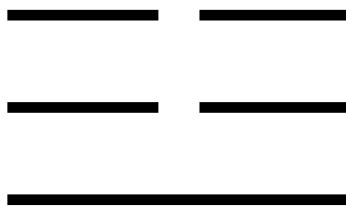


TAEGEUK SAH (4.) JANG

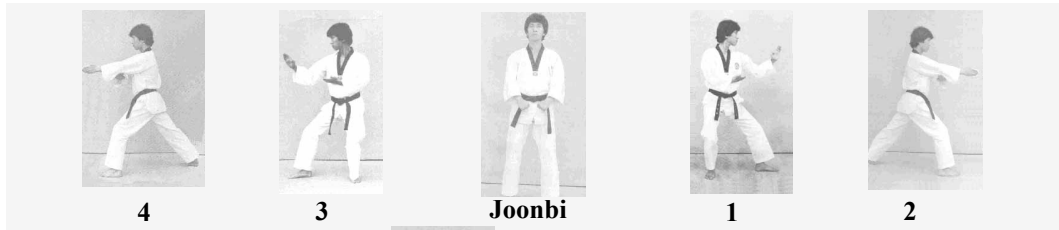


Taegeuk 4 jang symbolizes the "jin", one of the 8 divination signs, which represents the thunder meaning great power and dignity. New techniques are sonnalmomtongmakki, pyonsonkkeuttzireugi, jebipoommok-chigi, yop-chagi, momtongbakkatmakki, deungjumeokolgulapchigi and special mikkeurombal (slipping foot) 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

