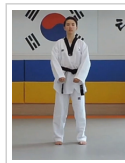


Taegeuk Yookjang Pattern 6: Step by Step

Taegeuk Yookjang is the sixth training pattern (Poomsae) in Taekwondo. andis required for 2nd Kup Red Belt grade. The student should execute the 23 movements (31 techniques) with fluidity and a gentle confidence as if every movement is a natural response to any obstacle or hardship that is to be overcome and dealt with. The unusual motions associated with the two turning kicks, introduced for the first time within this pattern, are meant as a reminder that just like flowing water, the Taekwondo student can flow in any direction without hesitation.

www.phoenixtaekwondo.net/tkdpoomsae6.html



Junbi



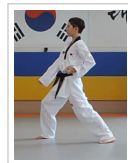
Front Stance
Low Block



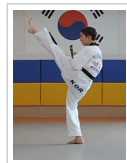
Front Stance
Front Kick



Back Stance
Outer Middle
Block



Front Stance
Low Block



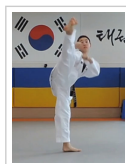
Front Stance
Front Kick



Back Stance
Outer Middle
Block



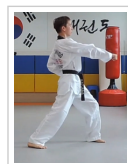
Front Stance
Reverse Knife
Hand Outer
Block



Parallel Stance
(90 degree
turn)
Turning Kick



Front Stance
High Middle
Block



Front Stance
Reverse Punch



Front Stance
Front Kick



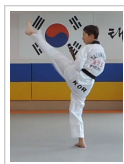
Front Stance
Reverse Punch



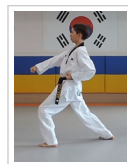
Front Stance
High Middle
Block



Front Stance
Reverse Punch



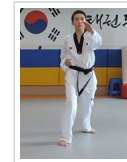
Front Stance
Front Kick



Front Stance
Reverse Punch



Front Stance
Low Wedging
Block



Front Stance
Outer Middle
Block



Parallel Stance
(270 degree
turn)
Turning Kick
Kihap



Front Stance
Low Block



Front Stance
Front Kick



Back Stance
Outer Middle
Block



Front Stance
Low Block



Front Stance
Front Kick



Back Stance
Outer Middle
Block



Back Stance
Double Knife
Block



Back Stance
Double Knife
Block



Front Stance
Palm Heel
Block



Front Stance
Reverse Punch



Front Stance
Palm Heel
Block



Front Stance
Reverse Punch



move
backwards
Junbi