

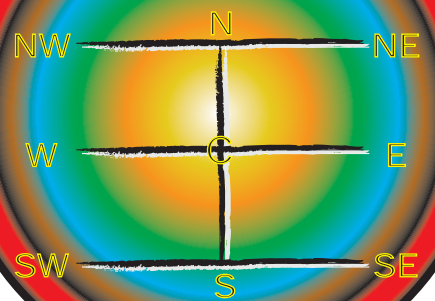
Yellow Belt Form (Tae Guk II Jang)

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

Taeguk 1 Jang represents the symbol of "Keon", one of the 8 Kwaes (divination signs), which means the "heaven and yang". As the "Keon" symbolizes the beginning of the creation of all thing in the universe, so does the Taeguk 1 Jang in the training of Taekwondo. This form is characterized by its easiness in practicing, largely consisting of walking and basic actions, such as down block, inside block, body punch, and front kick. The 8th Gup-grade (yellow belt) trainees practice this form.

Total Movements: 18 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. Moving right leg forward into right walking stance, right hand body punch.

3



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

4



4. Moving left leg forward into left walking stance, left hand body punch.

5



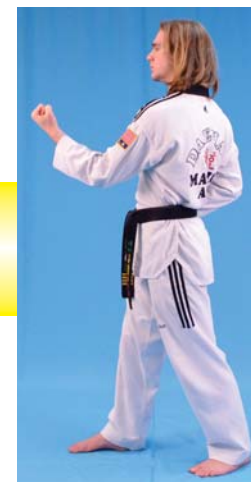
5. Moving left leg to the left, turn 90° S into left front stance, left hand down block.

6



6. Staying in the same stance, right hand body punch.

7



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

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8



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

9



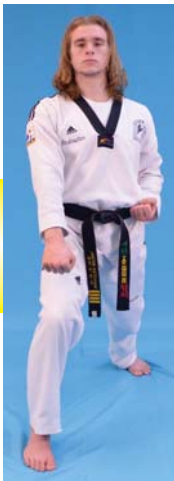
9. Moving left leg to the left, turn 180° E into left leg walking stance, right hand inside block.

10



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

11



11. Moving right leg to the right, turn 90° S into right front stance, right hand down block.

12



12. Staying in the same stance, left hand body punch.

13



13. Moving left leg to the left, turn 90° SE into left walking stance, left hand high block.

14



14. Right leg front kick, landing forward into right walking stance, right hand punch.

14-1



15



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

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16

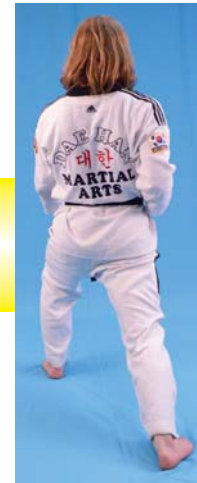


16-1



16. Left leg front kick, landing forward into left walking stance, left hand body punch.

17



Rear View



17. Moving left leg to the right, turn 90° N into left front stance, left hand down block.

18



Rear View



18. Moving right leg forward into right front stance, right hand body punch.
(KI HAP)

BaRo



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