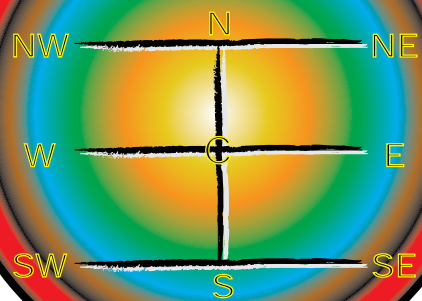


Senior Red Belt Form (Tae Guk Pahl Jang)

This form is to be learned by all senior red belt students.

Diagram of color belt forms



Taegeuk 8 Jang symbolizes the "Kon", one of the 8 divination signs, which represents "Yin" and earth, meaning the root and settlement and also the beginning and the end. This is the last of the 8 Taegeuk poomsaes, which may enable the trainees to undergo the Dan [black belt] promotion test. New movements are dubal-dangsong-bakkat-palmok-momtong-kodureo-bakkat-makki, twio-chagi, and palkup-dollyo-chigi. Emphasis must be laid on the accuracy of stepping and the difference between jumping-over kick and dubal-dangsong [alternate jumping kick in the air]. The 1st Kup-graders practice this poomsae.

Total Movements: 19 Moves

Jun
Bee



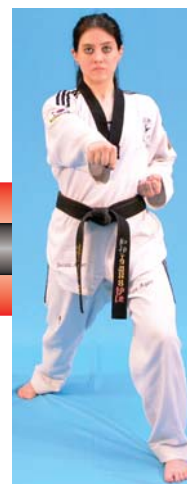
Ready Stance

1



1. Moving left leg, step forward (S) into right back stance, left double hand outside block.

2



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

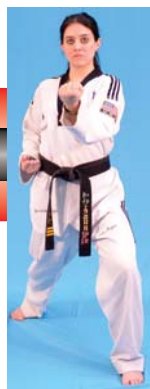
3



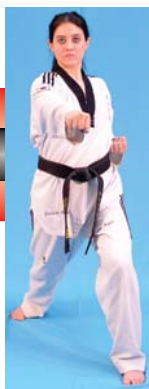
3.1



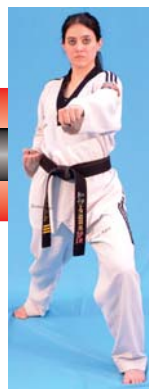
3.2



3.3



3.4



3. Double front kick with two legs (right leg/ left leg) (KIHAP), landing forward into left front stance, left hand inside block, followed by right hand body punch, then left hand body punch.

4



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

Senior Red Belt Form (Tae Guk Pahl Jang)

5



5. Moving left leg to the left, turn 270° SW into right front stance, right half mountain block (right hand half moon block/ left hand down block).

6



6. Pivoting both feet into left front stance facing SW, left hand hair grab, pulling into right chestnut fist strike to the neck.

7



7. Turning only head to the right 180° SE, and moving toward SE, take two steps backward (left/ right) into left front stance, left half mountain block (left hand half moon block/ right hand down block).

8



8. Pivoting both feet into right front stance facing SE, right hand hair grab, pulling into left chestnut fist strike to the neck.

9



9. Moving right leg to the left, turn 270° to face S in right back stance, left double knife hand outside block.

10



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

11



11. Right leg front kick, landing behind left leg, moving left leg backward 1 full step, draw right leg back into right tiger stance, right palm inside block.

11.1



11.2



12



12. Moving left leg to the left, turn 90° E into left tiger stance, left double knife hand outside block.

Senior Red Belt Form (Tae Guk Pahl Jang)

13



13. Left leg front kick, landing forward into left front stance, right hand body punch.

13.1



14



14. Draw left leg backward into left tiger stance, left palm inside block.

15



15. Pivoting both feet to the right, turn 180° W into right tiger stance, right double knife hand outside block.

16

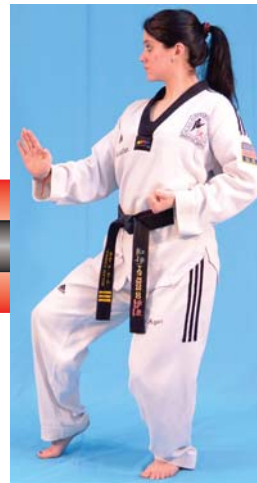


16. Right leg front kick, landing forward into right front stance, left hand body punch.

16.1



17



17. Draw right leg backward into right tiger stance, right palm inside block

18



Rear View



18. Moving right leg to the right, turn 90° N into left back stance, right double down block.

Rear View

19.1

Rear View

19.2

Rear View

19.3

Rear View

19.4

Rear View



19. Double front kick with two legs (left leg/ right leg) (KIHAP), landing forward into right front stance, right hand inside block followed by left hand body punch, then right hand body punch.

Senior Red Belt Form (Tae Guk Pahl Jang)

20



20. Moving left foot to the left, turn 270° NE into right back stance, left knife hand outside block.

21



21. Moving left leg forward into left front stance, right elbow strike to the face

22



22. Staying in left front stance, right back fist strike to the face.

23



23. Staying in left front stance, left hand body punch.

24



24. Pivoting both feet to the right, turn 180° NW into left back stance, right knife hand outside block.

25



25. Moving right leg forward into right front stance, left elbow strike to the face

26



26. Staying in right front stance, left back fist strike to the face.

27



27. Staying in right front stance, right hand body punch.

BaRo



Moving left leg to the left, turn 90° N into ready stance.