

Taegeuk Sajang Pattern 4: Step by Step

Taegeuk Sajang is the fourth training pattern (Poomsae) in Taekwondo.

Taegeuk Sajang is required for 4th Kup Blue Belt grade.

The 20 moves (29 techniques) of Taegeuk Sajang represent a major advancement over the earlier patterns as students move towards the advanced grades of Taekwondo.

Taegeuk Sajang should be performed with strong stances with powerful and confident blocking/striking combinations.

www.phoenixtaekwondo.net/tkdpoomsae4.html



Junbi



Back Stance
Double Knife
Block



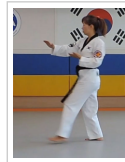
Moving
Palm Heel
Block



Front Stance
Spear Hand



Back Stance
Double Knife
Block



Moving
Palm Heel
Block



Front Stance
Spear Hand



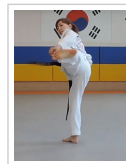
Front Stance
High Block /
Knife Hand
Strike



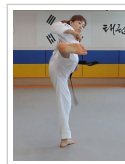
Front Stance
Front Kick



Front Stance
Reverse Punch



Back Stance
Side Kick



Back Stance
Side Kick



Back Stance
Double Knife
Block



Back Stance
Outer Middle
Block



Back Stance
Front Kick



Back Stance
Reverse Middle
Block



Back Stance
Outer Middle
Block



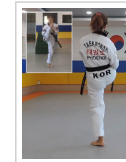
Back Stance
Front Kick



Back Stance
Reverse Middle
Block



Front Stance
High Block /
Knife Hand
Strike



Front Stance
Front Kick



Front Stance
Backfist Strike



Walking
Stance
Middle Block



Walking
Stance
Reverse Punch



Walking
Stance
Middle Block



Walking
Stance
Reverse Punch



Front Stance
Middle Block



Front Stance
Reverse Punch



Front Stance
Middle Punch



Front Stance
Middle Block



Front Stance
Reverse Punch



Front Stance
Middle Punch
Kihap



Junbi