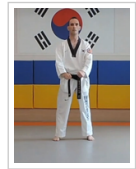


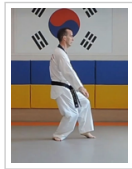
Poomsae Taebaek Taebaek: Step by Step

Poomsae Taebaek is the third of the Black Belt Dan Patterns. Poomsae Taebaek is required for 4th Dan Black Belt grade. The 26 movements (40 techniques) symbolize spirituality and should be performed with a lightness and agility.

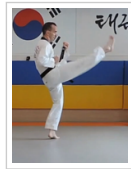
<http://www.phoenixtaekwondo.net/tkdpoomsaetaebaek.html>



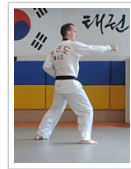
Kibun Junbi



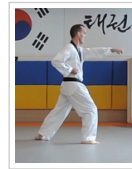
Cat Stance
Knife Hand
Wedging
Block



Front Kick



Front Stance
Front Punch



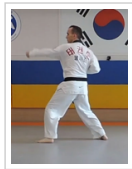
Front Stance
Reverse
Punch



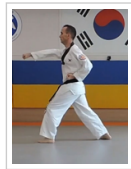
Cat Stance
Knife Hand
Wedging
Block



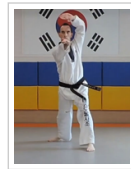
Front Kick



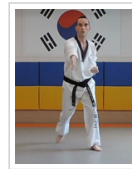
Front Stance
Front Punch



Front Stance
Reverse
Punch



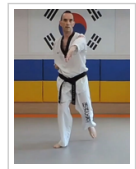
Front Stance
Swallow
Neck Strike



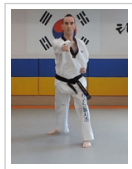
Front Stance
(moving)
Pushing
Block



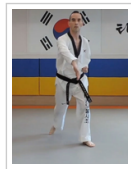
Front Stance:
Reverse
Punch



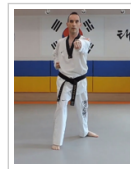
Front Stance
(moving)
Pushing
Block



Front Stance:
Reverse
Punch



Front Stance
(moving)
Pushing
Block



Front Stance:
Reverse
Punch
(Kihap!)



Back Stance
High Block /
Outer Block



Back Stance:
Uppercut
Strike



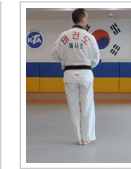
Back Stance:
Side Punch



Side Kick /
Hammer Fist



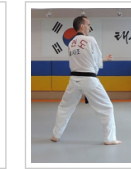
Front Stance
Elbow Strike



Closed
Stance
(intermediate)



Back Stance
High Block /
Outer Block



Back Stance:
Uppercut
Strike



Back Stance
Side Punch



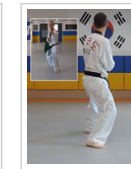
Side Kick /
Hammer Fist



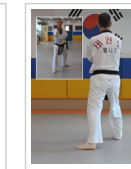
Front Stance
Elbow Strike



Closed
Stance
(preparation)



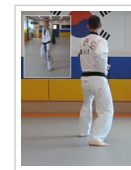
Back Stance
Double Knife
Hand Block



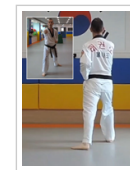
Front Stance
Spear Hand
Strike



Front Stance
Wrist
Release



Back Stance
Side Backfist
Strike



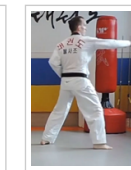
Front Stance
Front Punch
(Kihap!)



Front Stance
Scissors
Block



Front Kick



Front Stance
Front Punch



Front Stance
Reverse
Punch



Front Stance
Scissors
Block



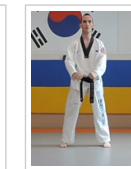
Front Kick



Front Stance
Front Punch



Front Stance
Reverse
Punch



Kibun Junbi