

SOUTH BANK TAEKWONDO



Taegeuk - Il Jang

Heaven & Light

Keon

- 1 90 left, lower block with left arm, walking stance.
- 2 Step forward with right leg and execute right middle section punch.
- 3 180 right, lower block with right arm, walking stance.
- 4 Step forward with left leg and execute left middle section punch.
- 5 90 left, lower block with left arm, long stance.
- 6 Middle section punch with right arm.
- 7 90 right, inner block with left arm, walking stance.
- 8 Step forward with left leg and execute right middle section punch.
- 9 180 left, inner block with right arm.
- 10 Step forward with right leg and execute left middle section punch.
- 11 90 right, lower block with right arm, long stance.
- 12 Middle section punch with left arm.
- 13 90 left, upper block with left arm, walking stance.
- 14 Front kick with right leg followed by right middle section punch.
- 15 180 right, upper block with right arm, walking stance.
- 16 Front kick with left leg followed by left middle section punch.
- 17 90 right, lower block with left arm, long stance.
- 18 Step forward with right leg and execute right middle section punch, long stance.

Ki-hop (energy shout) on move 18.

ENGLISH	KOREAN
Instructor	Sabom
Training hall	Dojang
Suit / Belt	Dobok / Tee
Attention	Charyot
Bow	Kyongyee
Sparring	Kyoruki
Front kick	Ap chagi
Low block	Arae makki
High block	Eolgool makki
Middle block	Momtong makki
Inner / Outer	An / Bakkat
Start / Stop	Sijak / Geuman
Ready / Stance	Choombi / Seogi



SOUTH BANK TAEKWONDO

Taegeuk il-jang



START



1



2



3



4



5



6



7



8



9



10



11



12



13



14



14a



15



16



16a



17



18



FINISH

SOUTH BANK TAEKWONDO



TAEGEUK YEE-JANG JOYFULNESS TAE

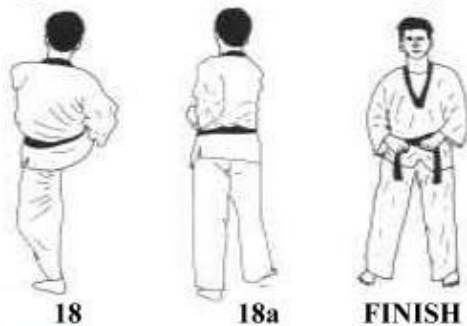
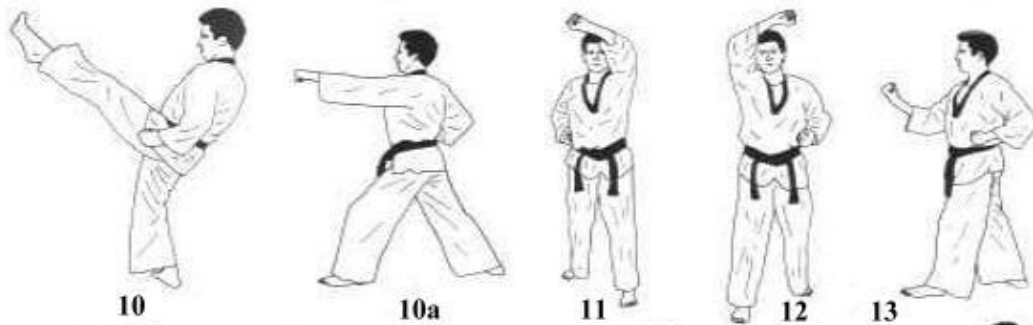
- 1 90 left, lower block with left arm, walking stance.**
- 2 Step forward with right leg and execute right middle section punch, long stance.**
- 3 180 right, lower block with right arm, walking stance.**
- 4 Step forward with left leg and execute left middle section punch, long stance.**
- 5 90 left, inner block with right arm, walking stance.**
- 6 Step forward with right leg and execute inner block with left arm.**
- 7 90 left, lower block with left arm, walking stance.**
- 8 Front kick with right leg and high section punch with right arm, long stance.**
- 9 180 right, lower block with left arm, walking stance.**
- 10 Front kick with left leg and high section punch with left arm, long stance.**
- 11 90 right, upper block with left arm, walking stance.**
- 12 Step forward with right leg and execute upper block with right arm, walking stance.**
- 13 270 left, inner block with right arm, walking stance.**
- 14 180 right, inner block with left arm, walking stance.**
- 15 90 left, lower block with left arm, walking stance.**
- 16 Front kick with right leg followed by right middle section punch.**
- 17 Front kick with left leg followed by left middle section punch.**
- 18 Front kick with right leg followed by right middle section punch.**

Ki-hop (energy shout) on move 18.



