

# PMT Lesson Plan #6

## **Practice Form, Strength, Balance, Flexibility, and Repetition: (15 mins)**

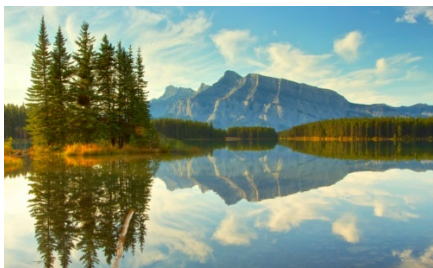
- Stances: Walking, Front, Back, Side, Parallel
- Block loading and transitions: low, middle, and high blocks, low and high outward blocks
- Kicks: Roundhouse

## **Taegeuk Yuk Jang: (60 min)**

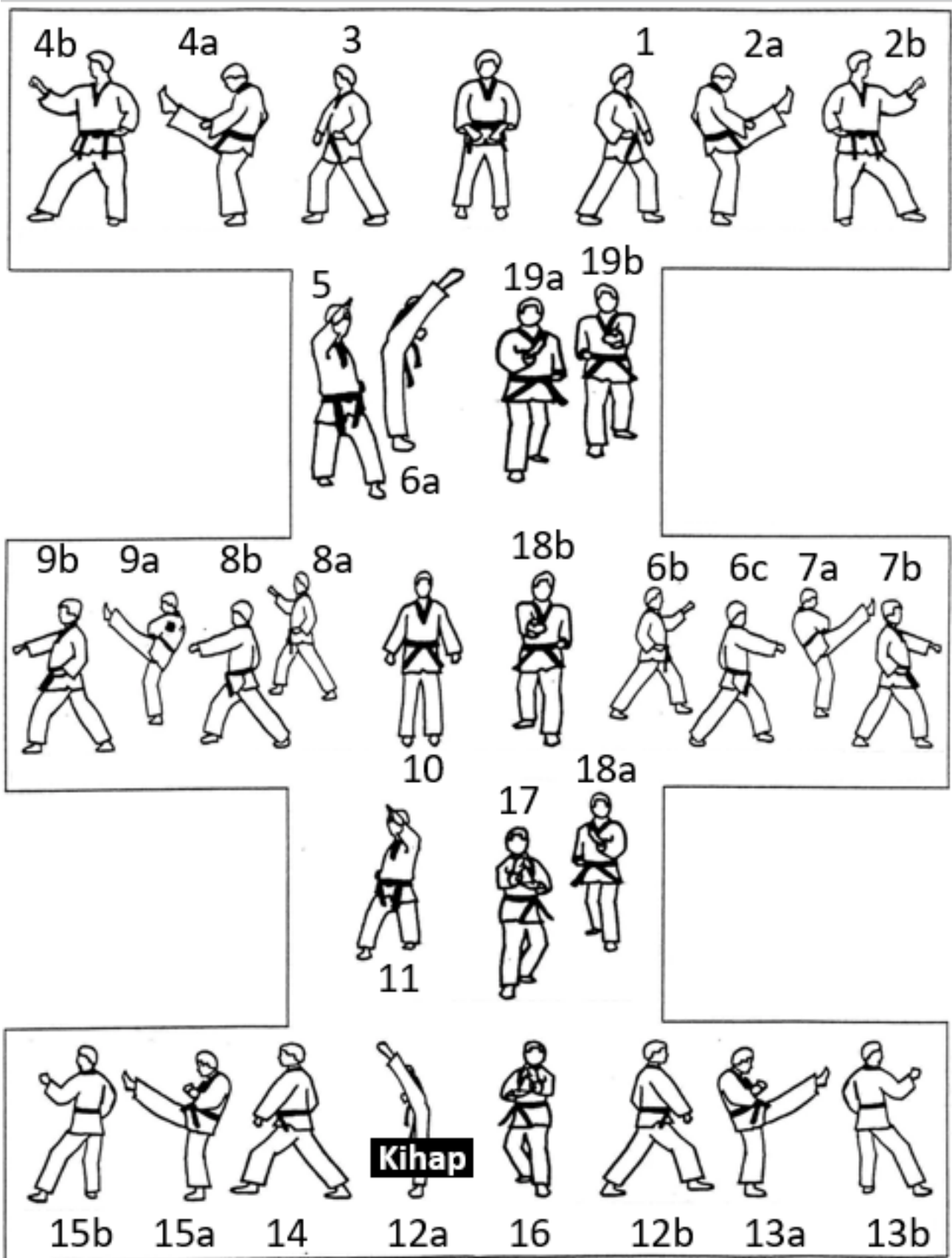
The trigram for Yuk Jang represents water (Gam). The movements of this poomsae should flow, demonstrate power and cleansing. Sometimes standing still like water in a calm lake (parallel stance in 11), thriving as a river (palm heel middle section blocks and middle punches of 18a-19b), or powerful like a waterfall (single knife hand twist block in 5).

