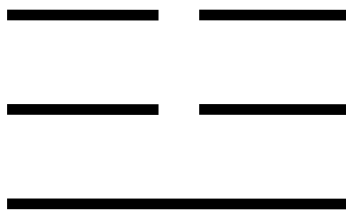
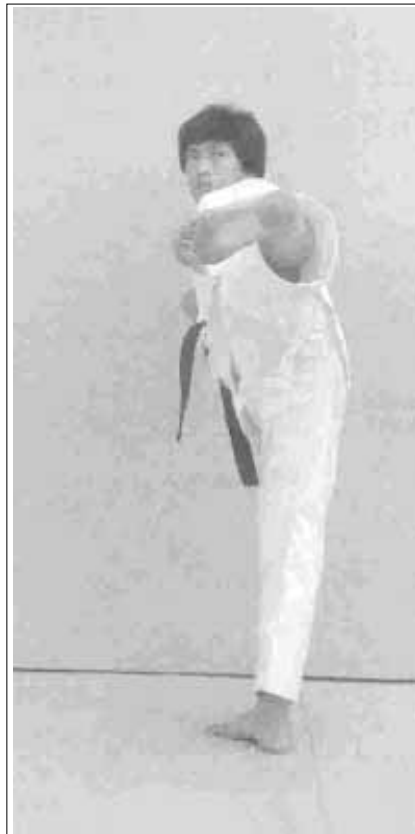


## TAEGEUK SAH (4.) JANG



Taegeuk 4 jang symbolizes the "jin", one of the 8 divination signs, which represents the thunder meaning great power and dignity. New techniques are sonnalmomtongmakki, pyonsonkkeuttzireugi, jebipoommok-chigi, yop-chagi, momtongbakkatmakki, deungjumeokolgulapchigi and special mikkeurombal (slipping foot) techniques. It is characterized by various movements in preparation for the kyorugi and lot of dwitkubi seogi cases. The 5th Kup-grade trainees practice this poomsae.

