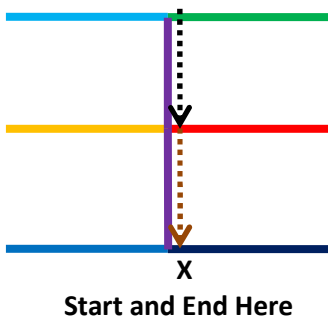


# Taeguk Pal-Jang - “Earth” - 태극 8장

## Ready Position (Joon-bi)

1. Step forward into fighting stance.
2. Moving left foot, right middle punch in left forward stance. (Movements 1 and 2 are executed in rapid succession)
3. Left jump front kick. YELL!! (KI-HAP) land on left forward stance, left out-to-in middle block followed by right middle punch then left middle punch.
4. Step forward, right middle punch in right forward stance.
5. Turn left 270°, simultaneous left down block & right in-to-out middle block in right diagonal stance (look toward the down block direction).
6. Moving left foot, slow right pulling uppercut punch with tension in left forward stance.
7. Turn 180° right, double step forward: bring left foot along side right foot - without crossing feet — then moving forward with right foot, simultaneous right down block and left in-to-out middle block in left diagonal stance (look toward the down block direction).
8. Moving right foot, slow left pulling uppercut punch with tension in right forward stance.
9. Moving right foot turn left 270°, left double knife hand middle block in right back stance.
10. Moving left foot, right middle punch in left forward stance.
11. Right high front kick, place right foot in back then step back again, right downward palm block in right tiger stance.
12. Turn left 90°, left double knife hand middle block in left tiger stance.
13. Left high front kick, right middle punch in left forward stance.
14. Moving left foot back, left single knife hand middle block in left tiger stance.
15. Turn right 180°, right double knife hand middle block in right tiger stance.
16. Right high front kick, left middle punch in right forward stance.
17. Moving right foot back, right single knife hand middle block in right tiger stance.
18. Turn right 90°, right double closed fist low block in left back stance.
19. Left front kick, (without replacing left foot)
20. Right jump front kick land in right forward stance. Right out-to-in middle block followed by left middle punch then right middle punch in right forward stance. YELL!! (KI-HAP)
21. Turn left 270°, left single knife hand middle block in right back stance.
22. Moving left foot, right elbow strike in left forward stance.
23. Right back fist strike to upper lip, followed by
24. Left middle punch
25. Turn right 180°, right single knife hand middle block in left back stance.
26. Moving right foot, left elbow strike in right forward stance
27. Left back fist strike to upper lip, followed by
28. Right middle punch.



## Taeguk Pal-Jang - Brown Belt Form

Bar	Stances					Blocks		Single knife middle	Double Knife middle
	Walking	Square/ Forward	Back	Tiger	Fight	Low	Middle		
1		3			1		1		
2		2				2	2		
3		1	1	1				1	1
4		2		4				2	2
5		1	1			1	1		
6		2	2					1	
<b>Total</b>	<b>0</b>	<b>11</b>	<b>4</b>	<b>5</b>	<b>1</b>	<b>3</b>	<b>4</b>	<b>4</b>	<b>3</b>

Bar	Strikes					Kicks	
	High Punch	Middle Punch	Backfist	Elbow Strike	Uppercut	Front Kick	Jump Front Kick
1		4					1
2					2		
3		1				1	
4		1				2	
5		2				1	1
6	2		2	2			
<b>Total</b>	<b>2</b>	<b>8</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>4</b>	<b>2</b>

나Na

라1  
Ra1



다1  
Da1

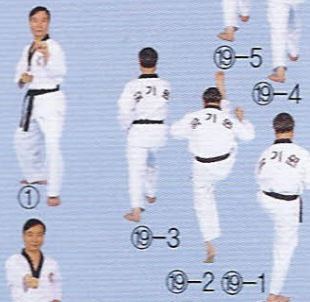
준비 · Junbi



라2  
Ra2



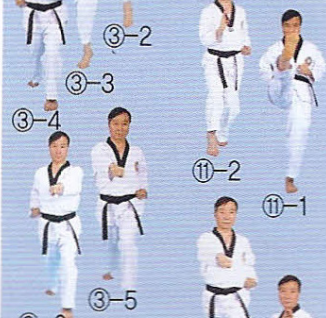
다2  
Da2



라3  
Ra3



다3  
Da3



가Ga

측면  
Lateral  
view