Movements: 19 key moves, no walking stances, kihap after 12a & not at end, outward blocks with knocks out

- New: Outward Middle Block (momtong bakkatmakki), Single Knife Hand Twist Block, (hansonnal bitureomakki), High Outward Block (olgul bakkatmakki), Parallel Stance (naranhiseogi), Low Opening Block (arae hechomakki), Right Palm Heel Middle Section Block (oreun batangson momtongmakki), High Round House (dollyo chagi)
- Previous: low blocks (arae-makki), middle punch (momtong-jireugi), front kicks (ap-chagi), front stance (sogi), back stance (dwitkubi), double knife hand block (sonnal momtongmakki).



# Taegeuk Yuk Jang



## Taegeuk Yuk Jang: Notes

#	Arms/hands	Legs/Feet	Note
1	Left Low Block	Left Front Stance	
2a	Fists protecting chest	Right Front Kick	
2b	Left Outward Middle Block (below shoulder level)	Right Back Stance	Left fist face out
3	Right Low Block	Right Front Stance	
4a	Fists protecting chest	Left Front Kick	
4b	Right Outward Middle Block (below shoulder level)	Left Back Stance	
5	Right Single Knife Hand Twist Block (Throat level)	Left Front Stance	Move left foot 90
6a	Fists protecting chest	Right High Roundhouse Kick	Pivot on the left foot for right round house
6b	Left High Outward Block (Fist at forehead level)	Left Front Stance	Set right foot down in front then turn 90 to the left into left front stance
6c	Right Middle Punch		Stay in left front stance
7a	Fists protecting chest	Right Front Kick	
7b	Left Middle Punch	Right Front Stance	
8a	Right High Outward Block (Fist at forehead level)	Right Front Stance	Move right foot, turn 180 counterclockwise
8b	Left Middle Punch		
9a	Fists protecting chest	Left Front Kick	
9b	Right Middle Punch	Left Front Stance	
10	Low Opening Block Both Fists facing	Parallel Stance	Moving left foot, turn 90 counterclockwise into parallel stance
11	Left Single Knife Hand Twist Block (Throat level)	Right Front Stance	Moving the right foot, step forward into right front stance
12a	Fists protecting chest	Left High Roundhouse Kick	<b>Kihap</b>
12b	Right Low Block	Right Front Stance	Set left foot down, turn 270 counterclockwise into right front stance
13a	Fists protecting chest	Left Front Kick	
13b	Right Outward Middle Block (Fist at shoulder level)	Left Back Stance	Fist facing out
14	Left Low Block	Left Front Stance	Moving left foot, turn 180 counterclockwise into left front stance
15a	Fists protecting chest	Right Front Kick	
15b	Left Outward Middle Block (Fist at shoulder level)	Right Back Stance	Fist facing out

<b>16</b>	Double Knife Hand Block (Right hand center of chest, left hand fingertips at shoulder level)	Right Back Stance	Moving right foot, turn 90 counterclockwise into right back stance
<b>17</b>	Double Knife Hand Block	Left Back Stance	Moving left foot, step backward into left back stance
<b>18a</b>	Left Palm Heel Middle Section Block (Center of chest)	Left Front Stance	
<b>18b</b>	Right Middle Punch		Punch immediately after 18a
<b>19a</b>	Right Palm Heel Middle Section Block (Center of chest)	Right Front Stance	
<b>19b</b>	Left Middle Punch		Punch immediately after 19a