

# PMT Lesson Plan #4

**Brief refresher of the meaning of Taegeuk, 10 Rules of Poomsae Practice, Leadership (5 mins)**

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

- Basic stances: Walking, Front, Back
- New movements: double knife hand block (sonnal momtongmakki), vertical fingertip thrust (pyonsonkkeut sewotzireugi), swallow form knife hand strike (jebipoom mokchigi), outward middle block (momtong bakkatmakki), backfist strike (deungjumeok apchigi), side kick (yopchagi)

**Taegeuk Sa Jang (40 min)**

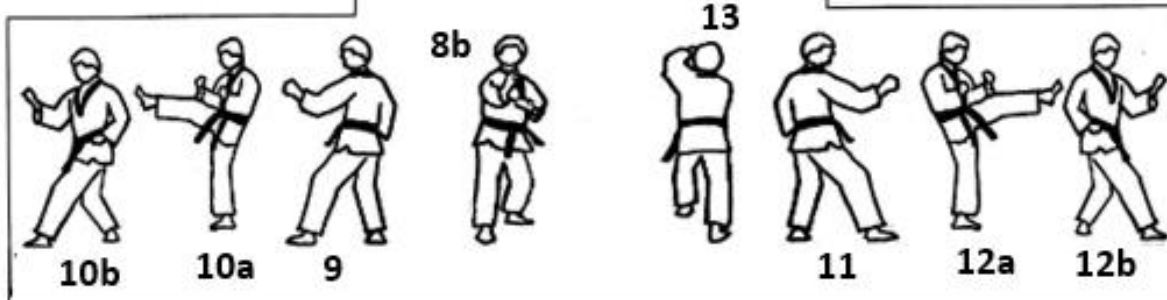
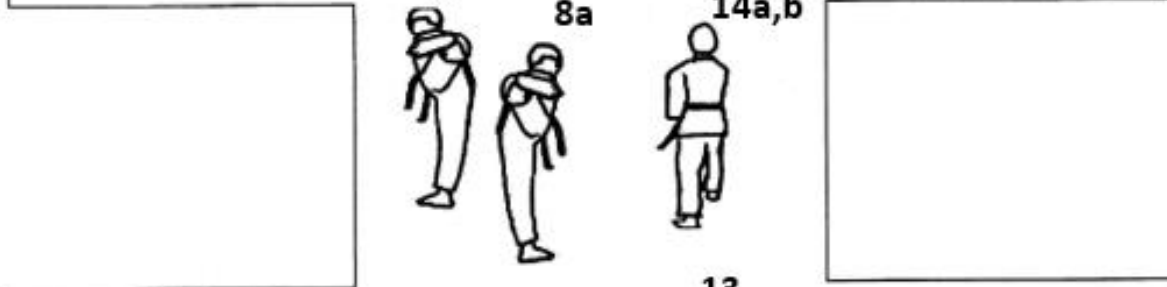
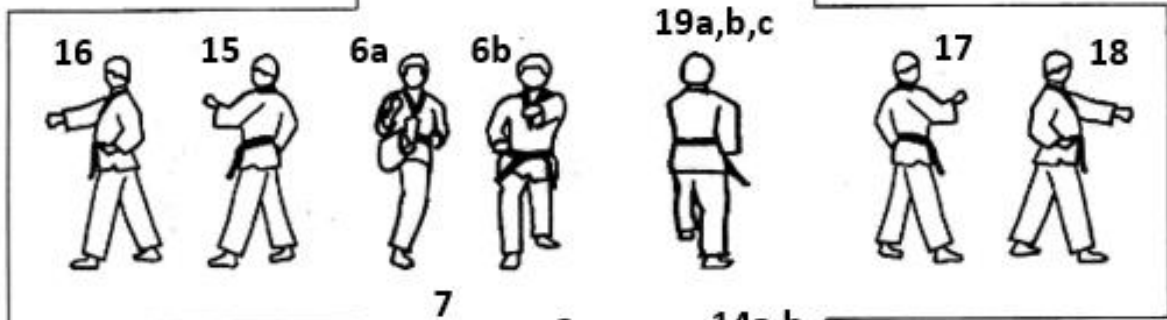
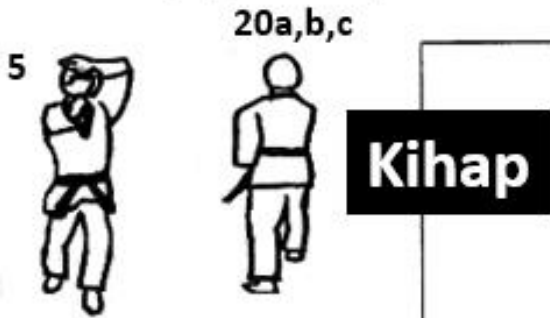
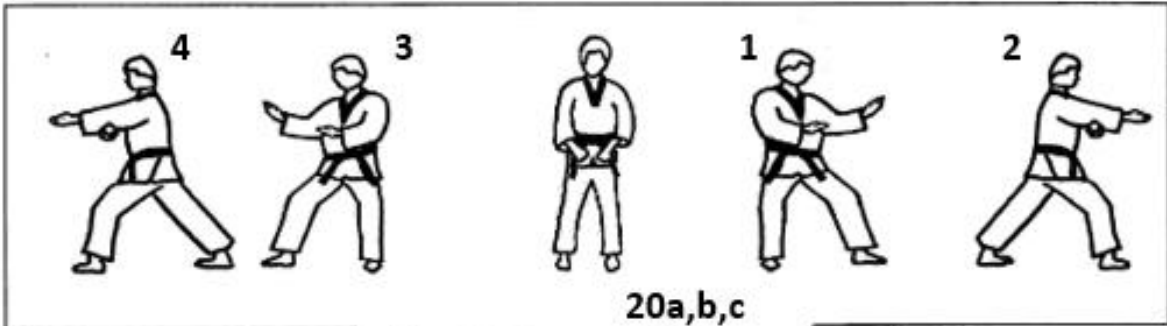
The trigram for Taegeuk Sa (Sah) Jang represents the concept of Zin (Jin). Zin represents thunder, great power, and dignity. Thunder also represents the bridge to heaven (beginning) to the Land (end). The power can be seen with the introduction of the Side Kick (steps 7,8a), and imagine lightning strikes with the Vertical Fingertip Thrust (steps 2,4). Taegeuk Sa Jang is the first of the “intermediate level” forms and is much more complex. Previous forms allowed the student to focus on just movements of the upper body or lower body, but in Taegeuk Sa Jang the student must learn to focus on the movements of the entire body all at once; for example, the right Side Kick at step 8a must flow smoothly into proper chambering for the Double Knife Hand Block at step 8b. Likewise, steps 9-12 require the student to smoothly incorporate upper-body techniques into the transitions from kicks.