SOUTH BANK TAEKWONDO

Taegeuk Yee-jang Joyfulness 18 movements Tae



SOUTH BANK TAEKWONDO



TAEGEUK SAM-JANG FIRE & SUNLIGHT RI

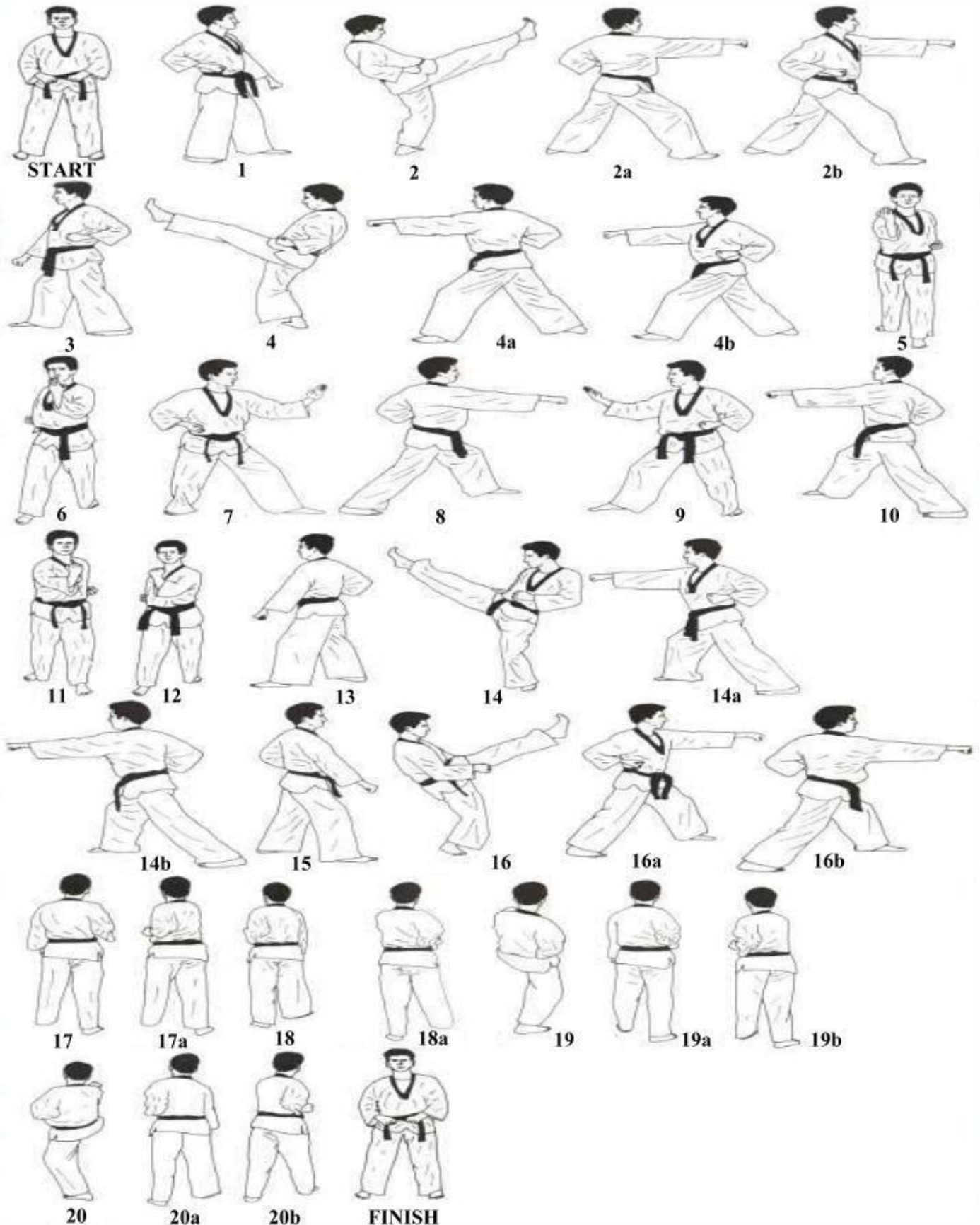
- 1 90 left, lower block with left arm, walking stance.**
- 2 Front kick with right leg and execute double middle section punch (right then left), long stance.**
- 3 180 right, lower block with right arm, walking stance.**
- 4 Front kick with left leg and execute double middle section punch (left then right), long stance.**
- 5 90 left, inner knife-hand strike with right arm, walking stance.**
- 6 Step forward with right leg and execute inner knife-hand strike with left arm.**
- 7 90 left, outer knife-hand block with left arm, back stance.**
- 8 Into long stance and execute middle section punch with right arm.**
- 9 180 right, outer knife-hand block with right arm, back stance.**
- 10 Into long stance and execute middle section punch with left arm.**
- 11 90 left into walking stance and execute inner block with right arm.**
- 12 Step forward with right leg executing inner block with left arm, walking stance.**
- 13 270 left into walking stance and execute lower block with left arm.**
- 14 Front kick with right leg and execute double middle section punch (right then left).**
- 15 180 right lower block with right arm, walking stance.**
- 16 Front kick with left leg and execute double middle section punch (left then right).**
- 17 90 left, lower block with left arm followed by right middle section punch, walking stance.**
- 18 Step forward with right leg, lower block with right arm followed by left middle section punch.**
- 19 Front kick with left leg followed by lower block with left arm and middle section punch with right arm.**
- 20 Front kick with right leg followed by lower block with right arm and middle section punch with left arm.**

