

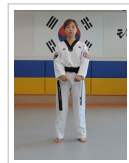
Taegeuk Iljang Pattern 1: Step by Step

Taegeuk Iljang is the first training pattern (Poomsae) in Taekwondo.

Taegeuk Iljang is required for 8th Kup Yellow Belt and 7th Kup Green Stripe grades.

The pattern contains 18 movements (20 techniques) and uses all the basic techniques of Taekwondo, the middle section punch, front kick and elemental blocks. All movements to the left and right are all in Walking Stance. Forwards and backwards movement is all in Front Stance. This pattern should be performed with a powerful freshness and a sense of beginning.

www.phoenixtaekwondo.net/tkdpoomsae1.html



Junbi



Walking
Stance
Low Block



Walking
Stance
Middle Punch



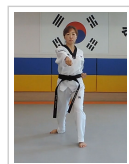
Walking
Stance
Low Block



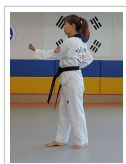
Walking
Stance
Middle Punch



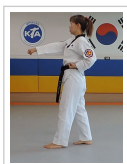
Front Stance
Low Block



Front Stance
Reverse Punch



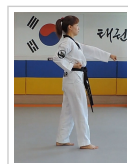
Walking
Stance
Middle Block



Walking
Stance
Reverse Punch



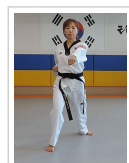
Walking
Stance
Middle Block



Walking
Stance
Reverse Punch



Front Stance
Low Block



Front Stance
Reverse Punch



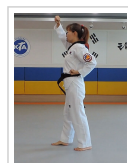
Walking
Stance
High Block



Walking
Stance
Front Kick



Walking
Stance
Middle Punch



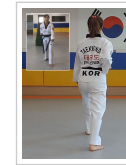
Walking
Stance
High Block



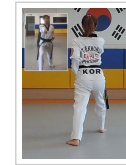
Walking
Stance
Front Kick



Walking
Stance
Middle Punch



Front Stance
Low Block



Front Stance
Middle Punch



Junbi

Kihap