

Taegeuk Pal-Jang (8) Poomsae 태극 팔장 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
1a	Left	Backward Stance	Left Arm Block + Right Arm Assist	Assisted Outward Middle Block	Dwit Gubi 뒷굽이	Momtong Geodeureo Bakkat Makgi 몸통 거들어 바깥 막기	
1b	Left	Forward Stance	Right Fist	Reverse Punch	Ap Gubi 앞굽이	Baro Jireugi 바로 지르기	
2a			Right → Left	Double Front Kick		Du Bal Dangseong Ap Chagi 두 발 당성 앞 차기	Kihap On Kick 2 Front Kick → Switch Front Kick
2b	Left	Forward Stance	Left Arm	Inward Middle Block	Ap Gubi 앞굽이	Momtong An Makgi 몸통 안 막기	
2c			Right → Left	Double Punch		Dubeon Jireugi 두번 지르기	
3	Right	Forward Stance	Right Fist	Forward Punch	Ap Gubi 앞굽이	Bandae Jireugi 반대 지르기	
4	Right	Angled Forward Stance	Right Arm Downward + Left Arm Outward	Single Mountain Block	Mo Ap Gubi 모 앞굽이	Oesan Makgi 외산 막기	aka Oesanteul Makgi 외산틀 막기
5a	Right	Forward Stance	Left Fist Punch + Right Hand Pull	Pulling Uppercut	Ap Gubi 앞굽이	Danggyeo Teok Jireugi 당겨 턱 지르기	8 Seconds
5b	Right	Front Cross Stance			Ap Kkoa Seogi 앞 꼬아 서기		
5c	Left	Angled Forward Stance	Left Arm Downward + Right Arm Outward	Single Mountain Block	Mo Ap Gubi 모 앞굽이	Oesan Makgi 외산 막기	aka Oesanteul Makgi 외산틀 막기
6a	Left	Forward Stance	Right Fist Punch + Left Hand Pull	Pulling Uppercut	Ap Gubi 앞굽이	Danggyeo Teok Jireugi 당겨 턱 지르기	8 Seconds
6b	Left	Backward Stance	Left Arm Block + Right Arm Assist	Assisted Knife Hand Block	Dwit Gubi 뒷굽이	Sonnal Geodeureo Makgi 손날 거들어 막기	
6c	Left	Forward Stance	Right Fist	Reverse Punch	Ap Gubi 앞굽이	Baro Jireugi 바로 지르기	
7a			Right Foot	Front Kick		Ap Chagi 앞 차기	Land Back After Kick
7b	Left	Walking Stance			Ap Seogi 앞 서기		Retain Front Kick Cover
7c	Right	Walking Stance			Ap Seogi 앞 서기		Step Back + Prepare Palm Heel Block
7d	Right	Tiger Stance	Right Hand	Palm Heel Inward Block	Beom Seogi 범 서기	Batangson An Makgi 바탕손 안 막기	
8	Left	Tiger Stance	Left Arm Block + Right Arm Assist	Assisted Knife Hand Block	Beom Seogi 범 서기	Sonnal Geodeureo Makgi 손날 거들어 막기	
9a			Left Foot	Front Foot Front Kick		Ap Bal Ap Chagi 앞 발 앞 차기	
9b	Left	Forward Stance	Right Fist	Reverse Punch	Ap Gubi 앞굽이	Baro Jireugi 바로 지르기	
9c	Left	Tiger Stance	Left Hand	Palm Heel Inward Block	Beom Seogi 범 서기	Batangson An Makgi 바탕손 안 막기	
10	Right	Tiger Stance	Right Arm Block + Left Arm Assist	Assisted Knife Hand Block	Beom Seogi 범 서기	Sonnal Geodeureo Makgi 손날 거들어 막기	
11a			Right Foot	Front Foot Front Kick		Ap Bal Ap Chagi 앞 발 앞 차기	
11b	Right	Forward Stance	Left Fist	Reverse Punch	Ap Gubi 앞굽이	Baro Jireugi 바로 지르기	
11c	Right	Tiger Stance	Right Hand	Palm Heel Inward Block	Beom Seogi 범 서기	Batangson An Makgi 바탕손 안 막기	
12	Right	Backward Stance	Right Arm Block + Left Arm Assist	Assisted Downward Block	Dwit Gubi 뒷굽이	Geodeureo Naeryeo Makgi 거들어 내려 막기	
13a			Left → Right	Front Kick → Jumping Front Kick		Ap Chago → Ttwieo Ap Chagi 앞 차고 → 뛰어 앞 차기	Kihap On Kick 2
13b	Right	Forward Stance	Right Arm	Inward Middle Block	Ap Gubi 앞굽이	Momtong An Makgi 몸통 안 막기	
13c			Left → Right	Double Punch		Dubeon Jireugi 두번 지르기	
14	Left	Backward Stance	Left Arm	Knife Hand Block	Dwit Gubi 뒷굽이	Sonnal Makgi 손날 막기	
15a	Left	Forward Stance	Right Elbow	Elbow Hook	Ap Gubi 앞굽이	Palgup Dollyeo Chigi 팔굽 돌려 차기	
15b			Right Fist	Back Fist Forward Strike		Deung Jumeok Ap Chigi 등 주먹 앞 차기	
15c			Left Fist	Forward Punch		Bandae Jireugi 반대 지르기	
16	Right	Backward Stance	Right Arm	Knife Hand Block	Dwit Gubi 뒷굽이	Sonnal Makgi 손날 막기	
17a	Right	Forward Stance	Left Elbow	Elbow Hook	Ap Gubi 앞굽이	Palgup Dollyeo Chigi 팔굽 돌려 차기	
17b			Left Fist	Back Fist Forward Strike		Deung Jumeok Ap Chigi 등 주먹 앞 차기	
17c			Right Fist	Forward Punch		Bandae Jireugi 반대 지르기	
Baro 바로	Left Steps	Parallel Stance	Both Hands	Basic Ready Posture	Naranhi Seogi 나란히 서기	Kibon Junbi Jase 기본 준비 자세	5 Seconds