Ki-hop (energy shout) on move 20.



SOUTH BANK TAEKWONDO

Taegeuk Sam-jang Fire & Sunlight 20 movements Ri



SOUTH BANK TAEKWONDO



TAEGEUK SA-JANG THUNDER JIN

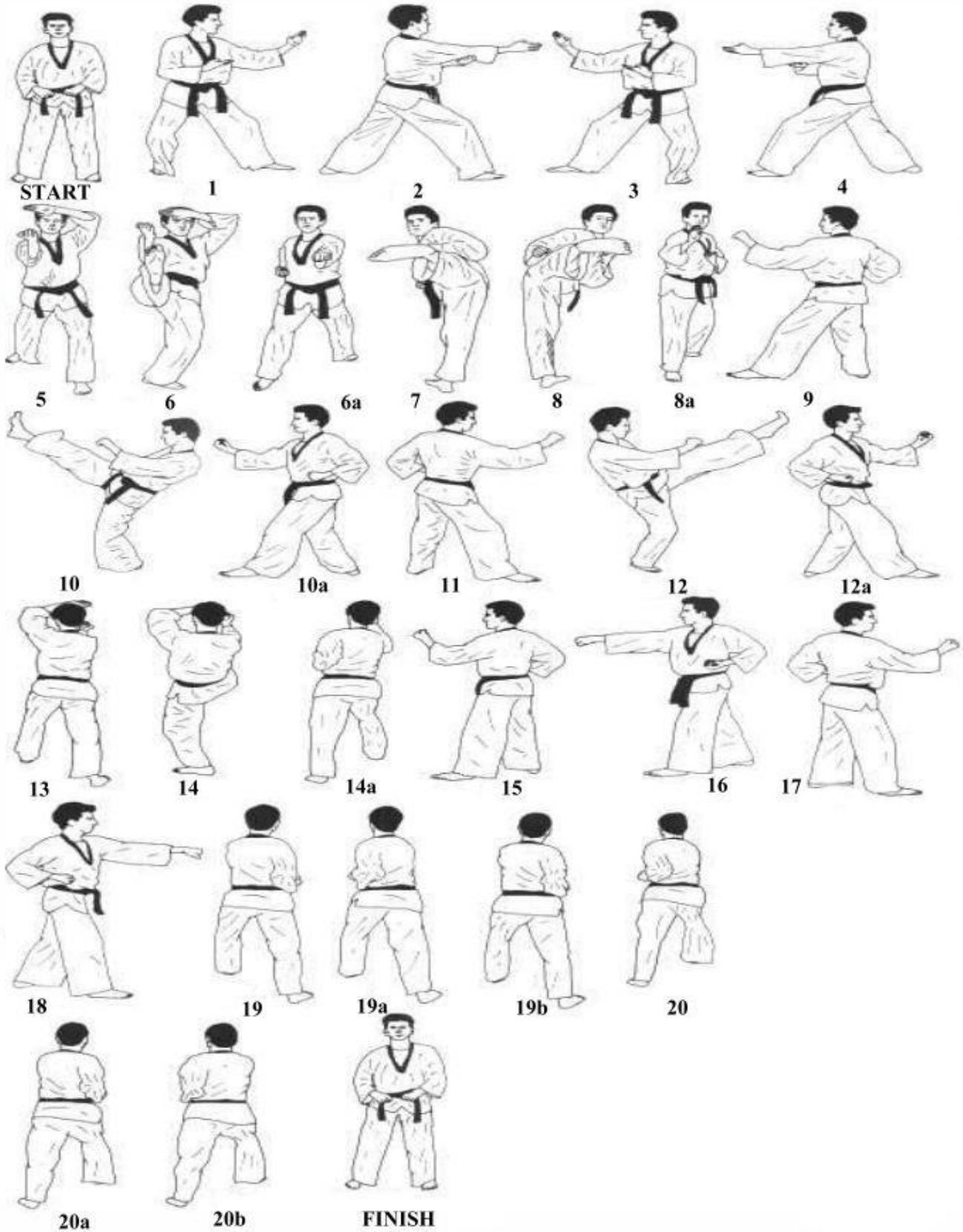
- 1 90 left, double knife-hand block, back stance.**
- 2 Step forward with right leg into long stance and execute spear-hand strike with right arm.**
- 3 180 right, double knife-hand block, back stance.**
- 4 Step forward with left leg into long stance and execute spear-hand strike with left arm.**
- 5 90 left, upper knife-hand block with left arm and inner knife-hand strike with right arm, long stance.**
- 6 Front kick with right leg and execute middle section punch with left arm, long stance.**
- 7 Execute sidekick with left leg, long stance.**
- 8 Execute sidekick with right leg and double knife-hand block, back stance.**
- 9 270 left, outer middle section block with left arm, back stance.**
- 10 Front kick with right leg, into back stance and inner middle section block with right arm.**
- 11 180 right, outer middle section block with right arm, back stance.**
- 12 Front kick with left leg, into back stance and inner middle section block with left arm.**
- 13 90 left, upper knife-hand block with left arm and inner knife-hand strike with right arm, long stance.**
- 14 Front kick with right leg and execute back fist with right arm, long stance.**
- 15 90 left, inner middle section block with left arm, walking stance.**
- 16 Execute middle section punch with right arm.**
- 17 180 right, inner middle section block with right arm.**
- 18 Execute middle section punch with left arm.**
- 19 90 left, inner middle section block with left arm followed by double middle section punch (right then left), long stance.**
- 20 Step forward with right leg and execute inner middle section block with right arm followed by double middle section punch (left then right), long stance.**

