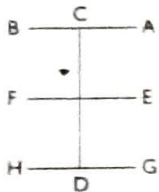
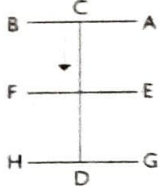
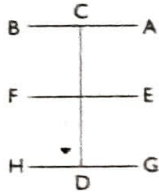
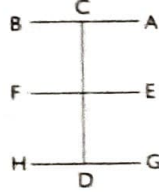
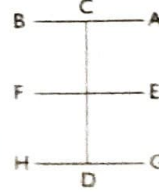
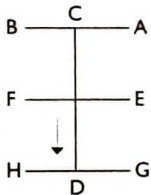
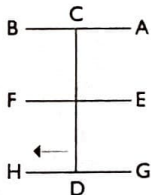
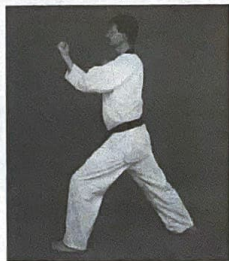
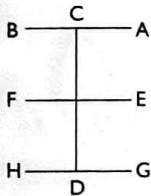
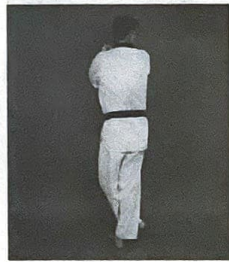
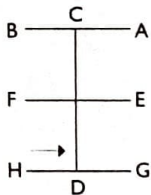
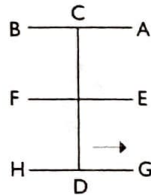
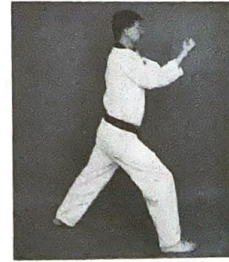
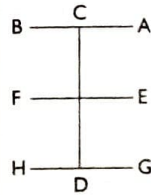

Tae Geuk 8 Jang

Taegeuk 8 Jang is a series of actions applying the Gon principle of Palgwe. Gon symbolizes the Earth and refers to pure yang, one-half of the center symbol of the Korean flag. The earth is the source of life, where the creative force of heaven is embodied. The earth is always wordless; all elements are combined and yin and yang have made a complete circle. In this poomse, the student brushes up on fundamental actions and reviews them.

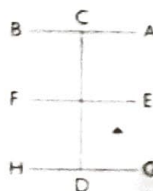
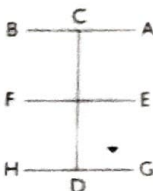
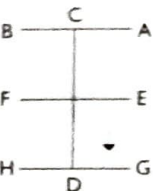
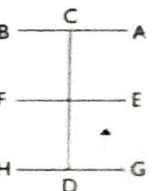
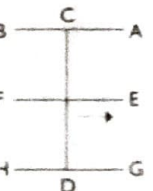
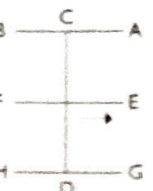
Tae Geuk 8 (Tae Geuk Pal-Jang)

Number	Description	Illustration	Diagram
1 _a	FROM READY STANCE (<i>jhoon-bi</i>) Move left foot one step forward toward "D" forming a left back stance (<i>hoo-gul suh-gi</i>) while executing a left fighting stance (<i>pal-mok ta-bi mak-ki</i>).		
1 _b	Step out left forming a left front stance (<i>choon-gul suh-gi</i>) while executing a middle punch (<i>choon-dan chi-ki</i>) with right fist.		
2 _a	Execute a jumping front snap kick (<i>ap-cha pus-u-gi</i>) toward "D", leading with the right and kicking with the left. Yell (<i>kiap</i>).		
2 _b	Drop left foot to form a left front stance (<i>choon-gul suh-gi</i>) while executing a middle block (<i>mom-tong mak-ki</i>) with left arm.		
2 _c	Keeping feet fixed in a left front stance, execute a middle punch (<i>choon-dan chi-ki</i>) with right fist.		
2 _d	Keeping both feet fixed, immediately execute a middle punch (<i>choon-dan chi-ki</i>) with left fist.		

