuk (Set of Poomsae)

24 Movements, 6 kicks, 12 punches, 2 keup.

1. Start in the ready or “**Joon Bi**” stance. Step forward with left foot into left back stance, double fist middle block. Then step down into left front stance and execute a right middle punch (**Dwi Kubi, Yang Son Bakkat Makgi, Ap kubi Momtong Jireugi**).
2. Execute a right front kick, without touching the ground, execute a left jumping front kick and keup! Step up with your left foot so you are in a left forward stance and execute left inside block. Execute right middle punch, then a left middle punch (**Dubal Dang Seong Chagi, Ap Kubi, Momtong An Makki, Momtong Dubeon Jireugi**).
3. Step forward with your right foot into a right front stance and execute a right middle punch (**Ap kubi Momtong Jireugi**).
4. Left leg moves 90 degrees behind you, so you are in a right front stance facing east. Looking west execute a left hand low block and a right hand side head block (**Ap kubi Wesanteul Makki**).
5. Step over into a left front stance and execute a right hand upper-cut. Bringing left arm in to protect face (**Ap kubi Danggyeo Jireugi**).
6. Step left leg over right into left front stance facing west. Looking east, execute a right hand low block and left hand side head block (**Ap Koa seogi, Ap kubi Wesanteul Makki**).
7. Step over into a right front stance and execute a left hand upper-cut bringing right arm in to protect face (**Ap kubi Danggyeo Jireugi**).
8. Left turn 90 degrees into a left back stance so you are facing north. Execute a double knife hand middle block (**Dwi kubi Yang Sonnal Makki**).
9. Step over into a left front stance and execute a right punch (**Ap kubi Momtong Jireugi**).
10. Right foot front snap kick, step back two steps. Step back with left leg into a right tiger stance and execute a right palm down block (**Ap Chagi, Beom seogi Batangson Makki**).
11. Turn left 90 degrees (West) into a left tiger stance, and execute a double knife hand middle block (**Beom seogi Yang Sonnal Makki**).
12. Left front kick into a left front stance and execute right punch (**Ap chagi, Ap kubi Momtong Jireugi**).
13. Left leg steps back into a left tiger stance and execute a right palm down block (**Beom seogi Batangson Makki**).
14. Right turn 180 degrees (East) into a right tiger stance and execute a double knife hand middle block (**Beom seogi Yang Sonnal Makki**).
15. Right front kick into a right front stance and execute a left middle punch (**Ap chagi, Ap kubi Momtong Jireugi**).
16. Right leg steps into a tiger stance and execute a right hand down block (**Beom seogi Batangson Makki**).
17. Right turn 90 degrees (South) into a right back stance and execute a double fist low block (**Dwi kubi Yang Son Naeryeo Makgi**).
18. Execute a left front kick and then a right jumping front kick. While your left leg is still in the air land in a right front stance. Execute a right hand inside block, then a left, right middle punch and keup! (**Ap Chagi, Ttwieo Ap Chagi, Ap kubi Momtong Makki, Dubeon Jireugi, KI-UP**).
19. Left turn 270 degrees (West) into a left back stance and execute a single left knife hand block (**Dwi kubi Sonnal Makki**).
20. Step over into a left front stance and execute right elbow strike (**Ap kubi Palkup Dollyo Chigi**).

21. Execute a right back fist then execute a left punch without changing stance (**Deung Jumeok Ap Chigi, Momtong Jireugi**).
22. Right turn 180 degrees (East) into a right back stance and execute a single right knife hand block (**Dwi kubi Sonnal Makki**).
23. Step over into a right front stance and execute a left elbow strike (**Ap kubi Palkup Dollyo Chigi**).
24. Execute a left back fist then a right punch. Right leg steps up in to a ready stance (**Deung Jumeok Ap Chigi, Momtong Jireugi**).