Ki-hop (energy shout) on move 20.



SOUTH BANK TAEKWONDO

Taegeuk Sa-jang Thunder 20 movements Gin



SOUTH BANK TAEKWONDO



TAEGEUK OH-JANG WIND 20 MOVEMENTS SEON

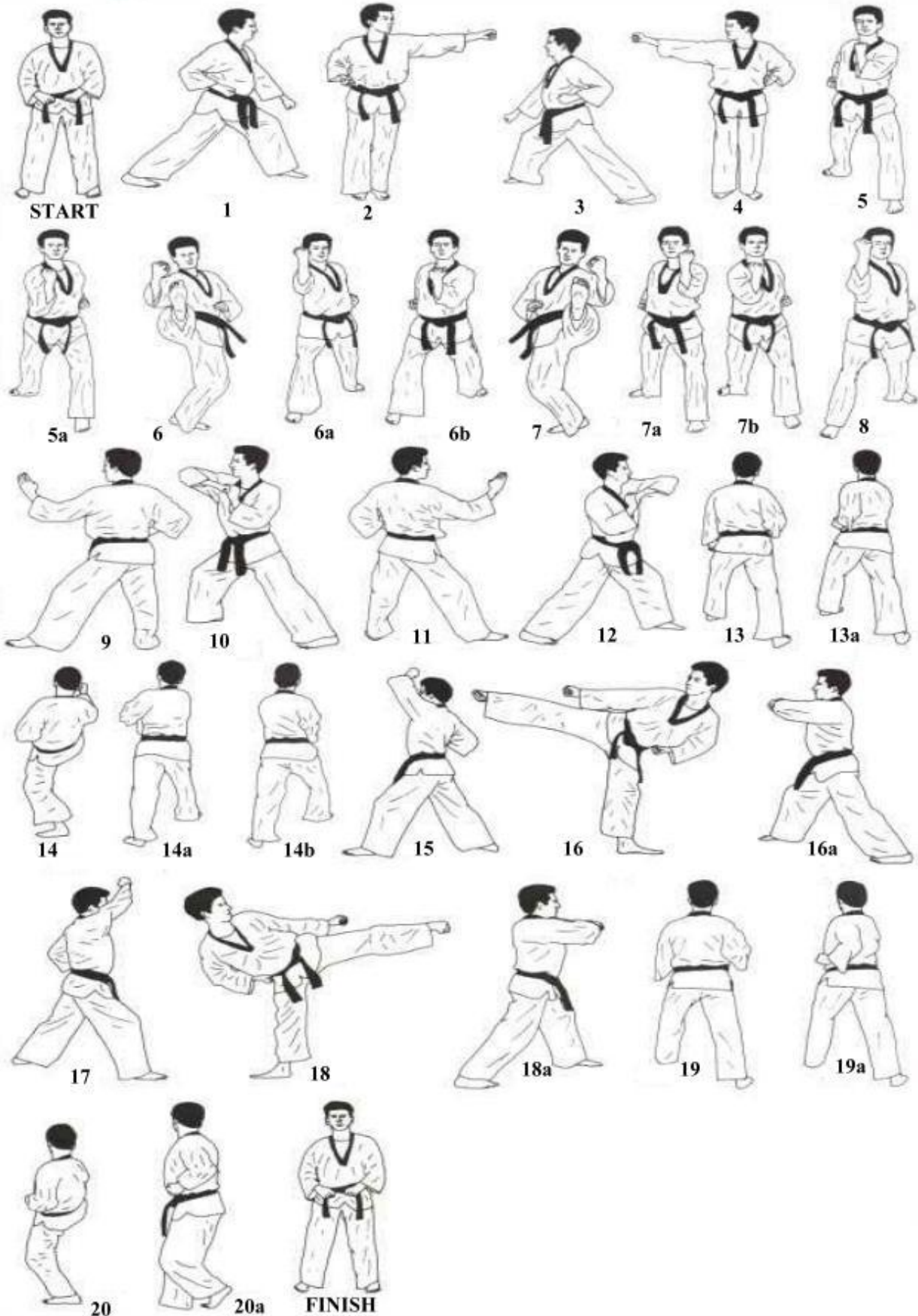
- 1 90 left, lower block with left arm, long stance.**
- 2 Back into walking stance, hammer fist with left arm.**
- 3 180 right, lower block with right arm, long stance.**
- 4 Back into walking stance, hammer fist with right arm.**
- 5 90 left, long stance, left inner block, right inner block.**
- 6 Front kick right leg followed by right back fist and left inner block, long stance.**
- 7 Front kick with left leg followed by left back fist and right arm inner block, long stance.**
- 8 Step forward with right leg into long stance and executed back fist with right arm, long stance.**
- 9 270 left, into back stance executing left outer knife-hand block.**
- 10 Step forward with right leg into long stance and execute elbow strike with right arm.**
- 11 180 right into back stance and execute right outer knife-hand block.**
- 12 Step forward with left leg into long stance and execute elbow strike with left arm.**
- 13 90 left into long stance executing left lower block and right inner block.**
- 14 Front kick with right leg followed by right lower block and left inner block.**
- 15 90 left into long stance executing upper block with left arm.**
- 16 Sidekick with right leg, long stance and execute elbow strike with left arm.**
- 17 180 right long stance and execute upper block with right arm.**
- 18 Sidekick with left leg, into long stance and execute elbow strike with right arm.**
- 19 90 left long stance and execute left lower block and right inner block.**
- 20 Front kick with right leg followed by right back fist, into cross stance.**

Ki-hop (energy shout) on move 20 (back fist).



