

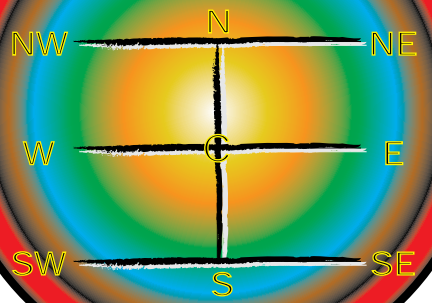
Brown Belt Form (Tae Guk O Jang)

This form is to be learned by all brown belt students.

Taegeuk 5 Jang symbolizes the "Son", one of the 8 divination signs, which represent the wind, meaning both mighty force and calmness according to its strength and weakness. New movements are jumouk-chigi, palkup-dollyo-chigi, yup-chagi & yop-jireugi, palkup-pyo-jeok-chigi and such stances as kkoah-seogi, wen-seogi and oreun-seogi. This is characterized by the successive makkis such as arae-makki and momtong-makki. The 4th Kup-grade trainees practice this poomsae.

Total Movements: 20 Moves

Diagram of color belt forms



Jun
Bee



Ready Stance

1



1. Moving left leg to the left, turn 90 degrees NE into left front stance, left hand down block.

2



2. Sliding left leg back into left stance, left hammer fist strike.

3



3. Moving right leg to the right, turn 180 degrees NW into right front stance, right hand down block.

4



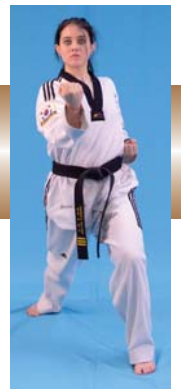
4. Sliding right leg back into to right stance, right hammer fist strike.

5



5. Moving left leg to the left, turn 90 degrees S into left front stance, left hand inside block followed by right hand inside block.

5.1



Brown Belt Form (Tae Guk O Jang)

6



6.1

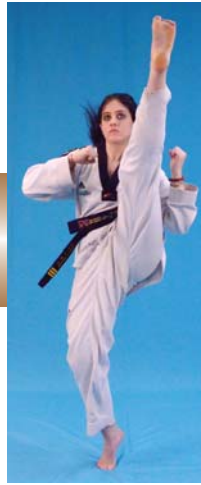


6.2



6. Right leg front kick, landing forward into right front stance, right back fist strike to the face followed by left hand inside block.

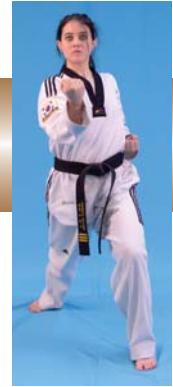
7



7.1

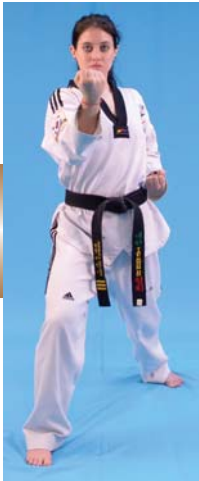


7.2



7. Left leg front kick, landing forward into left front stance, left back fist strike to the face followed by right hand inside block.

8



8. Moving right leg forward into right front stance, right hand back fist strike to the face.

9



9. Moving left leg to the left, turn 270 degrees SW into right back stance, left knife hand outside block.

10



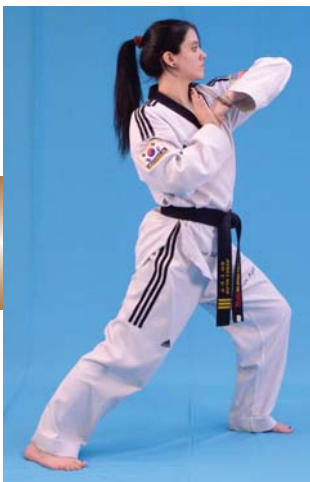
10. Moving right leg forward into right front stance, right elbow strike (left hand grabbing right fist).

