

Taegeuk 5, (Oh) Jang: Seon – Symbolizes Wind and has 20 movements.

Attention (Charyeut), Bow (Kungye), Ready stance (Joonbi)

1. Turning toward 9 o'clock assume a left forward stance (Oen Apkoobi). Execute a left down block (Oen Arae Makki).
2. Retract the left foot assuming an ease stance (Pyeonhiseogi). Making a large circular motion with the left hand, execute a descending hammer fist strike (Oen Me Joomeok Naeryo Chigi).
3. Pivoting on the left foot, turn toward 3 o'clock and assume a right forward stance (Oreun Apkoobi). Execute a right down block (Oreun Arae Makki).
4. Retracting the right foot, assume an ease stance (Pyeonhiseogi). Making a large circular motion execute a right descending hammerfist strike (Oreun Me Joomeok Naeryo Chigi).
5. Turn toward 12 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left outside-inside middle block followed by a right outside-inside middle block (Oen Momtong An Makki and Oreun Momtong An Makki)
6. Execute a right front kick (Oreun Apchagi). Assume a right forward stance (Oreun Apkoobi) and execute a right backfist to the philtrum (Oreun Deung Joomeok Eolgool Ap Chigi) followed by a left outside-inside middle block (Oen Momtong An Makki).
7. Execute a left front kick (Oen Apchagi). Assume a left forward stance (Oen Apkoobi) and execute a left backfist to the philtrum (Oen Deung Joomeok Eolgool Ap Chigi) followed by a right outside-inside middle block (Oreun Momtong An Makki).
8. Advance assuming a right forward stance (Oreun Apkoobi). Execute a right backfist to the philtrum (Oreun Deung Joomeok Eolgool Ap Chigi).
9. Turn counterclockwise toward 3 o'clock. Assume a right back stance (Oreun Dwitkoobi). Execute a left single knife hand middle block (Oen Hansonnal Momtong Bakat Makki).
10. Advance assuming a right forward stance (Oreun Apkoobi). Execute a right augmented elbow strike to the face (Oreun Palkoop Eolgool Chigi).
11. Turn clockwise toward 9 o'clock. Assume a left back stance (Oen Dwitkoobi). Execute a single knife hand middle block (Oreun Hansonnal Momtong Bakat Makki).
12. Advance, assuming a left forward stance (Oen Apkoobi). Execute a left augmented elbow strike to the face (Oen Palkoop Eolgool Chigi).
13. Turn counterclockwise toward 6 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left down block (Oen Arae Makki) followed by a right outside-inside middle block (Oreun Momtong An Makki).
14. Execute a right front kick (Oreun Apchagi). Assume a right forward stance (Oreun Apkoobi). Execute a right down block (Oreun Arae Makki), followed by a left outside-inside middle block (Oen Momtong An Makki).
15. Bring the left foot to the right heel. Move the left foot outward toward 3 o'clock assuming a left forward stance (Oen Apkoobi). Execute a left upper block (Oen Eolgool Makki).
16. Execute a right side kick (Oreun Yeopchagi). Bring the right foot down assuming a right forward stance (Oreun Apkoobi). Execute a left elbow strike (Oen Palkoop Momtong Pyojeok Chigi).
17. Turn clockwise toward 9 o'clock. Assume a right forward stance (Oreun Apkoobi). Execute a right upper block (Oreun Eolgool Makki).
18. Execute a left side kick (Oen Yeopchagi) toward 9 o'clock. Bring the left foot down assuming a left forward stance (Oen Apkoobi). Execute a right elbow strike (Oreun Palkoop Momtong Pyojeok Chigi).
19. Turn counterclockwise toward 6 o'clock. Assume a left forward stance (Oen Apkoobi). Execute a left down block (Oen Arae Makki) followed by a right outside-inside middle block (Oreun Momtong An Makki).
20. Execute a right front kick (Oreun Apchagi). Spring forward assuming a crossleg stance, right foot forward (Oreun Bal Dwit Koaseogi). Execute a right back fist to the philtrum (Oreun Deung Joomeok Eolgool Ap Chigi). Yell (Kihap).

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

Bow (Shiyo)



Taegeuk Oh Jang (5)

