

Taegeuk 4, (Sa) Jang: Jin - Symbolize Thunder and has 20 movements

Attention (Charyeut)

Bow (Kungye)

Ready stance (Joonbi)

1. Turn left toward 9 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a left double knife hand middle block (Oen Sonnal Momtong Makki).
2. Advance assuming a right forward stance (Oreun Apkoobi). Execute a right spearhand strike (Oreun Sonkeut Chireugi).
3. Turn to the right toward 3 o'clock. Assume a left back stance (Oen Dwitkoobi). Execute a right double knife hand middle block (Oreun Sonnal Momtong Makki).
4. Advance assuming a left forward stance (Oen Apkoobi). Execute a left spear hand strike (Oen Sonkeut Chireugi).
5. Turn to the left toward 12 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left open hand face block and right knife hand neck strike (Jebipoom Mok Chigi).
6. Keeping the hands in the same position, execute a right front kick (Oreun Apchagi). Step down with the right foot assuming a right forward stance (Oreun Apkoobi). Execute a left middle punch (Oen Momtong Chireugi).
7. Keeping the right foot in position, pivot to the right, executing a left side kick toward 12 o'clock (Oen Yeopchagi).
8. Pivot to the left on the left foot. Execute a right side kick (Oreun Yeopchagi) toward 12 o'clock. Step down facing 12 o'clock. Assume a left back stance (Oen Dwitkoobi). Execute a right double knife hand middle block (Oreun Sonnal Momtong Makki).
9. Pivot on the ball of the right foot, counterclockwise toward 3 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a left inside-outside middle block, closed fist, palm facing toward the opponent. (Oen Palmok Bakat Makki).
10. Execute a right front kick (Oreun Apchagi). Return the right foot to its original position and execute a right outside-inside middle block (Oreun Momtong An Makki).
11. Turning clockwise toward 9 o'clock assume a left back stance (Oen Dwitkoobi). Execute a, right inside-outside middle block (Oreun Palmok Bakat Makki), as in #9.
12. Execute a left front kick (Oen Apchagi). Return the left foot to its original position. Execute a left outside-inside middle block (Oen Momtong An Makki).
13. Turn counterclockwise toward 6 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left knife hand face block and simultaneously execute a right knife hand neck strike (Jebipoom Mok Chigi).
14. Execute a right front kick (Oreun Apchagi). Bring the foot down assuming a right forward stance (Oreun Apkoobi). Execute a right backfist to the philtrum (Oreun Deung Joomeok Eolgool Ap Chigi).
15. Turn toward 3 o'clock. Assume a left walking stance (Oen Apseogi). Execute a left outside-inside middle block (Oen Momtong An Makki).
16. Keep both feet fixed. Execute a right middle punch (Oreun Momtong Baro Chireugi).
17. Turn clockwise toward 9 o'clock. Assume a right walking stance (Oreun Apseogi). Execute a right outside-inside middle block (Oreun Momtong An Makki).
18. Keep both feet fixed. Execute a left middle punch (Momtong Baro Chireugi).
19. Turn counterclockwise toward 6 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left outside-inside middle block (Oen Momtong An Makki). Keep the feet fixed. Execute a right middle punch (Oreun Momtong Baro Chireugi). Execute a left middle punch (Oen Momtong Banae Chireugi).
20. Step forward assuming a right forward stance (Oreun Apkoobi). Execute a right outside-inside middle block (Oreun Momtong An Makki). Execute a left middle punch (Momtong Baro Chireugi). Execute a right middle punch (Momtong Banae Chireugi). Yell (Kihap).

Ready stance (Baro) Pivot on right foot, turn body to the left.

Bow (Shiyo)

Taegeuk Sa Jang (4)

