

PMT Lesson Plan #5

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: side stance, rear cross stance, walking, front, back
- Strikes: inward elbow strike, elbow target strike, hammer fist strike

Taeguek Oh Jang (40 min)

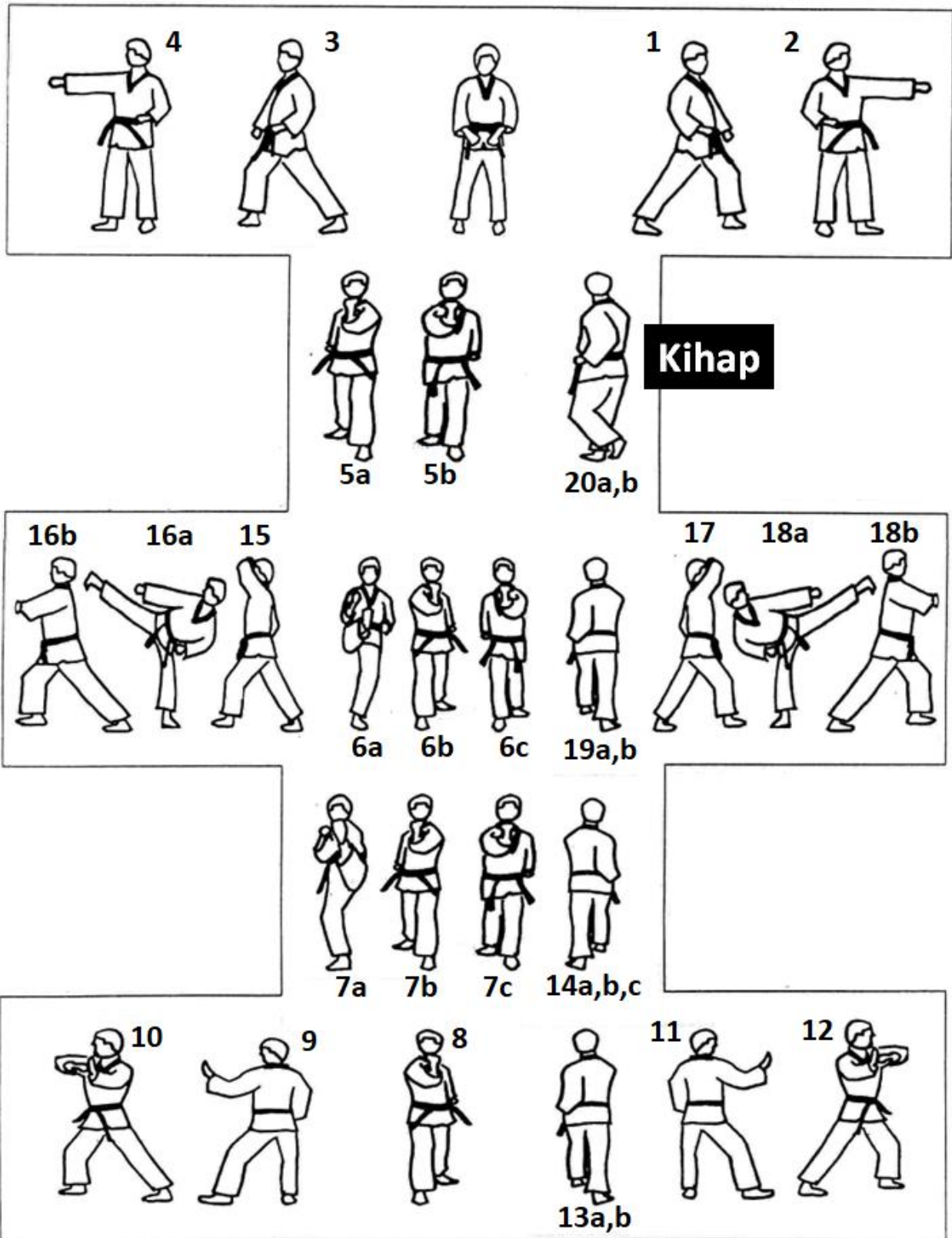
Taeguek Oh Jang represents wind (seon, son). The Trigram is two solid bars and a broken bottom bar (think of the bottom as the ground and the gap is the wind). The wind is simultaneously powerful and yet gentle. A light breeze may be delicate enough to blow off only a few dandelion seeds, but a tornado has the potential for mass destruction. Both the martial artist and audience should be aware of the duality embodied by this form. Taeguek Oh Jang should be performed with flexibility and unyielding power. The power is demonstrated through downward hammer fists (steps 2, 4) and elbow strikes (steps 10, 12, 16b, 18b). Flexibility is showcased in steps 15-16a, which require stretching and twisting of the torso, legs, and arms. Notably, Taeguek Oh Jang and Taeguek Sa Jang are the only Taeguek forms where the performer transitions from the first line to the third and the third line to the second.

