

## Taegeuk Sa-Jang (4) Poomsae 태극 사장 품새

Count	Front Leg	Stance	Limb Used	Technique	서기	기술	Note
<b>Junbi</b> 준비	Left Steps	Parallel Stance	Both Hands	Basic Ready Posture	Naranhi Seogi 나란히 서기	Kibon Junbi Jase 기본 준비 자세	5 Seconds
<b>1</b>	Left	Backward Stance	Left Arm Block + Right Arm Assist	Assisted Knife Hand Block	Dwit Gubi 뒷 굽이	Sonnal Geodeureo Makgi 손날 거들어 막기	
<b>2</b>	Right	Forward Stance	Left Hand Block + Right Hand Thrust	Pressing Block + Spear Hand Vertical Thrust	Ap Gubi 앞 굽이	Nulleo Makgi + Pyeononkkeut Sewo Jjireugi 눌러 막기 + 편손끝 세워 찌르기	
<b>3</b>	Right	Backward Stance	Right Arm Block + Left Arm Assist	Assisted Knife Hand Block	Dwit Gubi 뒷 굽이	Sonnal Geodeureo Makgi 손날 거들어 막기	
<b>4</b>	Left	Forward Stance	Right Hand Block + Left Hand Thrust	Pressing Block + Spear Hand Vertical Thrust	Ap Gubi 앞 굽이	Nulleo Makgi + Pyeononkkeut Sewo Jjireugi 눌러 막기 + 편손끝 세워 찌르기	
<b>5</b>	Left	Forward Stance	Left Arm Block + Right Hand Strike	Swallow Strike	Ap Gubi 앞 굽이	Jebipum Chigi 제비품 치기	
<b>6a</b>			Right Foot	Front Kick		Ap Chagi 앞 차기	
<b>6b</b>	Right	Forward Stance	Left Fist	Reverse Punch	Ap Gubi 앞 굽이	Baro Jireugi 바로 지르기	
<b>7a</b>			Left Foot	Side Kick		Yeop Chagi 옆 차기	One step distance between kicks
<b>7b</b>			Right Foot	Side Kick		Yeop Chagi 옆 차기	
<b>7c</b>	Right	Backward Stance	Right Arm	Assisted Knife Hand Block	Dwit Gubi 뒷 굽이	Sonnal Geodeureo Makgi 손날 거들어 막기	
<b>8</b>	Left	Backward Stance	Left Arm	Outward Middle Block	Dwit Gubi 뒷 굽이	Momtong Bakkat Makgi 몸통 바깥 막기	
<b>9a</b>			Right Foot	Front Kick		Ap Chagi 앞 차기	
<b>9b</b>	Left	Backward Stance	Right Arm	Inward Middle Block	Dwit Gubi 뒷 굽이	Momtong An Makgi 몸통 안 막기	
<b>10</b>	Right	Backward Stance	Right Arm	Outward Middle Block	Dwit Gubi 뒷 굽이	Momtong Bakkat Makgi 몸통 바깥 막기	
<b>11a</b>			Left Foot	Front Kick		Ap Chagi 앞 차기	
<b>11b</b>	Right	Backward Stance	Left Arm	Inward Middle Block	Dwit Gubi 뒷 굽이	Momtong An Makgi 몸통 안 막기	
<b>12</b>	Left	Forward Stance	Left Arm Block + Right Hand Strike	Swallow Strike	Ap Gubi 앞 굽이	Jebipum Chigi 제비품 치기	
<b>13a</b>			Right Foot	Front Kick		Ap Chagi 앞 차기	
<b>13b</b>	Right	Forward Stance	Right Fist	Back Fist Forward Strike	Ap Gubi 앞 굽이	Deung Jumeok Ap Chigi 등 주먹 앞 차기	
<b>14a</b>	Left	Walking Stance	Left Arm	Inward Middle Block	Ap Seogi 앞 서기	Momtong An Makgi 몸통 안 막기	
<b>14b</b>			Right Fist	Reverse Punch		Baro Jireugi 바로 지르기	
<b>15a</b>	Right	Walking Stance	Right Arm	Inward Middle Block	Ap Seogi 앞 서기	Momtong An Makgi 몸통 안 막기	
<b>15b</b>			Left Fist	Reverse Punch		Baro Jireugi 바로 지르기	
<b>16a</b>	Left	Forward Stance	Left Arm	Inward Middle Block	Ap Gubi 앞 굽이	Momtong An Makgi 몸통 안 막기	
<b>16b</b>			Right → Left	Double Punch		Dubeon Jireugi 두번 지르기	
<b>17a</b>	Right	Forward Stance	Right Arm	Inward Middle Block	Ap Gubi 앞 굽이	Momtong An Makgi 몸통 안 막기	
<b>17b</b>			Left → Right	Double Punch		Dubeon Jireugi 두번 지르기	<b>Kihap</b>
<b>Baro</b> 바로	Left Steps	Parallel Stance	Both Hands	Basic Ready Posture	Naranhi Seogi 나란히 서기	Kibon Junbi Jase 기본 준비 자세	5 Seconds

