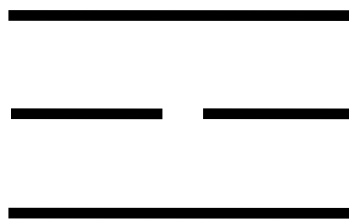


TAEGEUK SAM (3.) JANG



Taegeuk 3 jang symbolizes the "Yi", one of the 8 divination signs, which represents "hot and bright". This is to encourage the trainees to harbor a sense of justice and ardor for training. A successful accomplishment of this poomsae will give the trainees a promotion to a blue belter. New actions are sonnal mokchigi and sonnal makki and the dwitkubi stance. This poomsae is characterized by successive makki and chigi, and chagi and continued jireugis. Emphasis is laid on the counterattacks against the opponent's chigi. The 6th Kup-grade trainees can practice this poomsae.

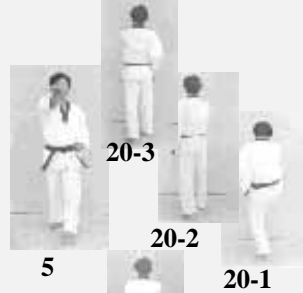
TAEGEUK SAM (3.) JANG'S POOMSE-LINE

Na

Ra1

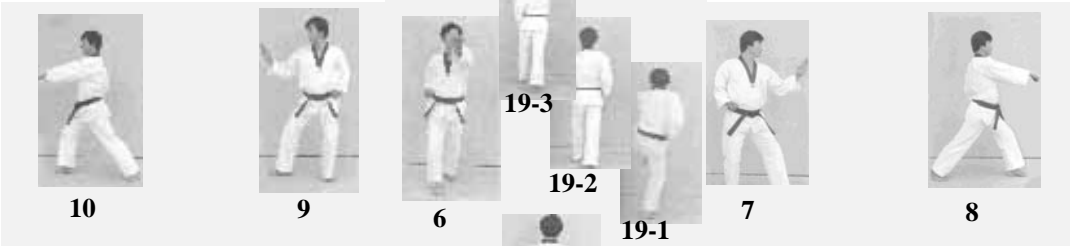


Da1

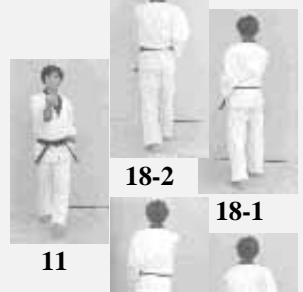


5

Ra2

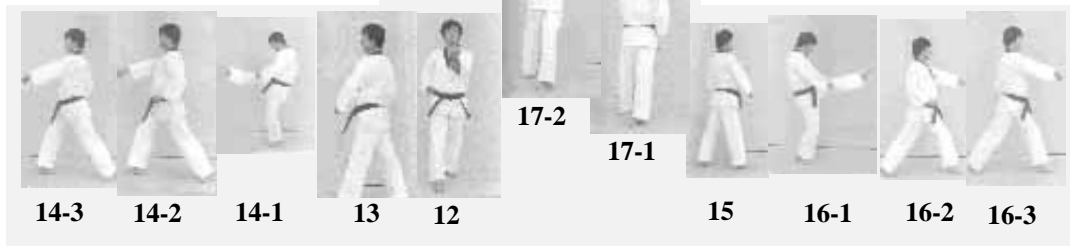


Da2



11

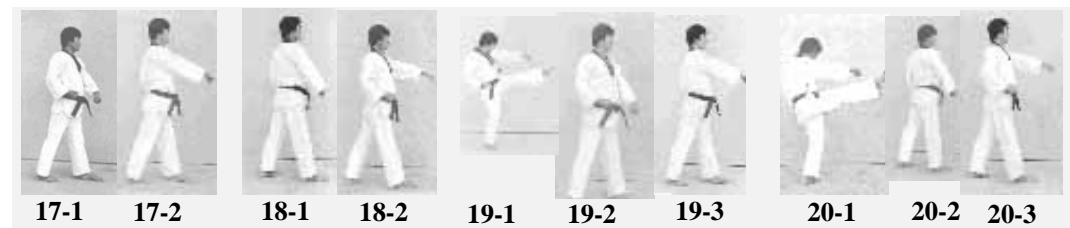
Ra3



Da3

Ga

Side view



TAEGEUK SAM (3.) JANG

| Order | Eye dir. | Positon | Stance | Action | Name of Poom |
|-------|----------|---------|----------------|---|--|
| junbi | Ga | Na | naranhi-seogi | | kibon junbi-seogi (basic ready stance) |
| 1 | Da 1 | Da 1 | wen ap-seogi | put forth (foot) | arae-makki (underneath blocking) |
| 2 | Da 1 | Da 1 | oreun apkubi | R.F. ap-chagi, step down | momtong dubeon-jireugi (trunk double punch) |
| 3 | Ra 1 | Ra 1 | oreun ap-seogi | turn around | arae-makki (underneath blocking) |
| 4 | Ra 1 | Ra 1 | wen apkubi | L.F. ap-chagi, step down | momtong dubeon-jireugi (trunk double punch) |
| 5 | Ga | Ga | wen ap-seogi | turn | Jebi-poom hansonnal mok-chigi (swallow poom one hand blade neck hitting) |
| 6 | Ga | Ga | Oreun ap-seogi | put forth (foot) | Ditto ("") |
| 7 | Da 2 | Da 2 | oreun dwitkubi | L.F. move, step down | Hansonnal momtong yop-makki (one hand blade trunk side blocking) |
| 8 | Da 2 | Da 2 | wen apkubi | L.F. slightly pushed forward | momtong baro-jireugi (trunk right punch) |
| 9 | Ra 2 | Ra 2 | wen dwitkubi | R.F. slightly pulled in | Hansonnal momtong yop-makki (one hand blade trunk side blocking) |
| 10 | Ra 2 | Ra 2 | oreun apkubi | R.F. slightly pushed forward | momtong baro-jireugi (trunk right punch) |
| 11 | Ga | Ga | Wen ap-seogi | move, step down | momtong an-makki (trunk inner blocking) |
| 12 | Ga | Ga | oreun ap-seogi | put forth (foot) | momtong an-makki (trunk inner blocking) |
| 13 | Ra 3 | Ra 3 | wen ap-seogi | turn | arae-makki (underneath blocking) |
| 14 | Ra 3 | Ra 3 | oreun apkubi | R.F. ap-chagi, step down | momtong dubeon-jireugi (trunk double punch) |
| 15 | Da 3 | Da 3 | oreun ap-seogi | turn around | arae-makki (underneath blocking) |
| 16 | Da 3 | Da 3 | wen apkubi | L.F. ap-chagi, step down | momtong dubeon-jireugi (trunk double punch) |
| 17 | Na | Na | wen ap-seogi | turn, arae-makki | momtong baro-jireugi (trunk right punch) |
| 18 | Na | Na | oreun ap-seogi | put forth, arae-makki | momtong baro-jireugi (trunk right punch) |
| 19 | Na | Na | wen ap-seogi | L.F. ap-chagi, step down & arae-makki | momtong baro-jireugi (trunk right punch) |

| | | | | | | | |
|--|--------|----|----|----------------|---------------------------------------|--|--|
| | 20 | Na | Na | oreun ap-seogi | R.F. ap-chagi, step down & arae-makki | momtong baro-jireugi, j°kihapj± (trunk right punch) | |
| | keuman | Ga | Na | naranhi-seogi | L.F. turn leftward | kibon junbi-seogi (basic ready stance) | |