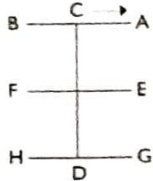
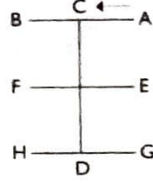
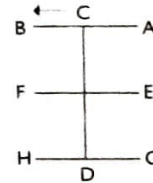
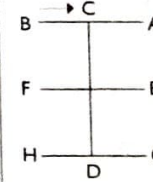
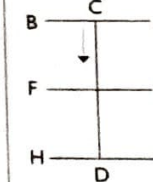
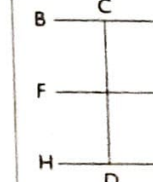
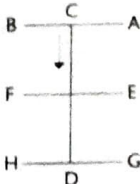
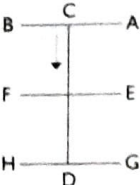
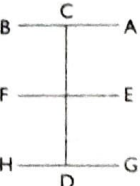
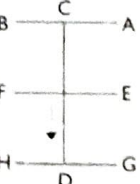
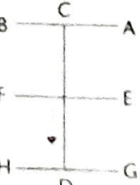

Tae Geuk 5 Jang

Taegeuk 5 Jang is a series of actions applying the Seon principle of Palgwe. This symbolizes wind, which is sometimes forceful, sometimes gentle. There are horrible winds such as typhoons, storms and tornadoes, but the nature of wind is gentle. Spring breezes caress the weeping willow. Wind symbolizes the humble state of mind; it expresses repetitive good-natured actions. Actions proceed sometimes gently and monotonously as breeze, but sometimes as forcefully as storms. At the beginning a sidewise hammer fist is executed and elbow strikes characterize the poomse. Powerful poomse movements flow together and in quick succession.

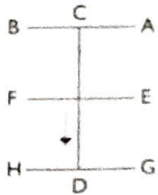
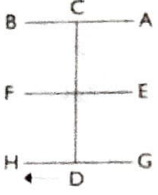
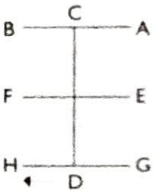
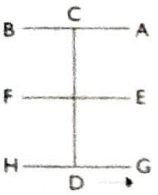
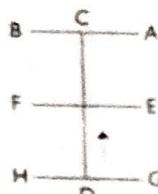
Tae Geuk 5 (Tae Geuk Oh-Jang)

Number	Description	Illustration	Diagram
1	FROM READY STANCE (<i>jhoon-bi</i>) Turn body to the left, move left foot toward "A" 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.		
2	Bring left foot back into a ready stance (<i>jhoon-bi</i>) while executing a large circular motion of the left arm, end with a shoulder level left hammer fist (<i>joo-muk naer-yeun chi-ki</i>).		
3	Turn body to right, move right foot toward "B" forming a right stance (<i>choon-gul suh-gi</i>) while executing a down block (<i>ha-dan mak-ki</i>) with right arm.		
4	Bring right foot back into ready stance (<i>jhoon-bi</i>) while executing a large circular motion of the right arm, end with a shoulder level right hammer fist (<i>joo-muk naer-yeun chi-ki</i>).		
5 _a	Move left foot one step toward "D" 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.		
5 _b	Keeping both feet fixed, immediately execute a right middle block (<i>mom-tong mak-ki</i>).		

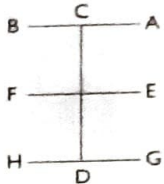
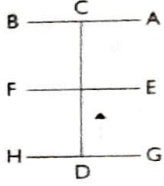
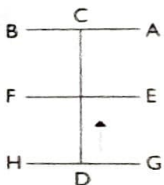
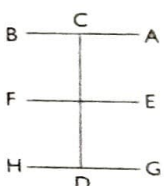
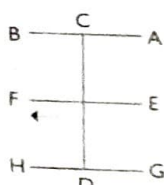
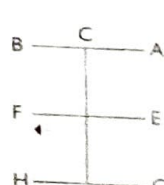
Tae Geuk 5 (Tae Geuk Oh-Jang)

Number	Description	Illustration	Diagram
6 _a	Execute a midsection front snap kick (<i>ap-cha pus-u-gi</i>) with right foot.		
6 _b	Drop right foot toward "D" into a right front stance (<i>choon-gul suh-ki</i>) while executing a forward backfist (<i>son-deung chi-ki</i>) with right fist.		
6 _c	Keeping both feet fixed, immediately execute a left middle block (<i>mom-tong mak-ki</i>).		
7 _a	Execute a midsection front snap kick (<i>ap-cha pus-u-gi</i>) with left foot.		
7 _b	Drop left foot toward "D" into a left front stance (<i>choon-gul suh-gi</i>) while executing a forward backfist (<i>son-deung chi-ki</i>) with left fist.		
7 _c	Keeping both feet fixed, immediately execute a right middle block (<i>mom-tong mak-ki</i>).		