SOUTH BANK TAEKWONDO

TAEGEUK OH-JANG WIND 20 MOVEMENTS SEON



SOUTH BANK TAEKWONDO



TAEGEUK YUK-JANG WATER 23 MOVEMENTS GAM

- 1 90 left, lower block with left arm, long stance.
- 2 Front kick with right leg, back into back stance and outer block with left arm.
- 3 180 right long stance executing lower block with right arm.
- 4 Front kick with left leg, back into back stance and outer block with right arm.
- 5 90 left, long stance executing outer knife-hand strike with right arm.
- 6 Round house kick with right leg, turn 90 left into long stance and execute outer block with left arm.
- 7 Middle section punch with right arm.
- 8 Front kick with right leg followed by left middle section punch, long stance.
- 9 180 right, long stance and execute right outer block.
- 10 Left middle section punch.
- 11 Front kick with right leg followed by right middle section punch, long stance.
- 12 Back to ready stance executing spreading block.
- 13 Step forward into long stance with right leg and execute outer knife-hand block with left arm.
- 14 Round house kick with left leg (KI HAP) and step down 270 right into long stance executing right lower block.
- 15 Front kick with left leg. Back into back stance and execute outer block with right arm.
- 16 180 left into long stance, left lower block..
- 17 Front kick with right leg. Back into back stance and execute left outer block.

SOUTH BANK TAEKWONDO



TAEGEUK YUK-JANG WATER 23 MOVEMENTS GAM

- 18 90 left, back stance and double knife-hand block.
- 19 Step back with the left leg into back stance and double knife-hand block.
- 20 Step back with the right leg into long stance and palm heel block with right arm.
- 21 Left middle section punch.
- 22 Step back with the left leg into long stance and execute palm heel block with left arm.
- 23 Right middle section punch.



SOUTH BANK TAEKWONDO