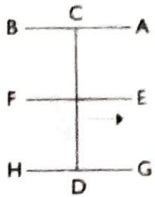
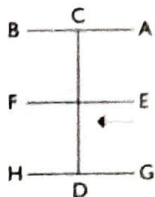
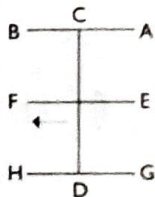
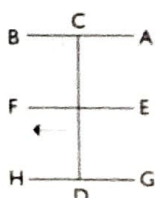
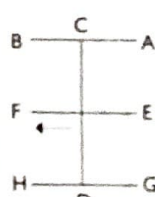
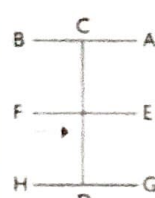
Tae Geuk 8 (Tae Geuk Pal-Jang)

Number	Description	Illustration	Diagram
3	Move one step forward toward "D" 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.		
4	Turn body to left, move left foot toward "H" forming a right reverse front stance (<i>choon-gul suh-gi</i>) while executing a left diamond block (<i>hok da-lee suh-gi mak-ki</i>).		
5	Keeping both feet fixed, pivot on the balls of the feet turning body to left into left front stance (<i>choon-gul suh-gi</i>) toward "H" while executing, simultaneously, a high section uppercut with right fist and bringing left fist in front of right shoulder. Note: slow, tense movement with snap at end.		
6 _a	Step left foot across the right foot towards "G".		
6 _b	Move right foot towards "G" forming a left reverse front stance (<i>choon-gul suh-gi</i>) while executing a right diamond block (<i>hok da-lee suh-gi mak-ki</i>).		
7	Keeping both feet fixed, pivot on the balls of the feet turning body to right into right front stance (<i>choon-gul suh-gi</i>) towards "G" while executing, simultaneously, a high section uppercut with left fist and bringing right fist in front of left shoulder. Note: slow, tense movement with snap at end.		

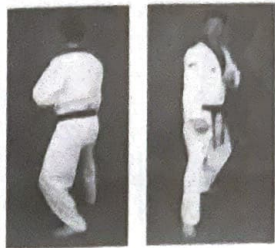
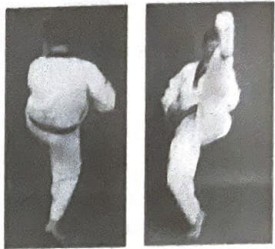
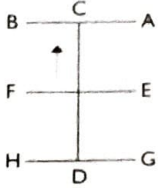
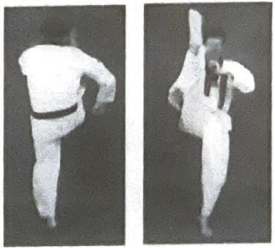
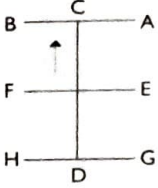
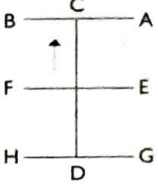
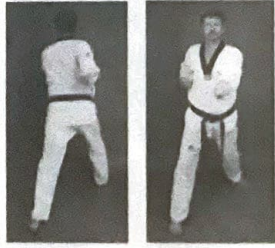
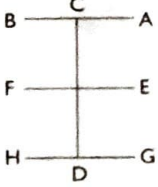
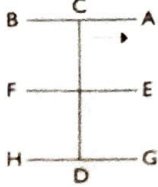
Tae Geuk 8 (Tae Geuk Pal-Jang)

Number	Description	Illustration	Diagram
8	Turn body left moving right foot toward "C" forming a left back stance (<i>hoo-gul suh-gi</i>), facing "D", while executing a left knifehand guarding block (<i>su-do ta-bi mak-ki</i>).		
9	Slide left foot forward into a left front stance (<i>choon-gul suh-gi</i>) while executing a middle punch (<i>choon-dan chi-ki</i>) with right fist.		
10 _a	Execute a midsection front snap kick (<i>ap-cha pus-u-gi</i>) toward "D" with right foot.		
10 _b	Return right foot to its last position and move left foot back one step forming a right cat stance (<i>kyo-yu-gi suh-gi</i>) while executing a right midsection palm heel block (<i>ba-tang-son mak-ki</i>).		
11	Turn body left, move left foot toward "E" forming a left cat stance (<i>kyo-yu-gi suh-gi</i>) while executing a left knifehand guarding block (<i>su-do ta-bi mak-ki</i>).		
12 _a	Execute a midsection front snap kick (<i>ap-cha pus-u-gi</i>) toward "E" with left foot.		