11



11. Moving right leg to the right, turn 180 degrees SE into left back stance, right knife hand outside block.

12

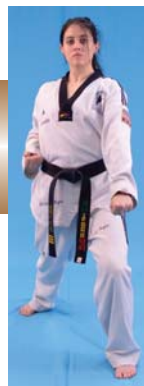


12. Moving left leg forward into left front stance, left elbow strike (right hand grabbing left fist).

13

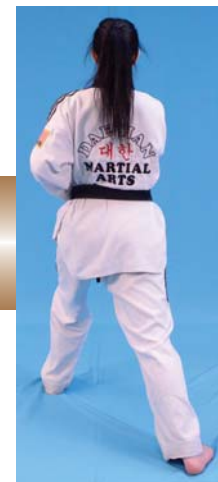


Rear View

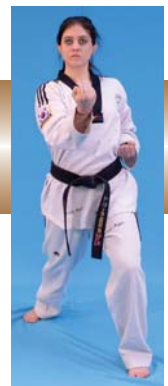


13. Moving left leg to the left, turn 90 degrees N into left front stance, left hand down block followed by right hand inside block.

13.1



Rear View



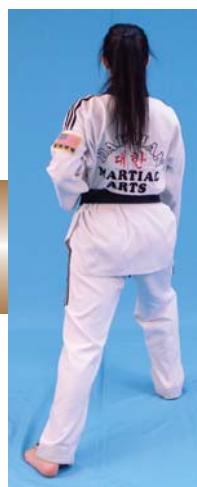
14



Rear View



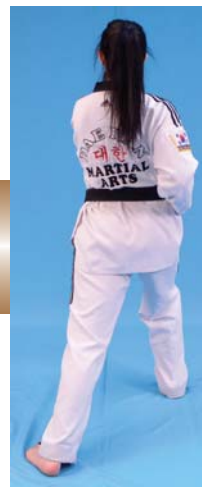
14.1



Rear View



14.2



Rear View



14. Right leg front kick, landing forward into right front stance, right hand down block followed by left hand inside block.

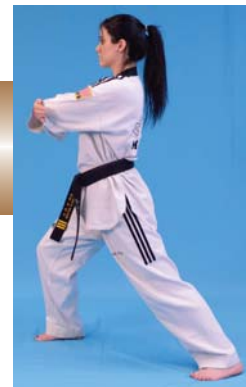
15



16



16.1



15. Moving left leg to the left, turn 90 degrees W into left front stance, left hand high block.

16. Right leg side kick, landing forward into right front stance, left elbow strike to the right palm.

17



18



18.1



17. Moving right leg to the right, turn 180 degrees E into right front stance, right hand high block.

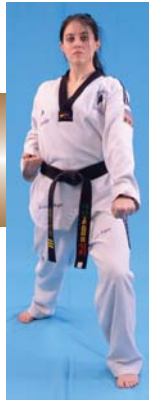
18. Left leg side kick, landing forward into left front stance, right elbow strike to the left palm.

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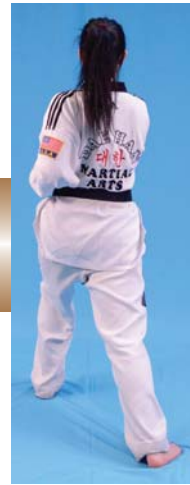
19



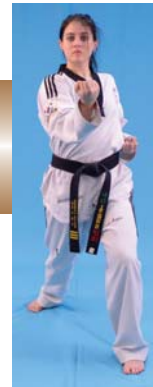
Rear View



19.1



Rear View



19. Moving left leg to the left, turn 90 degrees N into left front stance, left hand down block followed by right hand inside block.

20



Rear View



20.1



Rear View



BaRo



20. Right leg front kick, hopping forward into right twisted stance, right back fist strike to the face (KIHAP).

Pivoting both feet to the left, turn 180 degrees S into ready stance.