Taegeuk Yuk-jang Water 23 movements Gam



SOUTH BANK TAEKWONDO



TAEGEUK CHIL-JANG MOUNTAIN 25 MOVEMENTS GAN

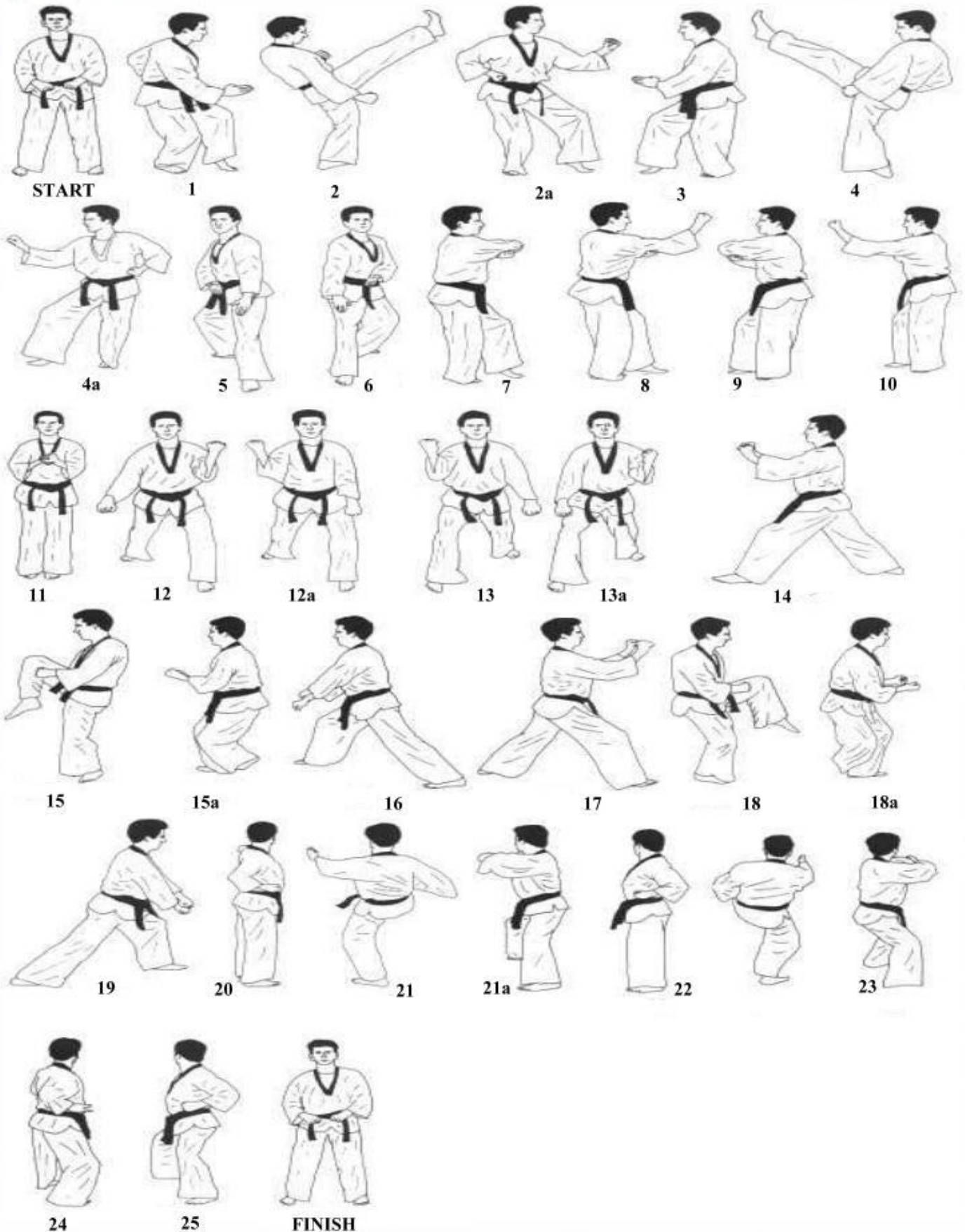
- 1 90 left cat stance, palm heel block with right arm.**
- 2 Front kick with right leg, back into cat stance and execute inner block with left arm.**
- 3 180 right cat stance and left palm heel block.**
- 4 Front kick with left leg, back into cat stance and execute inner block with right arm.**
- 5 90 left and execute double low knife-hand block, back stance.**
- 6 Step forward with right leg into back stance and double low knife-hand block.**
- 7 90 left into cat stance, high palm heel block with right arm.**
- 8 Back fist with right arm.**
- 9 180 right into cat stance, high palm heel block with left arm.**
- 10 Back fist with left arm.**
- 11 90 left to ready stance and focus (mountain).**
- 12 Left leg into long stance and execute left outer and right lower block followed by right outer and left lower block.**
- 13 Step forward with right leg, long stance and execute right outer and left lower block followed by left outer and right lower block.**
- 14 270 left, long stance left leg and execute spreading block.**
- 15 Right knee strike followed by double upper middle punch, cross stance.**
- 16 Back into long stance and execute cross block.**
- 17 180 right long stance executing spreading block.**
- 18 Left knee strike followed by double upper punch, cross stance.**
- 19 Back into long stance and execute cross block.**
- 20 90 left walking stance executing left back fist.**
- 21 Right inner crescent kick and right elbow strike, sitting stance.**
- 22 Right back fist, walking stance.**
- 23 Left inner crescent kick and left elbow strike, sitting stance.**
- 24 Left outer knife-hand strike**
- 25 Step forward into sitting stance and execute right middle section punch.**

