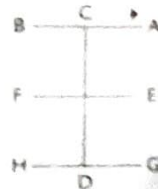
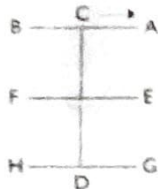
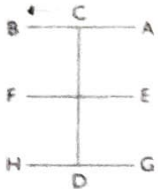
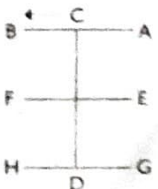
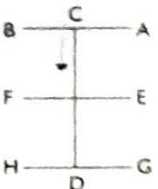
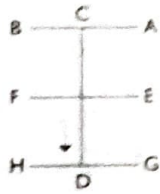
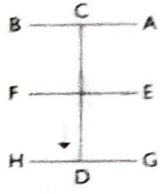
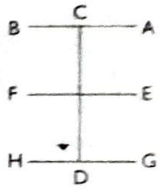
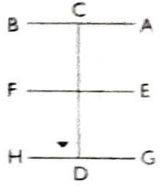
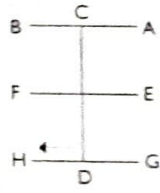
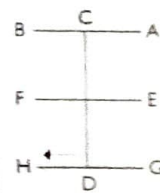

Tae Geuk 4 Jang

Taegeuk 4 Jang is a series of actions applying the principle of Jin of Palgwe. Jin symbolizes thunder, suggesting courage in the face of danger. Poomse movements display composure and strong balance. Thunder and lightning are the objects of fear and trembling but soon the blue sky and bright sunlight appear again. Taegeuk 4 Jang actions consist of jebbi poom, middle block, and outside forearm block. Outside forearm block is particularly difficult, and students must be careful in performing it. In jebbi poom, do not lift the back foot from the floor before completing the body turn; maintain good body balance.

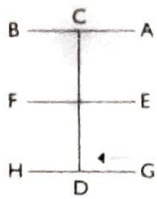
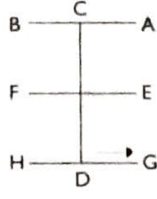
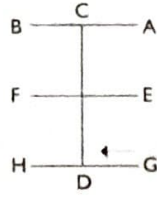
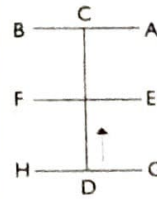
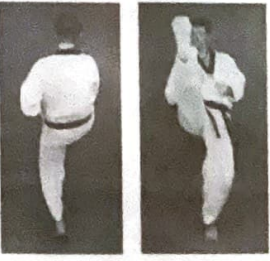
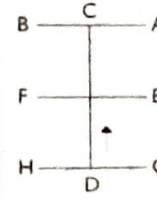
Tae Geuk 4 (Tae Geuk Sa-Jang)

Number	Description	Illustration	Diagram
1	FROM READY STANCE (<i>jhoon-bi</i>) Turn body to left, moving left foot toward "A" forming a left back stance (<i>hoo-gul suh-gi</i>) while executing a left knifehand guarding block (<i>su-do ta-bi mak-ki</i>).		
2	Move right foot one step forward toward "A" forming a right front stance (<i>choon-gul suh-gi</i>) while executing a spear hand strike (<i>kwon-su chi-ru-ki</i>) with right hand.		
3	Turn body to right, move right foot toward "B" forming a right back stance (<i>hoo-gul suh-gi</i>) while executing a right knifehand guarding block (<i>su-do ta-bi mak-ki</i>).		
4	Move left foot one step forward toward "B" forming a left front stance (<i>choon-gul suh-gi</i>) while executing a spear hand strike (<i>kwon-su chi-ru-ki</i>) with left hand.		
5	Turn body to left, moving left foot toward "D" forming a left front stance (<i>choon-gul suh-gi</i>) while executing a right jebbi form block (<i>jeb-bi poom mak-ki</i>).		
6 _a	Execute a midsection front snap kick (<i>ap-cha pus-u-gi</i>) toward "D" with right foot.		

Tae Geuk 4 (Tae Geuk Sa-Jang)

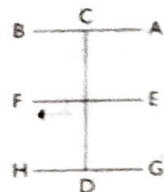
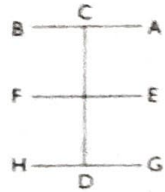
Number	Description	Illustration	Diagram
6 _b	Drop right foot into right front stance (<i>choon-gul suh-gi</i>) while executing a middle punch (<i>choon-dan chi-ki</i>) with left fist.		
7	Execute a midsection side kick (<i>yup cha-gi</i>) toward "D" with left foot, dropping left foot toward "D" into a left back stance (<i>hoo-gul suh-gi</i>).		
8 _a	Execute a mid section side kick (<i>yup cha-gi</i>) toward "D" with right foot.		
8 _b	Drop right foot toward "D" into a right back stance (<i>hoo-gul suh-gi</i>) while executing a right knifehand guarding block (<i>su-do ta-bi mak-ki</i>).		
9	Turn body to left moving left foot toward "H" forming a left back stance (<i>hoo-gul suh-gi</i>) while executing an outside block (<i>pak-ka pal-mok mak-ki</i>) with left arm.		
10 _a	Execute a midsection front snap kick (<i>ap-cha pus-u-gi</i>) toward "H" with right foot.		

