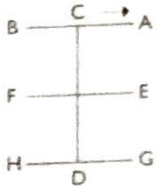
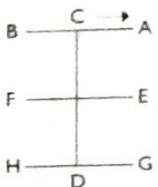
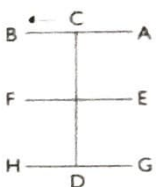
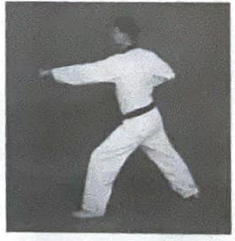
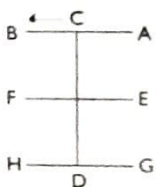
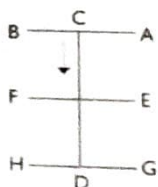
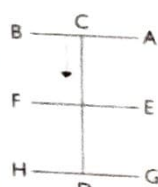
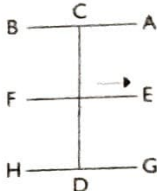
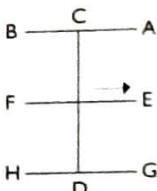
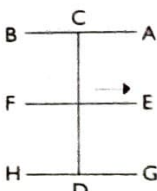
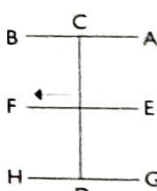
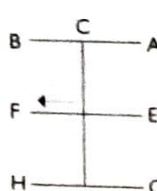
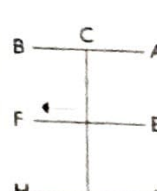

Tae Geuk 2 Jang

Taegeuk 2 Jang is a series of actions applying the principle of Tae of Palgwe. The symbol Tae, meaning joyfulness, has a spiritually uplifting nature; think of a serene and gentle lake. Poomse movements are executed with ease and fluidity. This is the state in which one's mind is kept firm and ostensibly appears gentle so that smiles and virtue prevail. Accordingly, the actions of this poomse should be performed gently but forcefully.

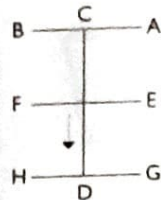
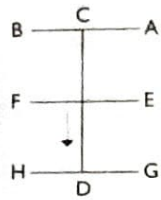
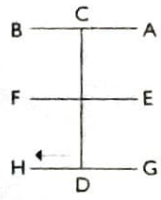
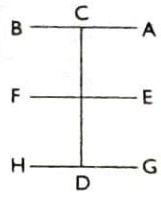
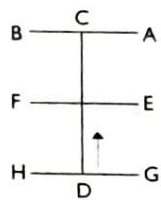
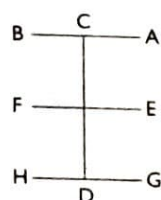
Tae Geuk 2 (Tae Geuk Yi-Jang)

Number	Description	Illustration	Diagram
1	FROM READY STANCE (<i>jhoon-bi</i>) Turn the 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 into a right front stance (<i>choon-gul 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 left foot one step forward forming a left front stance (<i>choon-gul 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 walking stance (<i>cut-ki suh-gi</i>) while executing a middle block (<i>mom-tong mak-ki</i>) with right arm.		
6	Move right foot one step forward 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.		

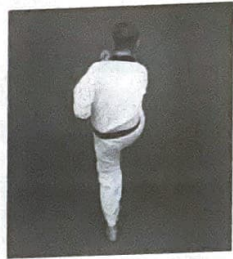
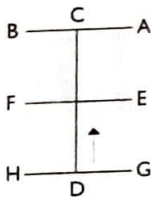
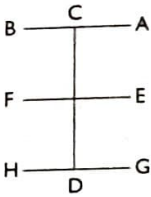
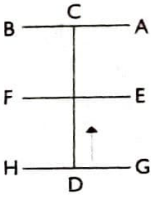
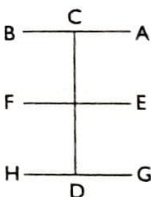
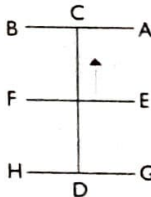
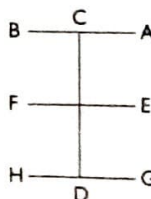
Tae Geuk 2 (Tae Geuk Yi-Jang)

Number	Description	Illustration	Diagram
7	Turn the body to the left and move left foot toward "E" 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.		
8 _a	Execute a midsection right front snap kick (<i>ap-cha pus-u-gi</i>) toward "E" with right foot.		
8 _b	Drop right foot into a right front stance (<i>choon-gul suh-gi</i>) while executing a high punch (<i>sang dan chi-ki</i>) with right fist.		
9	Turn body to right and move right foot toward "F" 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.		
10 _a	Execute a midsection left front snap kick (<i>ap-cha pus-u-gi</i>) toward "F" with left foot.		
10 _b	Drop left foot into a left front stance (<i>choon-gul suh-gi</i>) while executing a high punch (<i>sang dan chi-ki</i>) with left fist.		

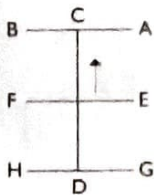
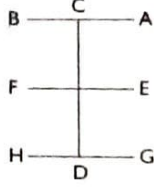
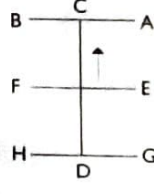
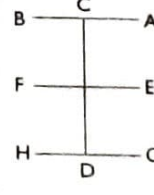
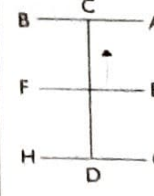
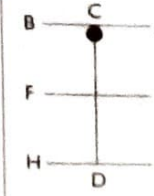
Tae Geuk 2 (Tae Geuk Yi-Jang)

Number	Description	Illustration	Diagram
11	Turn the body to the left and move left foot toward "D" into a left walking stance (<i>cut-ki suh-gi</i>) while executing a rising block (<i>chuk-kyo mak-ki</i>) with left arm.		
12	Move right foot one step forward into a right walking stance (<i>cut-ki suh-gi</i>) while executing a rising block (<i>chuk-kyo mak-ki</i>) with right arm.		
13	Turn body to left and move left foot toward "H" 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.		
14	Keeping left foot fixed, turn body to the right and move right toward "G" 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.		
15	Turn body to left and move left foot toward "C" 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.		
		 REVERSE VIEW	

Tae Geuk 2 (Tae Geuk Yi-Jang)

Number	Description	Illustration	Diagram
16 _a	Execute a midsection front snap kick (<i>ap-cha pus-u-gi</i>) toward "C" with right foot.		
		 REVERSE VIEW	
16 _b	Drop right foot into a right walking stance (<i>cut-ki suh-gi</i>) while executing a middle punch (<i>choon-dan chi-ki</i>) with right fist.	 REVERSE VIEW	
		 REVERSE VIEW	
17 _a	Execute a midsection front snap kick (<i>ap-cha pus-u-gi</i>) toward "C" with left foot.		
		 REVERSE VIEW	

Tae Geuk 2 (Tae Geuk Yi-Jang)

Number	Description	Illustration	Diagram
17 _b	Drop left foot into a left walking stance (<i>cut-ki suh-gi</i>) while executing a middle punch (<i>choon-dan chi-ki</i>) with left fist.		
			
		REVERSE VIEW	
18 _a	Execute a midsection front snap kick (<i>ap-cha pus-u-gi</i>) toward "C" with right foot.		
			
		REVERSE VIEW	
18 _b	Drop right foot into a right walking stance (<i>cut-ki 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>).		
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".		
		REVERSE VIEW	