Ki-hop (energy shout) on move 25.



SOUTH BANK TAEKWONDO

Taegeuk Chil-jang Mountain 25 movements Gan



SOUTH BANK TAEKWONDO



TAEGEUK PAL-JANG EARTH 24 MOVEMENTS GON

- 1 Left leg into back stance executing double middle block then into long stance and right middle punch.**
- 2 High left front kick (KIHAP), long stance, inner block with left arm and double middle section punch (right then left).**
- 3 Right leg into long stance, right middle punch.**
- 4 90 left with right leg into long stance executing left lower and right outer block.**
- 5 Twist 180 and right upper punch.**
- 6 Step across with left leg into long stance executing right lower and left outer block.**
- 7 Twist 180 and left upper punch.**
- 8 270 left into back stance and double knife-hand block.**
- 9 Into long stance, right middle punch.**
- 10 Right front kick, step back (right, left, right) executing right palm heel block, cat stance.**
- 11 90 left, cat stance, left outer knife-hand block.**
- 12 Left front kick, into long stance and execute right middle block.**
- 13 Back into cat stance executing left palm heel block.**
- 14 180 right cat stance, right outer knife-hand block.**
- 15 Right front kick, into long stance and execute left middle punch.**
- 16 Back into cat stance executing right palm heel block.**
- 17 90 right back stance double lower block.**
- 18 High right front kick (KIHAP), long stance, right inner block and double middle punch (left then right).**
- 19 270 left back stance, left outer knife-hand block.**
- 20 Into long stance and right elbow strike.**
- 21 Right back fist and left middle punch.**
- 22 180 right back stance, right outer knife-hand block.**
- 23 Into long stance and left elbow strike.**
- 24 Left back fist and right middle punch.**

Ki-hop (energy shout) on jumping front kicks.



SOUTH BANK TAEKWONDO

Taegeuk Pal-jang Earth 24 movements Gon

