



Form 1

(Taegeuk Il Jang)

To master this Taegeuk form, you must have accurate Taekwondo stances.

Start in the Ready or "Joon Bi" stance

Turn left 90 degrees into a walking stance with left foot forward, left low block

Step forward into walking stance with right foot forward, right hand middle punch

Turn right 180 degrees into a walking stance with right foot forward, right low block

Step forward into walking stance with left foot forward, left hand middle punch

Turn left 90 degrees into a front stance with left foot forward, left low block, right middle punch

Turn right 90 degrees into a walking stance with right foot forward, left inside block

Step forward into walking stance with left foot forward, right hand middle punch

Turn left 180 degrees into a walking stance with left foot forward, right inside block

Step forward into walking stance with right foot forward, left hand middle punch

Turn right 90 degrees into a front stance with right foot forward, right low block, left middle punch

Turn left 90 degrees into a walking stance with left foot forward, left high block

Right front kick, foot placed down into walking stance with right foot forward, right middle punch

Turn right 180 degrees into a walking stance with right foot forward, right high block

Left front kick, foot placed down into walking stance with left foot forward, left middle punch

Turn right 90 degrees into a front stance with left foot forward, left low block

Step forward into a front stance with right foot forward, right middle punch

Yell Kihap!

When the Master says "Bah Ro", turn and face the Master.