

## Taegeuk O-Jang (5) Poomsae 태극 오장 품새

Count	Front Leg	Stance	Limb Used	Technique	서기	기술	Note
Junbi 준비	Left Steps	Parallel Stance	Both Hands	Basic Ready Posture	Naranhi Seogi 나란히 서기	Kibon Junbi Jase 기본 준비 자세	5 Seconds
1	Left	Forward Stance	Left Arm	Downward Block	Ap Gubi 앞 굽이	Naeryeo Makgi 내려 막기	
2	Left	Side Stance	Left Fist	Hammer Fist Downward Strike	Oen Yeop Seogi 왼 옆 서기	Me Jumeok Naeryeo Chigi 메 주먹 내려 치기	
3	Right	Forward Stance	Right Arm	Downward Block	Ap Gubi 앞 굽이	Naeryeo Makgi 내려 막기	
4	Right	Side Stance	Right Fist	Hammer Fist Downward Strike	Oreun Yeop Seogi 오른 옆 서기	Me Jumeok Naeryeo Chigi 메 주먹 내려 치기	
5a	Left	Forward Stance	Left Arm	Inward Middle Block	Ap Gubi 앞 굽이	Momtong An Makgi 몸통 안 막기	
5b			Right Arm	Inward Middle Block		Momtong An Makgi 몸통 안 막기	
6a			Right Foot	Front Kick		Ap Chagi 앞 차기	
6b	Right	Forward Stance	Right Fist	Back Fist Forward Strike	Ap Gubi 앞 굽이	Deung Jumeok Ap Chigi 등 주먹 앞 치기	
6c			Left Arm	Inward Middle Block		Momtong An Makgi 몸통 안 막기	
7a			Left Foot	Front Kick		Ap Chagi 앞 차기	
7b	Left	Forward Stance	Left Fist	Back Fist Forward Strike	Ap Gubi 앞 굽이	Deung Jumeok Ap Chigi 등 주먹 앞 치기	
7c			Right Arm	Inward Middle Block		Momtong An Makgi 몸통 안 막기	
8	Right	Forward Stance	Right Arm	Back Fist Forward Strike	Ap Gubi 앞 굽이	Deung Jumeok Ap Chigi 등 주먹 앞 치기	
9	Left	Backward Stance	Left Arm	Knife Hand Block	Dwit Gubi 뒷 굽이	Sonnal Makgi 손날 막기	
10	Right	Forward Stance	Right Elbow Strike + Left Hand Assist	Assisted Elbow Hook	Ap Gubi 앞 굽이	Palgup Geodeureo Dollyeo Chigi 팔굽 거들어 돌려 치기	
11	Right	Backward Stance	Right Arm	Knife Hand Block	Dwit Gubi 뒷 굽이	Sonnal Makgi 손날 막기	
12	Left	Forward Stance	Left Elbow Strike + Right Hand Assist	Assisted Elbow Hook	Ap Gubi 앞 굽이	Palgup Geodeureo Dollyeo Chigi 팔굽 거들어 돌려 치기	
13a	Left	Forward Stance	Left Arm	Downward Block	Ap Gubi 앞 굽이	Naeryeo Makgi 내려 막기	
13b			Right Arm	Inward Middle Block		Momtong An Makgi 몸통 안 막기	
14a			Right Foot	Front Kick		Ap Chagi 앞 차기	
14b	Right	Forward Stance	Right Arm	Downward Block	Ap Gubi 앞 굽이	Naeryeo Makgi 내려 막기	
14c			Left Arm	Inward Middle Block		Momtong An Makgi 몸통 안 막기	
15	Left	Forward Stance	Left Arm	Upward Block	Ap Gubi 앞 굽이	Olyeo Makgi 올려 막기	
16a			Right Foot + Right Fist	Side Kick + Hammer Fist Outward Strike		Yeop Chagi + Me Jumeok Bakkat Chigi 옆 차기 + 메 주먹 바깥 치기	
16b	Right	Forward Stance	Left Elbow	Target Elbow Strike	Ap Gubi 앞 굽이	Palgup Pyojeok Chigi 팔굽 표적 치기	
17	Right	Forward Stance	Right Arm	Upward Block	Ap Gubi 앞 굽이	Olyeo Makgi 올려 막기	
18a			Left Foot + Left Fist	Side Kick + Hammer Fist Outward Strike		Yeop Chagi + Me Jumeok Bakkat Chigi 옆 차기 + 메 주먹 바깥 치기	
18b	Left	Forward Stance	Right Elbow	Target Elbow Strike	Ap Gubi 앞 굽이	Palgup Pyojeok Chigi 팔굽 표적 치기	
19a	Left	Forward Stance	Left Arm	Downward Block	Ap Gubi 앞 굽이	Naeryeo Makgi 내려 막기	
19b			Right Arm	Inward Middle Block		Momtong An Makgi 몸통 안 막기	
20a			Right Foot	Front Kick		Ap Chagi 앞 차기	
20b	Right	Back Cross Stance	Right Foot + Right Fist	Stomp + Back Fist Forward Strike	Dwi Kkoa Seogi 뒤 꼬아 서기	Jitjihgi + Deung Jumeok Ap Chigi 짓찢기 + 등 주먹 앞 치기	<b>Kihap</b> Right Foot In 30°
Baro 바로	Both Feet Pivot	Parallel Stance	Both Hands	Basic Ready Posture	Naranhi Seogi 나란히 서기	Kibon Junbi Jase 기본 준비 자세	5 Seconds