**Movements:**

- New: double knife hand block (sonnal momtongmakki), vertical fingertip thrust (pyonsonkkeut sewotzireugi), swallow form knife hand strike (jebipoom mokchigi), outward middle block (momtong bakkatmakki), backfist strike (deungjumeok oapchigi), side kick (yopchagi)
- Previous: inward middle blocks (momtong-anmakki), middle punch (momtong-barojireugi), double punch (dubeonjireugi), front kicks (ap-chagi), walking stance (apseogi), front stance (apkubi), back stance (dwitkubi)



# Taegeuk Sa Jang



## Taegeuk Sa Jang: Notes

#	Arms/hands	Legs/Feet	Note
1	Right <b>Double Knife Hand Block</b> (left hand in the front)	Right Back Stance (left leg forward)	Left hand fingertips at shoulder level, right hand at center of chest and open
2	Right <b>Vertical Fingertip Thrust</b> (using knife hand)	Right Front Stance (right leg forward)	Left hand palm down under right elbow, thrust a little below shoulder level
3	Left <b>Double Knife Hand Block</b> (right hand in front)	Left Back Stance (right leg forward)	Right hand fingertips at shoulder level, left hand at center of chest and open
4	Right <b>Vertical Fingertip Thrust</b>	Left Front Stance (left leg forward)	Right hand palm down under left elbow, thrust a little below shoulder level
5	<b>Swallow Form Knife Hand Strike</b> (left hand above forehead, right arm extended to chin level)	Left Front Stance	Move left foot 90° into left front stance then execute swallow form knife hand strike
6a	Fists next to chest	Right Front Kick	
6b	Left Middle Punch	Land Right Front Kick into Right Front Stance	Punch after landing kick
7	Fists next to chest	Left Side Kick	Pivot the right foot to kick higher
8a	Fists next to chest	Right Side Kick	Pivot the left foot to kick higher
8b	Left <b>Double Knife Hand Block</b> (right hand in front)	Land Right Side Kick into Left Back Stance	Set the right foot down after right side kick to get into left back stance (right foot forward)
9	Left <b>Outward Middle Block</b> (knucks facing out)	Right Back Stance	Move right foot, turn 270° counterclockwise into right back stance, then middle block
10a	Fists next to chest	Right Front Kick	
10b	Right <b>Inward Middle Block</b> (knucks facing out, below shoulder level)	Right Back Stance	Return right foot to original position in right back stance, then load & do middle block
11	Right <b>Outward Middle Block</b> (knucks facing in, below shoulder level)	Left Back Stance	Pivot the body 180° clockwise into left back stance, then block
12a	Fists next to chest	Left Front Kick	
12b	Left <b>Inward Middle Block</b> (knucks facing out, below shoulder level)	Left Back Stance	Return left foot to original position in left back stance, then load & do middle block
13	<b>Swallow Form Knife Hand Strike</b> (left hand above forehead, right arm extended to chin level)	Left Front Stance	Move left foot 90° counterclockwise into left front stance then execute swallow form knife hand strike
14a	Fists next to chest	Right Front Kick	
14b	Right <b>Backfist Strike</b> (elbow 90-120° and fist at mouth level)	Right Front Stance	Step down into right front stance, then backfist (knucks facing out)
15	Left <b>Inward Middle Block</b> (below shoulder level & load with right arm)	Left Walking Stance (left leg forward)	Move left foot 90° counterclockwise into left walking stance, then block
16	Right Straight <b>Middle Punch</b>	Stay in same stance	
17	Right <b>Inward Middle Block</b> (load with left arm)	Right Walking Stance (right leg forward)	Move right foot 180° clockwise into right walking stance, then block
18	Left <b>Middle Punch</b>	Stay in same stance	
19a	Left <b>Inward Middle Block</b>	Left Front Stance	Move left foot 90° counterclockwise, Load block with right arm forward, block with left
19b	Right <b>Middle Punch</b>	Stay in same stance	
19c	Left <b>Middle Punch</b>		
20a	Right <b>Inward Middle Block</b>	Right Front Stance	Take a step into the right front stance load block with left arm forward
20b	Left <b>Middle Punch</b>	Stay in same stance	
20c	Right <b>Middle Punch</b>		<b>End with a "Kihap"</b>