



Poomsae Mastery

Lesson Plan #3

Brief refresher of the meaning of Taegeuk and 10 Rules of Poomsae Practice (5 mins)

Rule 9 of Poomsae Practice: Leadership (5 mins)

- Leadership: You must share your knowledge and assist instructors with teaching poomsae. Take responsibility for passing on poomsae.
- Teaching poomsae will improve your level of mastery.
- Teach individuals or small groups of students before, after, or outside of class.
- Organize the group in belt ranking order and look for students with yellow tips (they can be used to help). Lower belts and those without a yellow tip should be moved closer to the front.
- Assess current level: Have the student or group complete the poomsae without instruction and assess current level of mastery.
- Consider using the 4,2,4 method (teach 4 moves & practice, then add on 2 moves & practice...ext). Students do not need to learn the whole poomsae all at once. Teach in small parts and reassess.
- Goal: Student(s) to improve in 1-2 moves and not master the whole poomsae in a single class.
- Remind students to practice outside of class and try to become a leader by helping their fellow classmates.

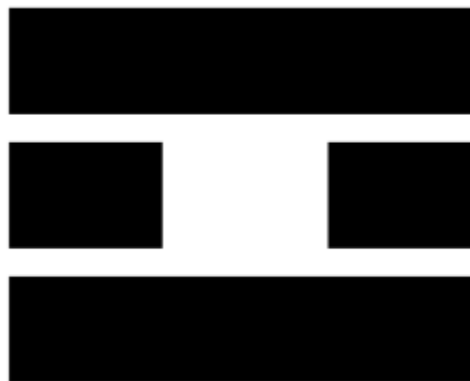
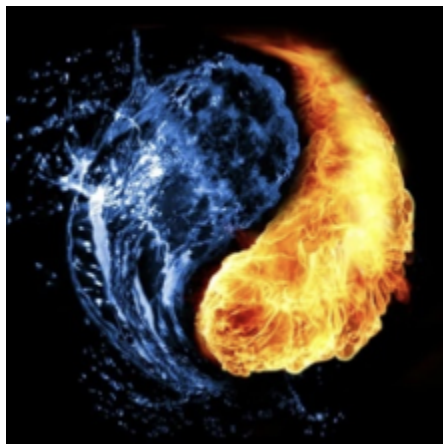
Practice Form, Strength, Balance, Flexibility, and Repetition: (10-15 mins)

- Basic stances: Walking, Front, Back
- Knife (blade) hand strike and blocks
- Loads and transitions

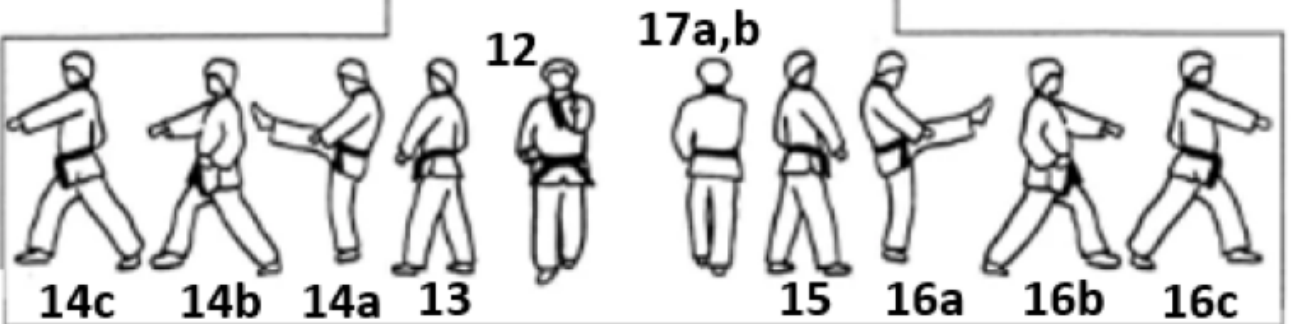
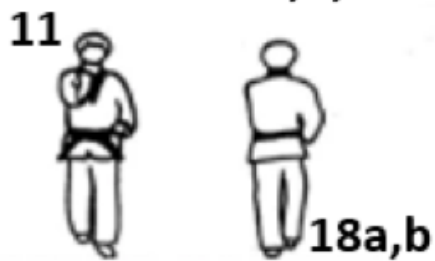
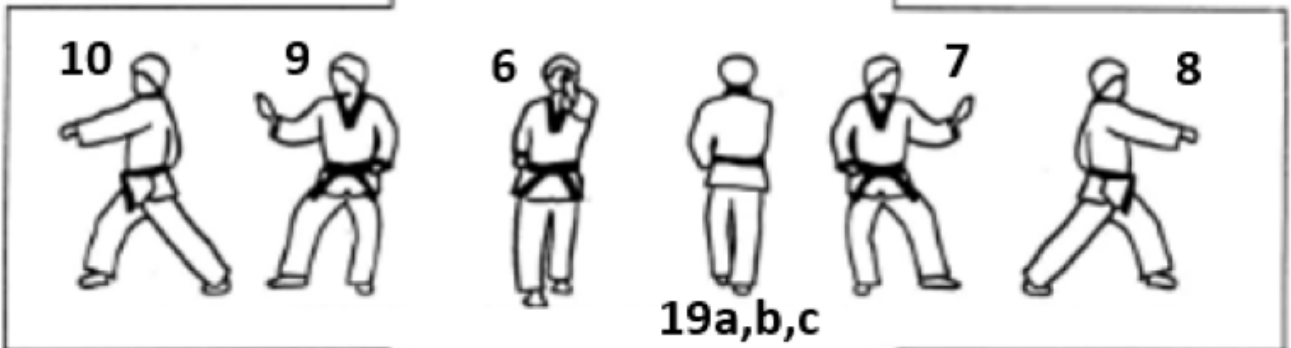
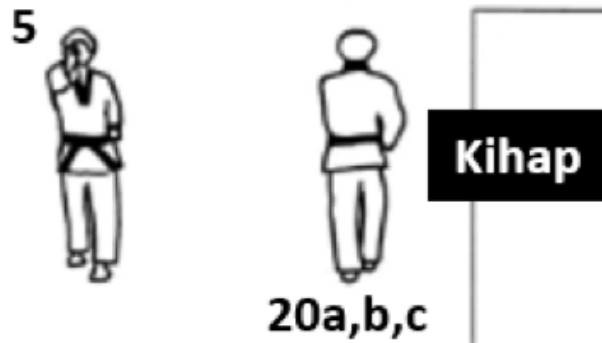
Taegeuk Sam Jang: (25 min)