Movements:

- New: inward elbow strike (palkup dollyeo chigi), elbow target strike (palkup pyojeok chigi), hammer fist strike (mejumeok naeryochigi), side stance (seogi), rear cross stance (dwikoa seogi)
- Previous: low block (araemakki), inward middle block (momtong-anmakki), front kick (ap-chagi), backfist (deung jumeok apchigi), middle knife hand block (hansonnal momtong bakkatmakki), high section block (ogulmaki), front stance (apkubi), back stance (dwitkubi), side kick (yopchagi)



Taegeuk Oh Jang



Taegeuk Oh Jang: Notes

#	Arms/hands	Legs/Feet	Note
1	Left Low Block	Left Front Stance	Turn to the left
2	Left Downward Hammer Fist (shoulder level)	Left Side Stance	Hammer Fist facing outward and arm straight. Head facing fist. Feet 90° with back leg straight.
3	Right Low Block	Right Front Stance	Turn to the right
4	Right Downward Hammer Fist (shoulder level)	Right Side Stance	Hammer Fist facing outward and arm straight. Head facing fist. Feet 90° with back leg straight.
5a	Left Inward Middle Block (shoulder level)	Left Front Stance	Load with right arm before middle block
5b	Right Inward Middle Block		Load with left arm before middle block
6a	Fists protecting chest	Right Front Kick	
6b	Right Back Fist (chin level)	Right Front Stance	Start back first after right front kick lands. Load right fist under left elbow. Load before middle block.
6c	Left Inward Middle Block (shoulder level)		
7a	Fists protecting chest	Left Front Kick	
7b	Left Back Fist (chin level)	Left Front Stance	Start back first after right front kick lands. Load left fist under right elbow. Load before middle block.
7c	Right Inward Middle Block (shoulder level)		
8	Right Back Fist (chin level)	Right Front Stance	
9	Left Single Knife Hand Middle Block (fingertips at should level)	Right Back Stance	Moving left foot, turn 270° counterclockwise into Right Back Stance. Right fist closed resting at right side belt level.
10	Right Elbow Middle Strike (angled slightly above shoulder level)	Right Front Stance	Bring right fist to stationary left open palm (facing up) a shoulder level and center of chest
11	Right Single Knife Hand Middle Block (fingertips at should level)	Left Back Stance	Left fist closed resting at left side belt level
12	Left Elbow Middle Strike (angled slightly above shoulder level)	Left Front Stance	Bring left fist to stationary right open palm (facing up) a shoulder level and center of chest
13a	Left Low Block	Left Front Stance	Moving left foot 90° into left front stance
13b	Right Inward Middle Block (shoulder level)		Keep same stance
14a	Fists protecting chest	Right Front Kick	Keep left foot in same place
14b	Right Low Block	Right Front Stance	Low block after front stance
14c	Left Inward Middle Block (should level)		Keep same stance
15	Left High Block	Left Front Stance	Moving left foot 90° counterclockwise to left front stance
16a	Left fist and arm straight, right fist center of chest	Right Side Kick	Pivot left foot up to 180° for higher side kick
16b	Left Lower Elbow Strike	Right Front Stance	Land kick then open right palm facing in and arm down 45°, then left elbow lower strike to palm.
17	Right High Block	Right Front Stance	Move right foot 180° clockwise to right front stance
18a	Right fist and arm straight, left fist center of chest	Left Side Kick	Pivot right foot up to 180° for higher side kick
18b	Right Lower Elbow Strike	Left Front Stance	Land kick then open left palm facing in and arm down 45°, then right elbow lower strike to palm.
19a	Left Low Block	Left Front Stance	
19b	Right Inward Middle Block		Keep same stance
20a	Fists protecting chest	Right Front Kick	
20b	Right Back Fist (chin level)	Rear Cross Stance	Before setting right foot down after right front kick in 20a, jump forward with left leg into cross stance, then back fist. End with "Kihap"

