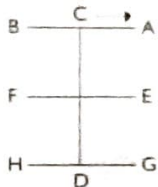
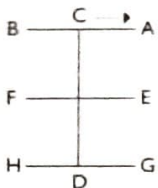
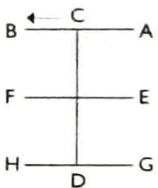
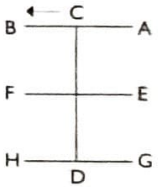
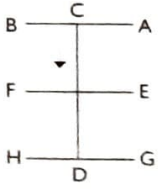
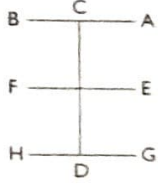

Tae Geuk 1 Jang

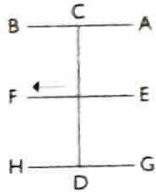
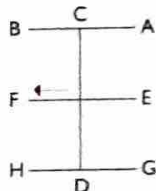
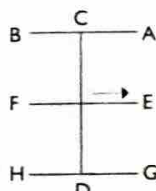
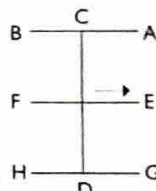
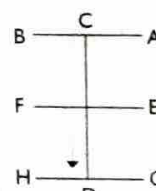
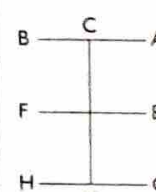
Taegeuk 1 Jang applies actions of Keon of Palgwe, which is the principle Gwe of the 64 (or 8 in short) Gwes of the Book of Changes. Keon refers to pure um, and possesses the powerful and aggressive force associated with heaven and light. Heaven gives us rain and the sun gives us light and makes things grow. Therefore, Keon is the beginning of everything on Earth. In analogy, Taegeuk begins with Keon, namely, Heaven.

This poomse is composed of many walking and front stances to be fit for beginners. In Taegeuk 1, the middle punch is used to target the solar plexus and defense techniques protect the solar plexus. It is characterized by two front snap kicks. Poomse movements are powerful.

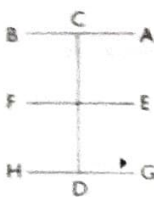
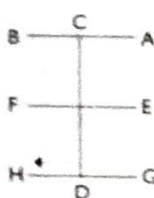
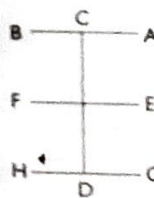
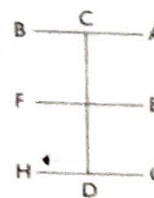
Tae Geuk 1 (Tae Geuk Il-Jang)

Number	Description	Illustration	Diagram
1	FROM READY STANCE (<i>jhoon-bi</i>) Turn body to the left, moving left foot toward "A" forming a left walking stance (<i>cut-ki suh-gi</i>) while executing a down block (<i>ha-dan mak-ki</i>) with left arm.		
2	Move right foot one step forward forming a right walking stance (<i>cut-ki suh-gi</i>) while executing a middle punch (<i>choon-dan chi-ki</i>) with right fist.		
3	Turn body to right and move right foot toward "B" forming a right walking stance (<i>cut-ki suh-gi</i>) while executing a down block (<i>ha-dan mak-ki</i>) with right arm.		
4	Move the left foot one step forward forming a left walking stance (<i>cut-ki suh-gi</i>) while executing a middle punch (<i>choon-dan chi-ki</i>) with left fist.		
5	Turn body to left and move left foot toward "D" forming a left front stance (<i>choon-gul suh-gi</i>) while executing a down block (<i>ha-dan mak-ki</i>) with left arm.		
6	Keeping both feet fixed, execute a middle punch (<i>choon-dan chi-ki</i>) with right fist.		

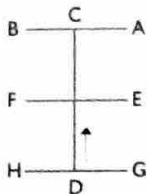
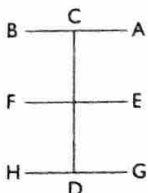
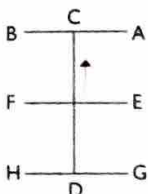
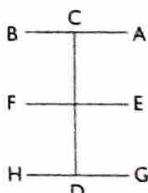
Tae Geuk 1 (Tae Geuk Il-Jang)

Number	Description	Illustration	Diagram
7	Turn body to right and move right foot to "F" forming a right walking stance (<i>cut-ki suh-gi</i>) while executing a middle block (<i>mom-tong mak-ki</i>) with left arm.		
8	Move left foot one step forward forming a left walking stance (<i>cut-ki suh-gi</i>) while executing a middle punch (<i>choon-dan-chi-ki</i>) with right fist.		
9	Turn body to left and move left foot to "E" forming a left walking stance (<i>cut-ki suh-gi</i>) while executing a middle block (<i>mom-tong mak-ki</i>) with right arm.		
10	Move the right foot one step forward forming a right walking stance (<i>cut-ki suh-gi</i>) while executing a middle punch (<i>choon-dan chi-ki</i>) with left fist.		
11	Turn body to right, moving right foot to "D" and forming a right front stance (<i>choon-gul suh-gi</i>) while executing a down block (<i>ha-dan mak-ki</i>) with right arm.		
12	Keeping both feet fixed, execute a middle punch (<i>choon-dan chi-ki</i>) with left fist.		

Tae Geuk 1 (Tae Geuk Il-Jang)

Number	Description	Illustration	Diagram
13	Turn body to left and move left foot toward "G" forming a left walking stance (<i>cut-ki suh-gi</i>) while executing a rising block (<i>chuk-kyo mok-ki</i>) with left arm.		
14 _a	Execute front midsection front snap kick (<i>op-cha pus-u-gi</i>) toward "G" with right foot.		
14 _b	Drop right foot to form a right walking stance (<i>cut-ki suh-gi</i>) while executing a middle punch (<i>choon-dan chi-ki</i>) with right fist.		
15	Turn body to right while moving right foot toward "H" forming a right walking stance (<i>cut-ki suh-gi</i>) while executing a rising block (<i>chuk-kyo mok-ki</i>) with right arm.		
16 _a	Execute front midsection front snap kick (<i>op-cha pus-u-gi</i>) toward "H" with left foot.		
16 _b	Drop left foot to form a left walking stance (<i>cut-ki suh-gi</i>) while executing a middle punch (<i>choon-dan chi-ki</i>) with left fist.		

Tae Geuk 1 (Tae Geuk Il-Jang)

Number	Description	Illustration	Diagram
17	Turn the body to the right and move left foot toward "C" forming left front stance (<i>choon-gul suh-gi</i>) while executing down block (<i>ha-dan mak-ki</i>) with left arm.		
		 REVERSE VIEW	
18	Move right foot one step to "C" forming a right front stance (<i>choon-gul suh-gi</i>) while executing a middle punch (<i>choon-dan chi-ki</i>) with right fist. Upon completion of step, yell (<i>kiap</i>).		
		 REVERSE VIEW	
Return to Ready Stance (<i>ba-ro</i>)	Turn body to the left, while pivoting on the ball of the right foot, return the left foot to ready stance and face toward "D".		