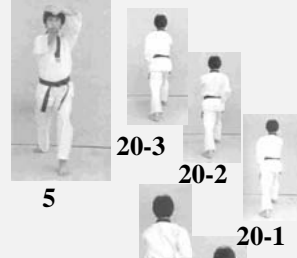
# TAEGEUK SAH (4.) JANG'S POOMSE-LINE

Na

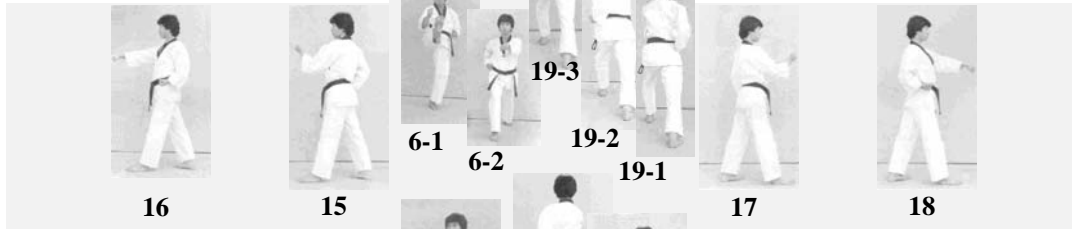
Ra1



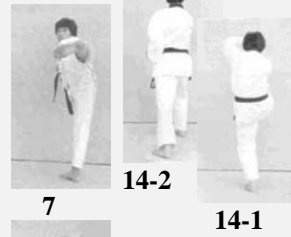
Da1



Ra2



Da2



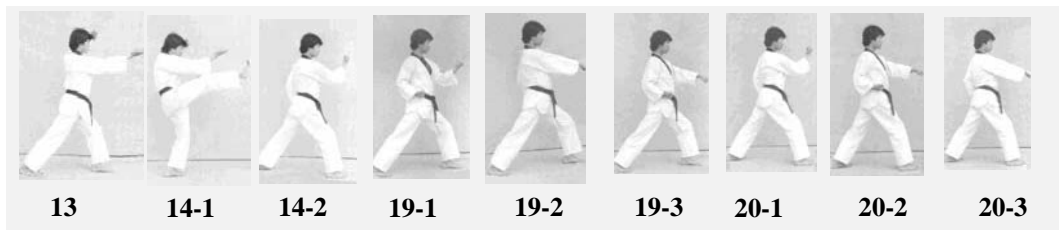
Ra3



Da3

Ga

Side view



# TAEGEUK SAH (4.) JANG

|  | Order  | Eye dir. | Positon | Stance             | Action                                      | Name of Poom  |
|--|--------|----------|---------|--------------------|---|---|
|  | junbi  | Ga       | Na      | naranhi-seogi      |   | kibon junbi-seogi<br>(basic ready stance)                       |
|  | 1      | Da 1     | Da 1    | oreun<br>dwtikubi  | put forth (foot)                            | sonnal momtong-makki<br>(hand blade trunk blocking)             |
|  | 2      | Da 1     | Da 1    | oreun apkubi       | put forth (foot)                            | pyonsonkkeut sewotzireugi<br>(flat-hand fingertips erect punch) |
|  | 3      | Ra 1     | Ra 1    | wen dwtikubi       | turn around                                 | sonnal momtong-makki<br>(hand blade trunk blocking)             |
|  | 4      | Ra 1     | Ra 1    | wen apkubi         | put forth (foot)                            | pyonsonkkeut sewotzireugi<br>(flat-hand fingertips erect punch) |
|  | 5      | Ga       | Ga      | wen apkubi         | Turn  | jebi-poom mok-chigi<br>(swallow poom neck hitting)              |
|  | 6      | Ga       | Ga      | oreun apkubi       | R.F. ap-chagi,<br>step                      | momtong baro-jireugi<br>(trunk right hitting)                   |
|  | 7      | Ga       | Ga      |                    | L.F. yop-chagi                              |   |
|  | 8      | Ga       | Ga      | wen dwtikubi       | R.F. yop-chagi,<br>step down                | sonnal momtong-makki<br>(hand blade trunk blocking)             |
|  | 9      | Ra 3     | Ra 3    | oreun<br>dwtikubi  | turn  | momtong bakkat-makki<br>(trunk outer blocking)                  |
|  | 10     | Ra 3     | Ra 3    | oreun<br>dwtikubi  | R.F. ap-chagi,<br>place back                | momtong an-makki<br>(trunk inner blocking)                      |
|  | 11     | Da 3     | Da 3    | wen dwtikubi       | feet remain,<br>change of<br>direction      | momtong bakkat-makki<br>(trunk outer blocking)                  |
|  | 12     | Da 3     | Da 3    | wen dwtikubi       | L.F. ap-chagi,<br>place back                | momtong an-makki<br>(trunk inner blocking)                      |
|  | 13     | Na       | Na      | wen apkubi         | move to step<br>down                        | jebi-poom mok-chigi<br>(jebi poom neck hitting)                 |
|  | 14     | Na       | Na      | oreun apkubi       | R.F. ap-chagi,<br>Put forth                 | deungjumeok olgul-ap-chigi<br>(backfist face hitting)           |
|  | 15     | Ra 2     | Ra 2    | wen ap-seogi       | move to step<br>down                        | momtong-makki<br>(trunk blocking)                               |
|  | 16     | Ra 2     | Ra 2    | wen ap-seogi       | feet remain, the<br>same stance             | momtong baro-jireugi<br>(trunk right punch)                     |
|  | 17     | Da 2     | Da 2    | oreun ap-<br>seogi | feet remain,<br>change of<br>direction      | momtong makki<br>(trunk blocking)                               |
|  | 18     | Da 2     | Da 2    | oreun ap-<br>seogi | feet remain, the<br>same stance             | momtong baro-jireugi<br>(trunk right punch)                     |
|  | 19     | Na       | Na      | wen apkubi         | move to step<br>down<br>(momtong-<br>makki) | momtong makki<br>(trunk blocking)                               |
|  | 20     | Na       | Na      | oreun apkubi       | put forth (foot),<br>(momtong-<br>makki)    | momtong dubeon jireugi,<br>i°kihapj±<br>(trunk double punch)    |
|  | keuman | Ga       | Na      | naranhi-seogi      | L.F. turn leftward                          | kibon junbi-seogi   |

|  |  |  |  |  |                      |  |
|--|--|--|--|--|----------------------|--|
|  |  |  |  |  | (basic ready stance) |  |
|--|--|--|--|--|----------------------|--|