

Taeguk Sa Jang

4th Chapter of the Taeguk (literal translation)

Trigram pattern: Top line is solid __ , second line is broken - - , third line is broken - - . It represents the concept of JIN. Jin represents thunder, symbolizing great power and dignity. This is the first "intermediate level" poomsae. Students must learn to focus movement with not only upper body, but lower body as well. For example: executing a left side kick, into a right sidekick and flowing smoothly into a proper double knifehand block.

Elemental representation: Thunder

New Techniques:

swallowform knifehand strike (also known as pseudo strike): jebipoom mokchigi

double knifehand outward block: sonnal momtang makki

spearhand strike: pyonsonkeut sewotzireugi

side kick: yeop chagi

backfist strike: deungjumeok ap chagi