

TAEGEUK SAM (3.) JANG

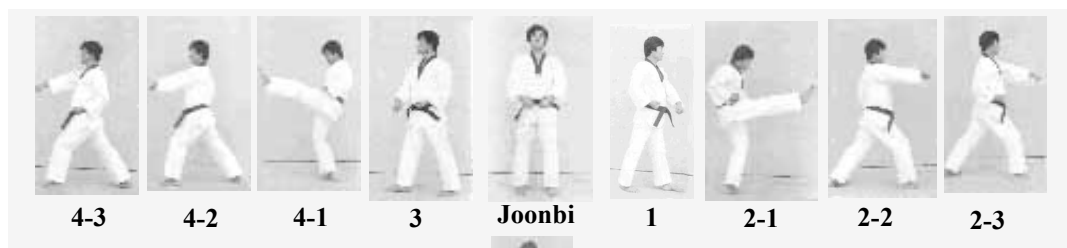


Taeguk 3 jang symbolizes the "Yi", one of the 8 divination signs, which represents "hot and bright". This is to encourage the trainees to harbor a sense of justice and ardor for training. A successful accomplishment of this poomsae will give the trainees a promotion to a blue belter. New actions are 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

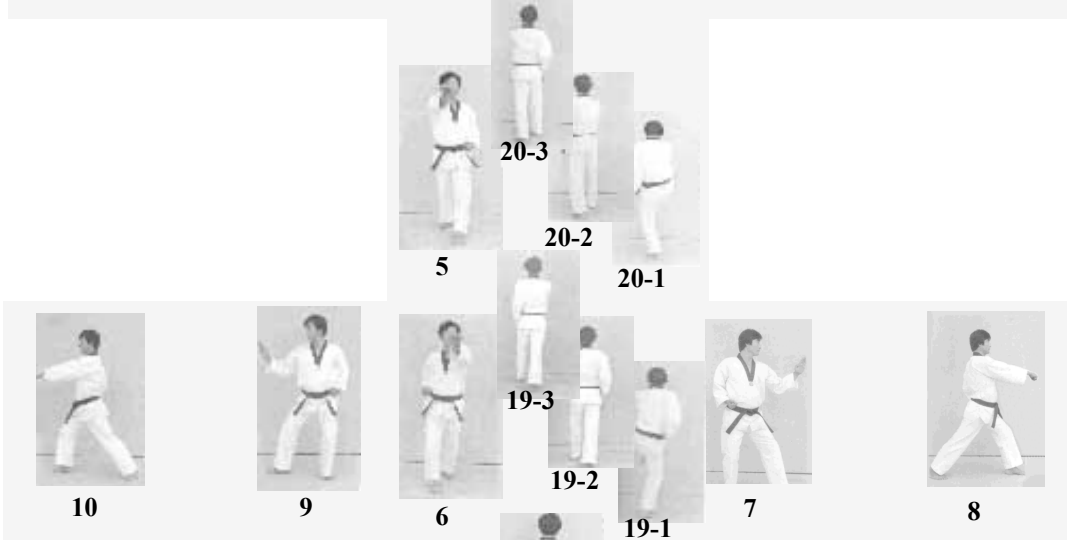
Na

Ra1



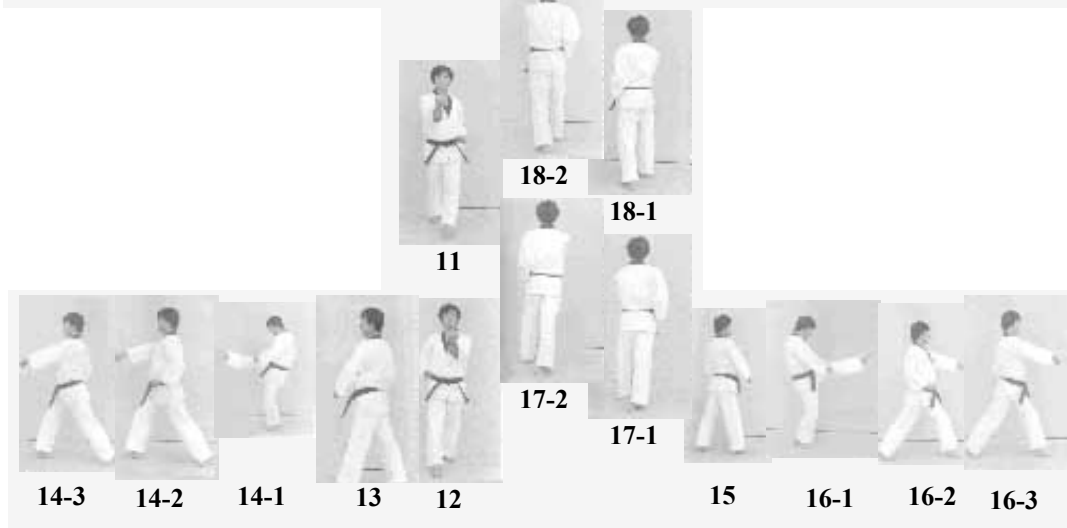
Da1

Ra2



Da2

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 &	momtong baro-jireugi (trunk right punch)

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