

Taegeuk Ijang Pattern 2: Step by Step

Taegeuk Ijang is the second training pattern (Poomsae) in Taekwondo. Taegeuk Ijang is required for 6th Kup Green Belt grade. The 18 movements (23 techniques) of Ijang are made with relaxed fluidity but still firm and correct. Taegeuk Ijang involves a greater shift between the stances compared to the first Taegeuk to help the progressing student to further their balance and combination skills.

www.phoenixtaekwondo.net/tkdpoomsae2.html



Junbi



Walking
Stance
Low Block



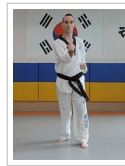
Front Stance
Middle Punch



Walking
Stance
Low Block



Front Stance
Middle Punch



Walking
Stance
Reverse Middle
Block



Walking
Stance
Reverse Middle
Block



Walking
Stance
Low Block



Walking
Stance
Front Kick



Front Stance
High Punch



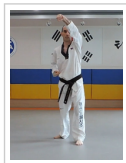
Walking
Stance
Low Block



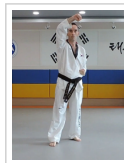
Walking
Stance
Front Kick



Front Stance
High Punch



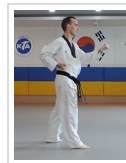
Walking
Stance
High Block



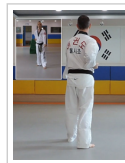
Walking
Stance
High Block



Walking
Stance
Reverse Middle
Block



Walking
Stance
Reverse Middle
Block



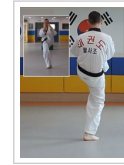
Walking
Stance
Low Block



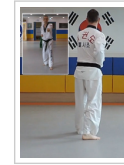
Walking
Stance
Front Kick



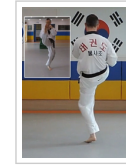
Walking
Stance
Middle Punch



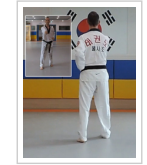
Walking
Stance
Front Kick



Walking
Stance
Middle Punch



Walking
Stance
Front Kick



Walking
Stance
Middle Punch
Kihap



Junbi