The trigram for Taegeuk Sam Jang represents the concept of Yi (also spelled Ri or Ree). Yi represents heat and brightness, like a fire. The idea is that this form should crackle like a fire: rapidly fluid throughout, with bursts of power. For example, the punches at steps 8 and 10 "burst" forward from their prior stances, like the crackle and pop of a fire. The concept of Yi also symbolizes that the form should be practiced with burning enthusiasm and passion. This form introduces knife (blade) hand techniques as well as combinations.

Key Movements: low blocks (arae-makki), inward middle blocks (momtong-makki), middle punch (momtong-jireugi), front kicks (ap-chagi), walking stance (ap-sogi), front stance (sogi).
New movements: hand knife neck strike (sonal mokchigi), hand knife blocking (sonal makki), back stance (dwitkubi)



Taegeuk Sam Jang



Taegeuk Sam Jang: Notes

#	Arms/hands	Legs/Feet	Note
1	Left Low block	Walking Stance (left leg forward)	Weight is even on both feet, don't lean back
2	Right, left middle punch (punch rapid like a fire)	Right Front Kick, end in Right Front Stance	Load with left fist as foot is coming down after kick, start middle double punch once right foot is on the ground after front kick
3	Right Low block	Walking Stance (right leg forward)	
4	Left, right middle punch (punch rapid like a fire)	Left Front Kick, end in Left Front Stance	Load with right fist as foot is coming down after kick
5	Load with left fist at shoulder level, right knife hand loaded with wrist to ear level and palm flat and up, strike at chin level	Walking Stance (left leg forward)	Knife hand: fingers pressed together and tips bent slightly, thumb slight bent and pressed on side of hand not over the palm. Keep palm flat
6	Load with right fist shoulder level, left knife hand loaded with wrist to ear level and palm flat and up, stick to chin level	Walking Stance (right leg forward)	
7	Left middle cross knife hand block	Back Stance (left leg forward)	Knife hand no higher than shoulder, wrist straight, arm bent 90-120°
8	Right middle punch	Front Stance (left leg forward)	Shift from back to front stance with no step
9	Right middle cross knife hand block	Back Stance (right leg forward)	
10	Left middle punch	Front Stance (right leg forward)	
11	Right middle block (load with left fist)	Walking Stance (left forward)	Don't forget to load middle blocks
12	Left middle block (load with right fist)	Walking Stance (right forward)	
13	Left Low block	270° turn into a Walking Stance (left leg forward)	Load left arm across upper chest and right arm diagonal across abdomen prior to turning
14	Right, left middle punch (punch rapid like a fire)	Right Front Kick, end in Front stance	Load with left fist as foot is coming down after kick. Start middle double punch once right foot is on the ground after front kick
15	Right Low block	Walking Stance (right leg forward)	Load right arm across upper chest and left arm diagonal across abdomen prior to turning
16	Left, right middle punch (punch rapid like a fire)	Left Front Kick, end in Front Stance	Load with right fist as foot is coming down after kick. Start middle double punch once right foot is on the ground after front kick
17	Left low block, right middle punch	Walking Stance (left leg forward)	Load blocks and punch
18	Right low block, left middle punch	Walking Stance (right leg forward)	

#	Arms/hands	Legs/Feet	Note
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2	Right, left middle punch (punch rapid like a fire)	Right Front Kick, end in Right Front Stance	Load with left fist as foot is coming down after kick, start middle double punch once right foot is on the ground after front kick
3	Right Low block	Walking Stance (right leg forward)	
4	Left, right middle punch (punch rapid like a fire)	Left Front Kick, end in Left Front Stance	Load with right fist as foot is coming down after kick
5	Load with left fist at shoulder level, right knife hand loaded with wrist to ear level and palm flat and up, strike at chin level	Walking Stance (left leg forward)	Knife hand: fingers pressed together and tips bent slightly, thumb slight bent and pressed on side of hand not over the palm. Keep palm flat
6	Load with right fist shoulder level, left knife hand loaded with wrist to ear level and palm flat and up, stick to chin level	Walking Stance (right leg forward)	
7	Left middle cross knife hand block	Back Stance (left leg forward)	Knife hand no higher than shoulder, wrist straight, arm bent 90-120°
8	Right middle punch	Front Stance (left leg forward)	Shift from back to front stance with no step
9	Right middle cross knife hand block	Back Stance (right leg forward)	
10	Left middle punch	Front Stance (right leg forward)	
19	Left low block, right middle punch	Left Front Kick into Walking Stance	Load block and punch Start block after foot is down after kick
20	Right low block, left middle punch	Right Front Kick into Walking stance	Load block and punch Start block after foot is down after kick End with a "Kihap"