



Poomsei (pattern)

Taeguk O Jang (Taeguk 5)

Side
'C'
'A' 'B'
'D'

Choombi

1. Moving LF 1/4 turn L to 'A', L Front Stance, L Low Block.
2. Moving LF, Wen Sogi, LH pull across body, L Me Jumok Chigi. (Hammer Fist Downward Strike)
3. Moving RF 1/2 turn R to 'B', R Forward Stance, R Low Block.
4. Moving RF, Orun Sogi, RH pull across body, R Me Jumok Chigi.
5. Moving LF 1/4 turn L to 'C' L Front Stance, L Inside Body Block, R Inside Body Block.
6. R Front Kick stepping into R Front Stance R Back Fist to face, L Inside Body Block.
7. L Front Kick stepping into L Front Stance L Back Fist to face, R Inside Body Block.
8. Moving RF forward One step forward R Front Stance, R Back Fist to Face.
9. Moving RF 3/4 turn L to 'B' R Back Stance L Single Knife hand Body Block.
10. Moving RF one step forward R Front stance R Elbow Strike.
11. Moving RF 1/2 turn R to 'A' L Back Stance R Single Knife hand Body Block.
12. Moving LF one step forward L Front stance L Elbow Strike.
13. Moving LF 1/4 turn L to 'D' L Front Stance L Low Block, R Inside Body Block.
14. R Front kick stepping into R Forward Stance, R Dung Jumok Chigi, L Inside Body Block.
15. Moving LF 1/4 turn L to 'B', L Front Stance, L Rising Face Block.
16. R Side kick & R Punch simultaneously, stepping into R Forward Stance, L Elbow target strike.
17. Moving RF 1/2 turn R to 'A', R Front Stance, R Rising Face Block.
18. L Side kick & L Punch simultaneously, stepping into L Forward Stance, R Elbow target strike.
19. Moving LF 1/4 turn to 'D' L Front Stance, L Low Block, R Inside Body Block.
20. R Front Kick springing forward landing in Dit Goa Sogi, R Back Fist to the Face. (Gihap) Gumon. Moving LF return to starting position.