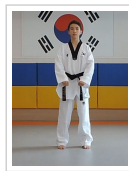


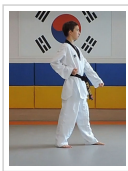
Taegeuk Samjang Pattern 3: Step by Step

Taegeuk Samjang is the third training pattern (Poomsae) in Taekwondo and is required for 5th Kup Blue Stripe grade. The 20 movements (34 techniques) moves in Samjang are varied between a fast and slower pace with explosions of energy. For example the front kicks in the Taegeuk are instantaneously followed by a fast double punch combination. Back Stance and is introduced for the first time in Taegeuk Samjang.

www.phoenixtaekwondo.net/tkdpoomsae3.html



Junbi



Walking Stance
Low Block



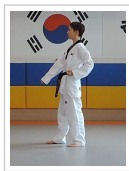
Walking Stance
Front Kick



Front Stance
Middle Punch



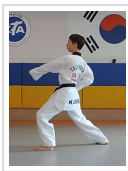
Front Stance
Reverse Punch



Walking Stance
Low Block



Walking Stance
Front Kick



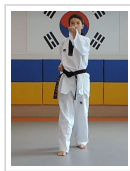
Front Stance
Middle Punch



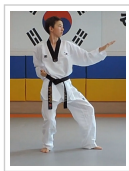
Front Stance
Reverse Punch



Walking Stance
Knife Hand
Strike



Walking Stance
Knife Hand
Strike



Back Stance
Knife Hand
Block



Back Stance
Grab



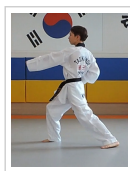
Front Stance
Reverse Punch



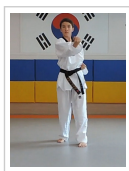
Back Stance
Knife Hand
Block



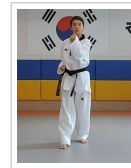
Back Stance
Grab



Front Stance
Reverse Punch



Walking Stance
Reverse Middle
Block



Walking Stance
Reverse Middle
Block



Walking Stance
Low Block



Walking Stance
Front Kick



Front Stance
Middle Punch



Front Stance
Reverse Punch



Walking Stance
Low Block



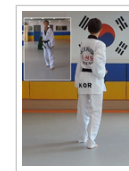
Walking Stance
Front Kick



Front Stance
Middle Punch



Front Stance
Reverse Punch



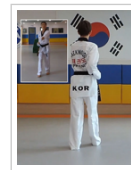
Walking Stance
Low Block



Walking Stance
Reverse Punch



Walking Stance
Low Block



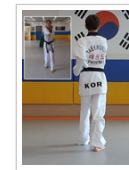
Walking Stance
Reverse Punch



Walking Stance
Front Kick



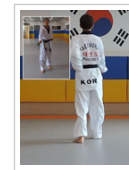
Walking Stance
Low Block



Walking Stance
Reverse Punch



Walking Stance
Front Kick



Walking Stance
Low Block



Walking Stance
Reverse Punch
Kihap



Junbi