

# TAEGEUK IL (1.) JANG



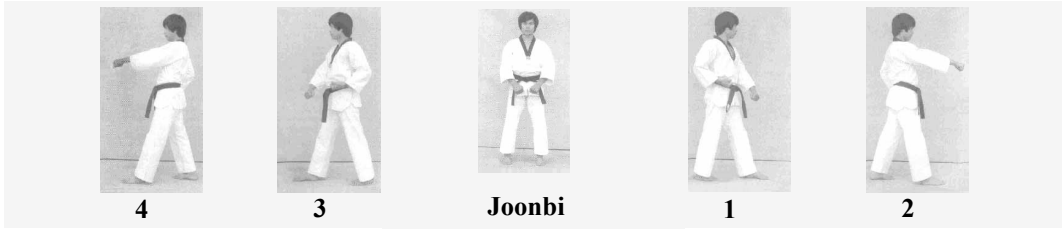
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Taegeuk 1 jang represents the symbol of "Keon", one of the 8 Kwaes (divination signs), which means the Heaven and "yang". As the "Keon" symbolizes the beginning of the creation of all things in the universe, so does the Taegeuk 1 jang in the training of Taekwondo. This poomsae is characterized by its ensiness in practicing, largely consisting of walking and basic actions, such as arae-makki, momtong-makki, momtong-jireugi, and ap-chagi. The 8th Kup-grade trainees practice this poomsae.

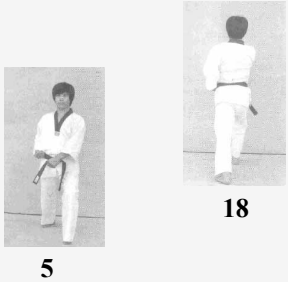
# TAEGEUK IL (1.) JANG'S POOMSE-LINE

Na

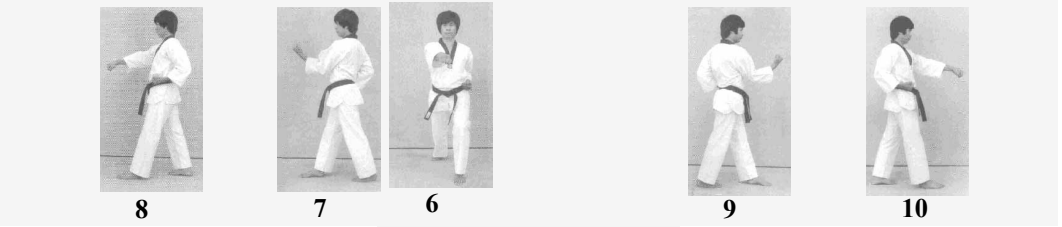
Ra1



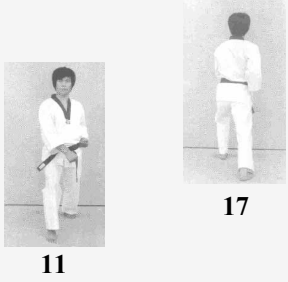
Da1



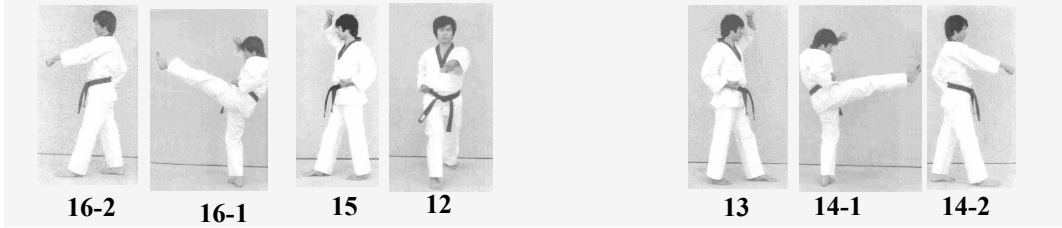
Ra2



Da2



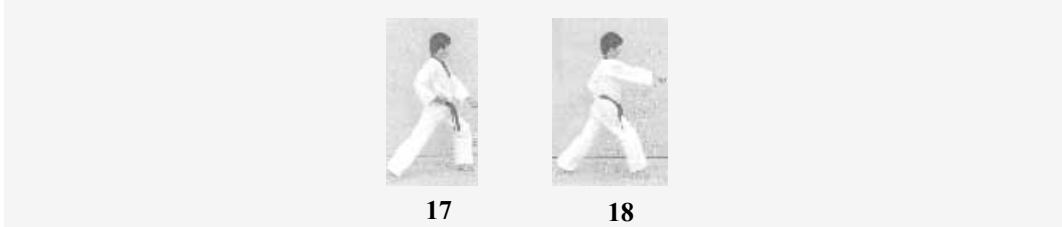
Ra3



Da3

Ga

Side view



## TAEGEUK IL (1.) JANG

Order	Eye dir.	Positon	Stance	Action	Name of Poom
jumbi	Ga	Na	naranhi-seogi		kibon jumbi-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 ap-seogi	put forth (foot)	momtong bandae-jireugi (trunk opposite punch)
3	Ra 1	Ra 1	oreun ap-seogi	turn around	arae-makki (underneath blocking)
4	Ra 1	Ra 1	wen ap-seogi	put forth (foot)	momtong bandae-jireugi (trunk opposite punch)
5	Ga	Ga	wen apkubi	turn around	arae-makki (underneath blocking)
6	Ga	Ga	wen apkubi	the same stance	momtong baro-jireugi (trunk right punch)
7	Ra 2	Ra 2	oreun ap-seogi	move and step down	momtong an-makki (trunk inner blocking)
8	Ra 2	Ra 2	wen ap-seogi	put forth (foot)	momtong baro-jireugi (trunk right punch)
9	Da 2	Da 2	wen ap-seogi	turn around	momtong an-makki (trunk inner blocking)
10	Da 2	Da 2	oreun ap-seogi	put forth (foot)	momtong baro-jireugi (trunk right punch)
11	Ga	Ga	oreun apkubi	turn	arae-makki (underneath blocking)
12	Ga	Ga	oreun apkubi	the same stance	momtong baro-jireugi (trunk right punch)
13	Da 3	Da 3	wen ap-seogi	move, step down	olgul-makki (face blocking)
14	Da 3	Da 3	oreun ap-seogi	right foot ap-chagi, step down	momtong bandae-jireugi (trunk opposite punch)
15	Ra 3	Ra 3	oreun ap-seogi	turn around	olgul-makki (face blocking)
16	Ra 3	Ra 3	wen ap-seogi	left foot ap-chagi, step down	momtong bandae-jireugi (trunk opposite punch)
17	Na	Na	wen apkubi	move, step down	arae-makki (underneath blocking)
18	Na	Na	oreun apkubi	put forth (foot)	momtong bandae-jireugi, j <sup>o</sup> kihaj± (trunk opposite punch)
keuman	Ga	Na	naranhi-seogi	pull left foot, turn leftward	kibon jumbi-seogi (basic ready stance)