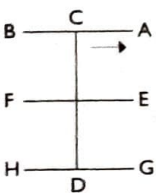
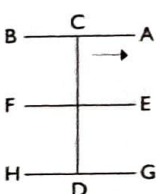
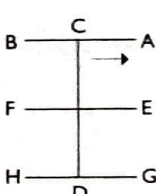
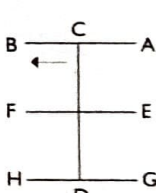
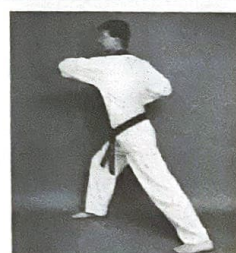
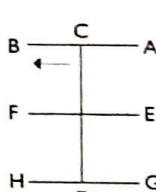
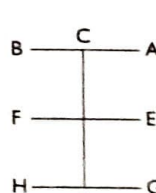
Tae Geuk 8 (Tae Geuk Pal-Jang)

Number	Description	Illustration	Diagram
12 _b	Drop left foot to form left front stance (<i>choon-gul suh-gi</i>) while executing a middle punch (<i>choon-dan chi-ki</i>) with right fist.		
13	Move left foot back to form a left cat stance (<i>kyo-yu-gi suh-gi</i>) while executing a left midsection palm heel block (<i>ba-tang-son mak-ki</i>).		
14	Turn body right toward "F" forming a right cat stance (<i>kyo-yu-gi suh-gi</i>) while executing a right knifehand guarding block (<i>su-do ta-bi mak-ki</i>).		
15 _a	Execute a midsection front snap kick (<i>ap-cha pus-u-gi</i>) toward "F" with right foot.		
15 _b	Drop right foot to form right front stance (<i>choon-gul suh-gi</i>) while executing a middle punch (<i>choon-dan chi-ki</i>) with left fist.		
16	Move right foot back forming a right cat stance (<i>kyo-yu-gi suh-gi</i>) while executing a right midsection palm heel block (<i>ba-tang-son mak-ki</i>).		

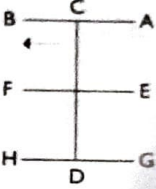
Tae Geuk 8 (Tae Geuk Pal-Jang)

Number	Description	Illustration	Diagram
17	Turn body right, move right foot toward "C" forming a right back stance (<i>hoo-gul suh-gi</i>) while executing a right double fist down block (<i>ssang pal-mok ha-dan mak-ki</i>).	 REVERSE VIEW	
18 _a	Execute a midsection front snap kick (<i>ap-cha pus-u-gi</i>) toward "C" with left foot.	 REVERSE VIEW	
18 _b	Before dropping left foot, execute a jumping front snap kick (<i>ap-cha pus-u-gi</i>) toward "C" with right foot. Yell (<i>kiap</i>) with kick.	 REVERSE VIEW	
18 _c	Drop right foot 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.	 REVERSE VIEW	
18 _d	Keeping both feet fixed, immediately execute a double middle punch (<i>choon-dan chi-ki</i>) first left, then right fist.	 REVERSE VIEW	
19	Turn body left, move left foot toward "A" 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.		

Tae Geuk 8 (Tae Geuk Pal-Jang)

Number	Description	Illustration	Diagram
20	Slide left foot into a left front stance (<i>choon-gul suh-gi</i>) while executing a high section unassisted right elbow strike (<i>pal-gum chi chi-ki</i>). Note: do not strike palm with elbow.		
21 _a	Keeping both feet fixed, immediately execute a right forward backfist strike (<i>son-deung chi-ki</i>).		
21 _b	Keeping both feet fixed, immediately execute a middle punch (<i>choon-dan chi-ki</i>) with left fist.		
22	Keeping the left foot fixed, turn body right toward "B" forming a right back stance (<i>hoo-gul suh-gi</i>) while executing a single knifehand block (<i>han sohn-nal mak-ki</i>) with right hand.		
23	Slide right foot into a right front stance (<i>choon-gul suh-gi</i>) while executing a high section unassisted elbow strike (<i>pal-gum chi chi-ki</i>). Note: do not strike palm with elbow.		
24 _a	Keeping both feet fixed, immediately execute a left forward backfist strike (<i>son-deung chi-ki</i>).		

Tae Geuk 8 (Tae Geuk Pal-Jang)

Number	Description	Illustration	Diagram
24 _b	Keeping both feet fixed, immediately execute a middle punch (<i>choon-dan chi-ki</i>) with right fist.		
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".		