

Taegeuk Sa Jang (4)

A series of actions expressing the JIN principle of Palgwe. JIN represents thunder. Thunder and lightening are sources of fear and danger. This principle teaches us that we must remain calm and brave when faced with danger and fear.

- Turn Left... double Knife hand block, back stance.
- Step forward right front stance, right spear finger.
- Turn to the right...double knife hand block, back stance.
- Step forward left front stance, left spear finger.
- Turn forward...right pseudo strike, left front stance.
- Moving forward...right snap kick, left middle punch.
- Moving forward...left side kick.
- Moving forward...right side kick.
- Step down into a right backstance, double knife hand block.
- Turn 180 degrees..left backstance, left outside block (knuckles out).
- Right snap kick, stepping back into a left backstance, right outside-inside block.
- Turn to the right...right backstance, right outside block (knuckles out)
- Left snap kick, stepping back into a right backstance, left outside-inside block.
- Stepping forward, left front stance, right pseudo strike.
- Right snap kick.
- Stepping into right front stance...right backfist...KIUP
- Turn to the left...left walking stance, left outside-inside block...then right middle punch.

- Turn to the right...right walking stance, right outside-inside block...then left middle punch.
- Step forward, left front stance, left outside-inside block...then right middle punch, left middle punch.
- Step forward, right front stance, right outside-inside block...then left middle punch, right middle punch...KIUP!

Summary:

Taegeuk 4 (SA JANG): Jin - Symbolizes thunder and has 20 movements