

Taegeuk Paljang Pattern 8: Step by Step

Taegeuk Paljang is the eighth and final training pattern (Poomsae) in Taekwondo.

Taegeuk Paljang is required for 1st Dan Black Belt grade.

The 24 movements (39 techniques) are the culmination of a students journey through the Kup grades and Taekwondo itself. The pattern is meant as a review of all that has been learnt before.

www.phoenixtaekwondo.net/tkdpoomsae8.html



Junbi



Back Stance
Double Outer
Middle Block



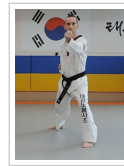
Front Stance
Reverse Punch



Front Stance
Jumping Front
Kick



Front Stance
Step-Up Front
Kick



Front Stance:
Middle Block



Front Stance
Reverse Punch



Front Stance
Middle Punch



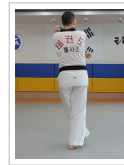
Front Stance
Middle Punch



Front Stance
(45deg)
Low Block /
Outer Block



Front Stance
Uppercut
Punch



Cross Stance
moving



Front Stance
(45deg)
Low Block /
Outer Block



Front Stance
Uppercut
Punch



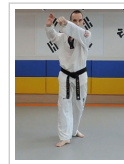
Back Stance
Double Knife
Block



Front Stance
Reverse Punch



Front Stance
Front Kick



Step
Backwards



Cat Stance
Palm Heel
Block



Cat Stance
Double Knife
Block



Cat Stance
Front Leg
Front Kick



Front Stance
Reverse Punch



Cat Stance
Palm Heel
Block



Cat Stance
Double Knife
Block



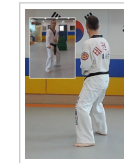
Cat Stance
Front Leg
Front Kick



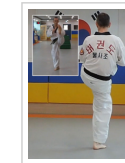
Front Stance
Reverse Punch



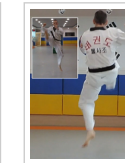
Cat Stance
Palm Heel
Block



Back Stance
Double Low
Block



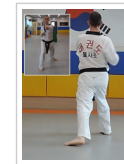
Back Stance
Front Kick



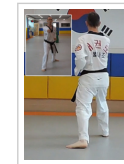
Jumping Front
Kick



Front Stance
Middle Block



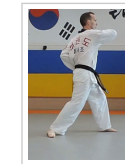
Front Stance
Reverse Punch



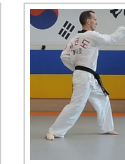
Front Stance
Middle Punch



Back Stance
Knife Hand
Block



Front Stance
Reverse Elbow
Strike



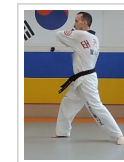
Front Stance
Reverse
Backfist Strike



Front Stance
Middle Punch



Back Stance
Knife Hand
Block



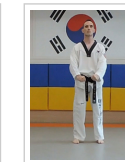
Front Stance
Reverse Elbow
Strike



Front Stance
Reverse
Backfist Strike



Front Stance
Middle Punch



Junbi