

Taegeuk Pal Jang

8th Chapter of the Taegeuk (literal translation)

Trigram pattern: All three lines are broken - - . Represents the concept of GON. Gon means earth or ground. Just as the earth is the foundation for everything else, this poomsae serves as the foundation for learning the upcoming Black Belt forms.

Elemental representation: Earth

New Techniques:

Mountain Block: santeul makki

jump front kick (scissor kick): twio ap chagi

Trivia:

-Pal Jang is the only Taegeuk form where you start by transitioning forward all the way to the third line.