Tae Geuk 4 (Tae Geuk Sa-Jang)

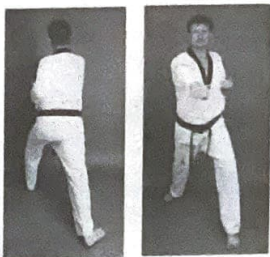
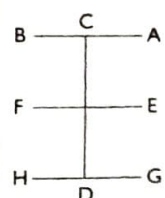
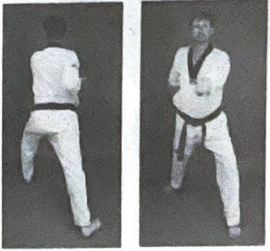
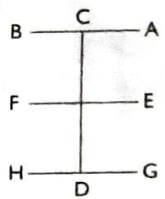
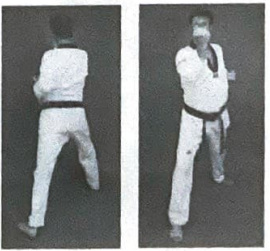
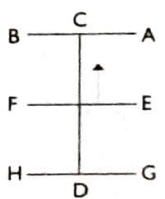
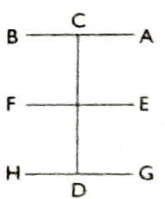
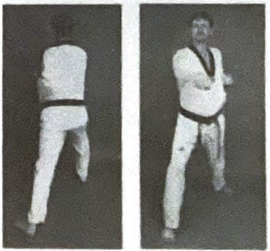
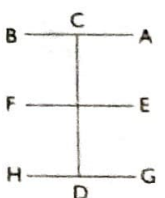
Number	Description	Illustration	Diagram
10 _b	Return right foot to its last position forming a left back stance (<i>hoo-gul suh-gi</i>) while executing a middle block (<i>mom-tong mak-ki</i>) with right arm.		
11	Turn body right to "G" forming a right back stance while executing an outside block (<i>pak-ka pal-mak mak-ki</i>) with right outer arm.		
12 _a	Execute a midsection front snap kick (<i>ap-cha pus-u-gi</i>) with left foot.		
12 _b	Return left foot to its last position forming a right back stance (<i>hoo-gul suh-gi</i>) while executing a middle block (<i>mom-tong mak-ki</i>) with left arm.		
13	Turn body to left, moving left foot toward "C" forming a left front stance (<i>choon-gul suh-gi</i>) while executing right jebbi form block (<i>jeb-bi poom mak-ki</i>).		
14 _a	Execute a midsection front snap kick (<i>ap-cha pus-u-gi</i>) toward "C" with right foot.		

REVERSE VIEW

Tae Geuk 4 (Tae Geuk Sa-Jang)

Number	Description	Illustration	Diagram
14 _b	Drop right foot toward "C" into a right front stance (<i>choon-gul suh-gi</i>) while executing a forward backfist (<i>son-deung chi-ki</i>) with right fist.		
15	Turn body to left and move left foot toward "F" forming a left walking stance (<i>cut-ki suh-gi</i>) while executing a middle block (<i>mom-tong mak-ki</i>) with left arm.		
16	Keeping both feet fixed, immediately execute a middle punch (<i>choon-dan chi-ki</i>) with right fist.		
17	Keeping left foot fixed, turn body right toward "E" forming a right walking stance (<i>cut-ki suh-gi</i>) while executing a middle block (<i>mom-tong mak-ki</i>) with right arm.		
18	Keeping both feet fixed, immediately execute a middle punch (<i>choon-dan chi-ki</i>) with left fist.		
19 _a	Turn body to left, move left foot toward "C" forming a left front stance (<i>choon-gul suh-gi</i>) while executing a middle block (<i>mom-tong mak-ki</i>) with left arm.		

Tae Geuk 4 (Tae Geuk Sa-Jang)

Number	Description	Illustration	Diagram
19 _b	Keeping feet fixed in left front stance, execute a middle punch (<i>choon-dan chi-ki</i>) with the right fist.		
19 _c	Keeping both feet fixed, immediately execute a middle punch (<i>choon-dan chi-ki</i>) with left fist.		
20 _a	Move right foot one step forward toward "C" forming a right front stance (<i>choon-gul suh-gi</i>) while executing a middle block (<i>mom-tong mak-ki</i>) with right arm.		
20 _b	Keeping feet fixed in right front stance, execute a middle punch (<i>choon-dan chi-ki</i>) with left fist.		
20 _c	Keeping both feet fixed, immediately execute a middle punch (<i>choon-dan chi-ki</i>) with right fist. Yell (<i>kiap</i>) with punch.		
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".		