

Taeguek 8 (PAL JANG)

A series of actions expressing the GON principle of Palgwe, which is defined as the quality of being receptive. GON represents the earth, which is the cradle of life. It is the earth that embodies the creative forces of heaven.

- Step forward with left foot into left back stance, double fist middle block
- Slide left foot sideways into left front stance, reverse middle punch with right hand
- Left double front kick, yell Kihap!, landing in a left front stance, left inside block, double Punch (right hand first)
- Step forward into right front stance, right middle punch.
- Turn left 270 degrees, left low block and right single mountain high block (at same time), reverse front stance (mountain stance), look towards direction of low block
- Move left foot into (forward) left front stance, grab imaginary opponent's collar with left hand & pull towards your right shoulder, slow right uppercut to imaginary opponent's chin.
- Left foot crosses right, turn your head 180 degrees, right low block and left single mountain high block (at same time), reverse front stance (mountain stance), look towards direction of low block.
- Move right foot into (forward) right front stance, grab imaginary opponent's collar with right hand & pull towards your left shoulder, slow left uppercut to imaginary opponent's chin.
- Turn left 270 degrees, left double knife hand block in back stance
- Move left foot into left front stance, right middle punch
- Right front kick, return foot back to kicking position (behind left foot), step back with left foot, bring right foot into tiger/cat stance, right low palm block
- Turn left 90 degrees, left foot in tiger/cat stance, left double knife hand middle block
- Left front kick, land in a left front stance, right middle punch
- Move left foot back into tiger/cat stance, right low palm block
- Turn right 180 degrees, right foot into tiger/cat stance, right double knife hand middle block
- Right front kick, land in a right front stance, left middle punch
Move right foot back into tiger/cat stance, low palm block
- Turn right 90 degrees, right double fist low block in back stance
- Left front kick, right jump snap kick, yell "Kihap!", land in a right front stance, right inside block, double punch (left hand first)
- Turn left 270 degrees, left single knife hand middle block in back stance

- Move left foot into left front stance, reverse elbow strike with right arm, reverse backfist to the nose with right fist, middle punch with left hand.
- Move right foot and turn 180 degrees to the right into a right back stance, single knife hand middle block.
- Move right foot into right front stance, reverse elbow strike with left arm, reverse backfist to the nose with left fist, middle punch with right hand.

Summary:

- **Taegeuk 8 (PAL JANG): Gon – Symbolizes the earth and has 23 movements.**