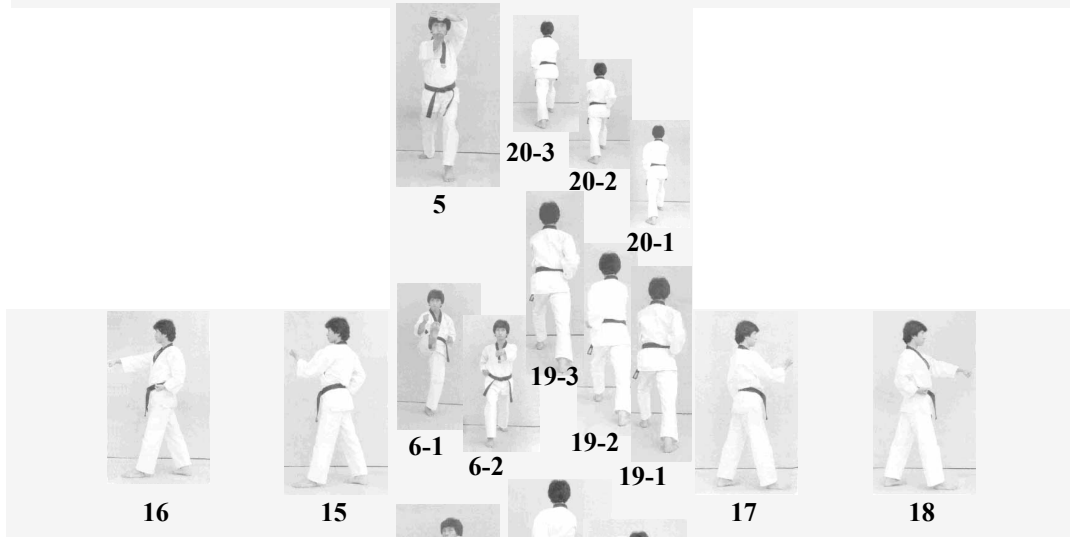
Na

Ra1



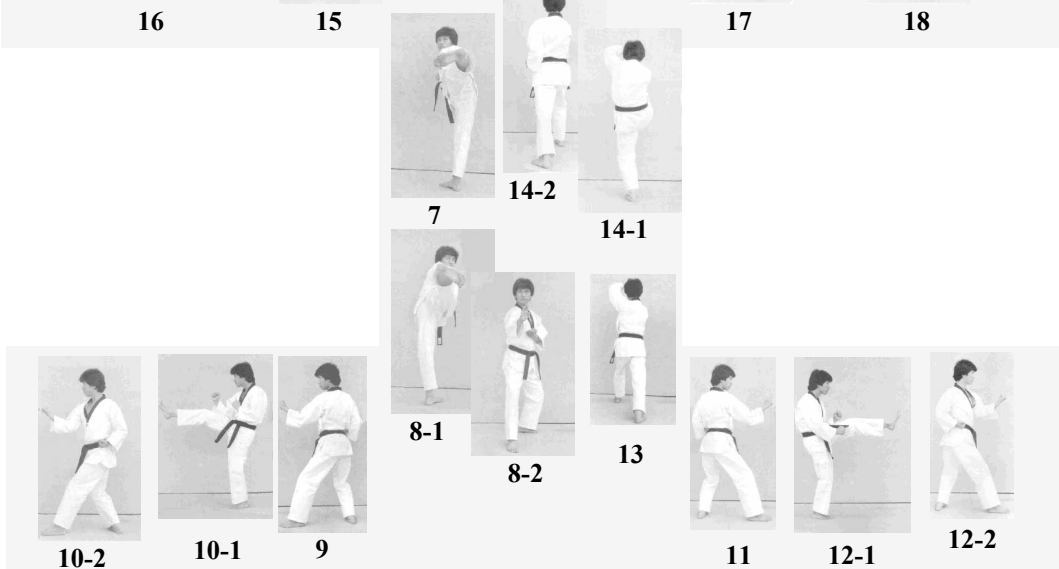
Da1

Ra2



Da2

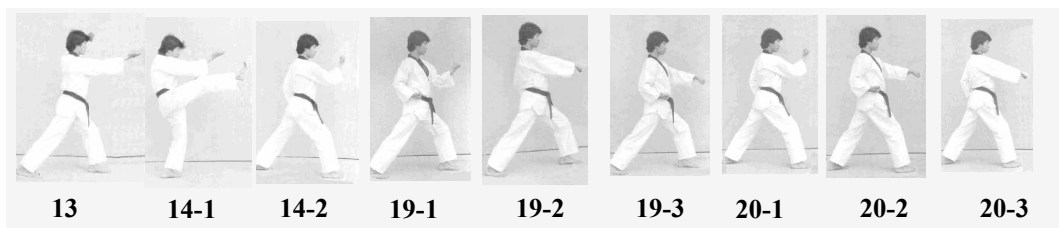
Ra3



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 (basic ready stance)
1	Da 1	Da 1	oreun dwtikubi	put forth (foot)	sonnal momtong-makki (hand blade trunk blocking)
2	Da 1	Da 1	oreun apkubi	put forth (foot)	pyonsonkkeut sewotzireugi (flat-hand fingertips erect punch)
3	Ra 1	Ra 1	wen dwtikubi	turn around	sonnal momtong-makki (hand blade trunk blocking)
4	Ra 1	Ra 1	wen apkubi	put forth (foot)	pyonsonkkeut sewotzireugi (flat-hand fingertips erect punch)
5	Ga	Ga	wen apkubi	Turn	jebi-poom mok-chigi (swallow poom neck hitting)
6	Ga	Ga	oreun apkubi	R.F. ap-chagi, step	momtong baro-jireugi (trunk right hitting)
7	Ga	Ga		L.F. yop-chagi	
8	Ga	Ga	wen dwtikubi	R.F. yop-chagi, step down	sonnal momtong-makki (hand blade trunk blocking)
9	Ra 3	Ra 3	oreun dwtikubi	turn	momtong bakkat-makki (trunk outer blocking)
10	Ra 3	Ra 3	oreun dwtikubi	R.F. ap-chagi, place back	momtong an-makki (trunk inner blocking)
11	Da 3	Da 3	wen dwtikubi	feet remain, change of direction	momtong bakkat-makki (trunk outer blocking)
12	Da 3	Da 3	wen dwtikubi	L.F. ap-chagi, place back	momtong an-makki (trunk inner blocking)
13	Na	Na	wen apkubi	move to step down	jebi-poom mok-chigi (jebi poom neck hitting)
14	Na	Na	oreun apkubi	R.F. ap-chagi, Put forth	deungjumeok olgul-ap-chigi (backfist face hitting)
15	Ra 2	Ra 2	wen ap-seogi	move to step down	momtong-makki (trunk blocking)
16	Ra 2	Ra 2	wen ap-seogi	feet remain, the same stance	momtong baro-jireugi (trunk right punch)

	17	Da 2	Da 2	oreun ap-seogi	feet remain, change of direction	momtong makki (trunk blocking)	
	18	Da 2	Da 2	oreun ap-seogi	feet remain, the same stance	momtong baro-jireugi (trunk right punch)	
	19	Na	Na	wen apkubi	move to step down (momtong-makki)	momtong makki (trunk blocking)	
	20	Na	Na	oreun apkubi	put forth (foot), (momtong-makki)	momtong dubeon jireugi, j ^o kihapj± (trunk double punch)	
keuman	Ga	Na	naranhi-seogi	L.F. turn leftward	kibon junbi-seogi (basic ready stance)		