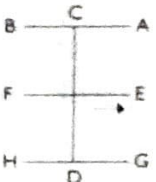
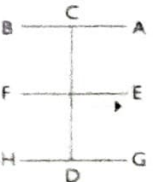
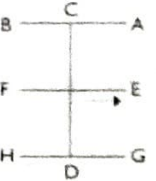
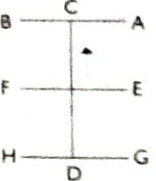
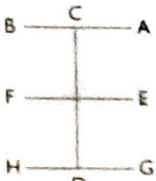
Tae Geuk 5 (Tae Geuk Oh-Jang)

Number	Description	Illustration	Diagram
8	Move right foot one step forward 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.		
9	Turn body to left, moving left foot toward "H" forming a left back stance (<i>hoo-gul suh-gi</i>) while executing a single knifehand block (<i>han sohn-nal mak-ki</i>) with left hand.		
10	Move right foot one step forward into a right front stance (<i>choon-gul suh-gi</i>) while executing a midsection assisted right elbow strike (<i>pal-gum chi chi-ki</i>), right fist in palm of left hand.		
11	Turn body to right, moving right foot toward "G" forming a right back stance (<i>hoo-gul suh-gi</i>) while executing a right single knifehand guarding block (<i>han sohn-nal mak-ki</i>).		
12	Move left foot one step forward forming a left front stance (<i>choon-gul suh-gi</i>) while executing a midsection assisted left elbow strike (<i>pal-gum chi chi-ki</i>), left fist in palm of right hand.		
13 _a	Turn body to left, moving left foot toward "C" into a left front stance (<i>choon-gul suh-gi</i>) while executing a down block (<i>ha-dan mak-ki</i>) with left arm.		

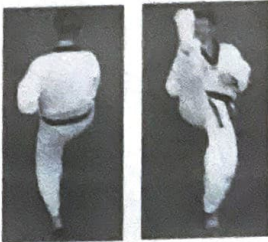
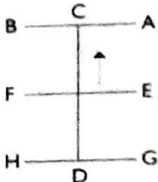
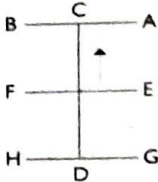
Tae Geuk 5 (Tae Geuk Oh-Jang)

Number	Description	Illustration	Diagram
13 _b	Keeping both feet fixed, immediately execute a right middle block (<i>mom-tong mak-ki</i>).		
14 _a	Execute a midsection front snap kick (<i>ap-cha pus-u-gi</i>) toward "C" with right foot.		
14 _b	Drop right foot toward "C" into a right front stance (<i>choon-gul suh-gi</i>) while executing a down block (<i>ha-dan mak-ki</i>) with right arm.		
14 _c	Keeping both feet fixed, immediately execute a left middle block (<i>mom-tong mak-ki</i>).		
15	Turn body left, moving left foot toward "F" forming a left front stance (<i>choon-gul suh-gi</i>) while executing a rising block (<i>chuk-kyo mak-ki</i>) with left arm.		
16 _a	Execute a mid section side kick (<i>yup cha-gi</i>) with right foot toward "F".		

Tae Geuk 5 (Tae Geuk Oh-Jang)

Number	Description	Illustration	Diagram
16 _b	Drop right foot to "F" into a right front stance (choon-gul suh-gi) while executing an unassisted left elbow strike (pal-gum chi chi-ki) to right palm.		
17	Turn right, move right foot to "E" forming a right front stance (choon-gul suh-gi) while executing a rising block (chuk-kyo mak-ki) with right arm.		
18 _a	Execute a midsection side kick (yup cha-gi) with left foot toward "E".		
18 _b	Drop left foot toward "E" into a left front stance (choon-gul suh-gi) while executing an unassisted right elbow strike (pal-gum chi chi-ki) to left palm.		
19 _a	Turn body to left, move left foot toward "C" forming a left front stance (choon-gul suh-gi) while executing a down block (ha-dan mak-ki) with left arm.		
19 _b	Keeping both feet fixed, immediately execute a right middle block (mom-tong mak-ki).		

Tae Geuk 5 (Tae Geuk Oh-Jang)

Number	Description	Illustration	Diagram
20 _a	Execute a midsection front snap kick (<i>ap-cha pus-u-gi</i>) toward "C" with right foot.		
20 _b	Leap one step forward forming a right cross leg stance (<i>kyo-cha suh-gi</i>) while executing a forward right backfist (<i>son-deung chi-ki</i>). Yell (<i>kiap</i>) with backfist.		
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".		