

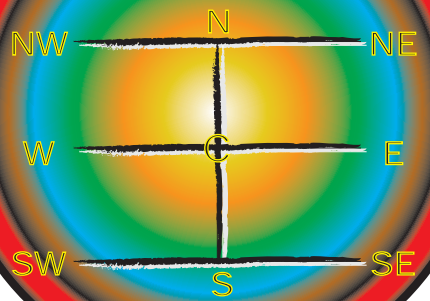
# Green Belt Form (Tae Guk Sam Jang)

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

Taegeuk 3 Jang symbolizes the "Ra", one of the 8 divination signs, which represent "hot and bright". This is to encourage the trainees to harbor a sense of justice and ardor for training. A successful accomplishment of this poomsae will give the trainees a promotion to a blue belt. New actions are sonnal-mok-chigi and sonnal -makki and dwit-kubi stance. This poomsae is characterized by successive makki and chigi, and continued jireugis. Emphasis is laid on the counterattacks against the opponent's chigi. The 6th 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° NE into left walking stance, left hand down block.

2



2. Right leg front kick, landing forward into right front stance, right hand body punch followed by left hand body punch.

2-1



2-2



3



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

4



4. Left leg front kick, landing forward into left front stance, left hand body punch followed by right hand body punch.

4-1



4-2



# Green Belt Form (Tae Guk Sam Jang)

5



5. Moving left leg to the left, turn 90° S into left walking stance, right knife hand neck strike.

6



6. Moving right leg forward into right walking stance, left knife hand neck strike.

7



7. Moving left leg to the left, turn 90° E into right back stance, left knife hand outside block.

8



8. Moving left leg forward into left front stance, right hand body punch.

9



9. Pivot both feet to right, turn 180° W into left back stance, right knife hand outside block.

10



10. Moving right leg forward into right front stance, left hand body punch.

11



11. Moving left leg to the left, turn 90° S into left walking stance, right hand inside block.

12



12. Moving right leg forward into right walking stance, left hand inside block.

13



13. Moving left leg to the left, turn 270° SW into left walking stance, left hand down block.

14



14. Right leg front kick, landing forward into right front stance, right hand body punch followed by left hand body punch.

14-1



14-2



# Green Belt Form (Tae Guk Sam Jang)

15



16



16-1



16-2



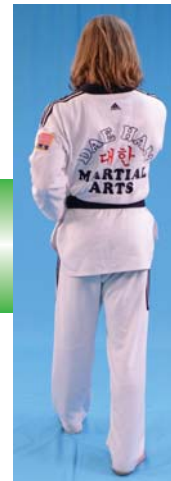
15. Moving right leg to the right, turn 180° SE into right walking stance, right hand down block.

16. Left leg front kick, landing forward into left front stance, left hand body punch followed by right hand body punch.

17



17-1

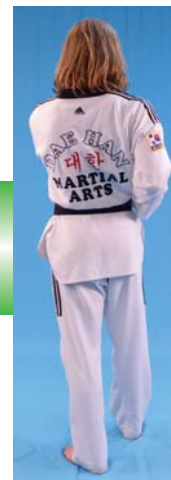


17. Moving left leg to the left, turn 90° N into left walking stance, left hand down block, followed by right hand body punch.

18



18-1



18. Moving right leg forward into right walking stance, right hand down block followed by left hand body punch.

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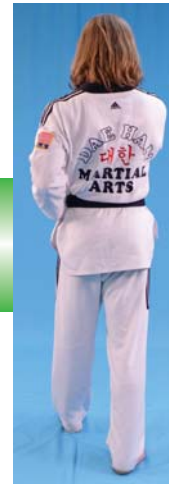
19



19-1



19-2



19. Left leg front kick, landing forward into left walking stance, left hand down block followed by right hand body punch.

20



20-1



20-2



20. Right leg front kick, landing forward into right walking stance, right hand down block followed by left hand body punch (KIHAP).

BaRo



Return: Moving left leg to the left, turn 180° S into ready stance