

Poomsae Taebaek

This is the 3rd Dan pattern and it has 26 movements

"This is the name of region of Korea where, according to legend, the Korean nation was founded more than 4300 years ago. This region is now Mount Baekdoo, but the word Taebaek still signifies the source of Korea, and the majesty of Mount Baekdoo. The pattern symbolizes both light, being the source of life, and sanctity, as the mountain is seen as being close to perfection."

Movements

Left – Cat Stance, knife-hand spreading block.

Forward – Front kick – Long stance, double punch.

180 degree turn over right shoulder – Cat stance, knife-hand spreading block.

Forward – Front kick – Long stance, double punch.

Left – High knife-hand block and reverse inside knife-hand strike.

Slow, scooping, push palm block – forward, reverse punch.

Slow, scooping, push palm block – forward, reverse punch.

Slow, scooping, push palm block – forward, reverse punch – Shout.

270 degree turn over left shoulder – back stance, Mountain block.

Front foot pulls back into cat stance, reverse upset punch – Sideways Horse-riding stance, side punch.

Front leg side kick and High back-fist strike. Land into long stance, elbow strike into lead hand.

180 degree turn over right shoulder – back stance, Mountain block.

Front foot pulls back into cat stance, reverse upset punch – Sideways Horse-riding stance, side punch.

Front leg side kick and High back-fist strike. Land into long stance, elbow strike into lead hand.

Left – Back stance, double knife-hand guarding block.

Forward – Spear Hand punch over reverse downward pushing palm block.

Break grip with twist of spear hand - forward 360 degree turn – Long stance, spinning back fist strike.

Forward – Long stance, walking punch. Shout.

270 degree turn, over left shoulder – scissor block.

Front kick – Forward – Long stance, double punch.

180 degree turn, over right shoulder – scissor block.

Front kick – Forward – Long stance, double punch.

Application

Left – Cat Stance, knife-hand spreading block.

Defending against a front kick, thrown from your left-hand side. The attacker is at close range, so you need to defend in a cat-stance, in order to retain enough space to complete the block.

Forward – Front kick – Long stance, double punch.

The front kick puts your opponent into the correct distance to be allow you to counter punch in a long stance. Double punch, to ensure maximum impact.

180 degree turn over right shoulder – Cat stance, knife-hand spreading block.

Defending against a front kick, thrown at the base of your spine, from behind. Turn your head and your body, to remove the target. Step back ward to complete the turn. The attacker is at close range, so you need to defend in a cat-stance, in order to retain enough space to complete the block.

Forward – Front kick – Long stance, double punch.

The front kick puts your opponent into the correct distance to be allow you to counter punch in a long stance. Double punch, to ensure maximum impact.

Left – High knife-hand block and reverse inside knife-hand strike.

Simultaneous block and counter-attack. The high block is close to the head, to allow you to be at the correct distance to throw the inside knife-hand counter strike, to your opponent's neck, jaw or temple.

Slow, scooping, push palm block – forward, reverse punch.

Pushing your opponent's hand away, to open them up for the walking punch.

Slow, scooping, push palm block – forward, reverse punch.

As above.

Slow, scooping, push palm block – forward, reverse punch – Shout.

As above.

270 degree turn over left shoulder – back stance, Mountain block.

A mountain block is designed to stop two simultaneous attacks. In this case, one from your right-hand side and one from behind. Turning to your right will not stop the attack from behind but spinning over your left shoulder puts you into a position to be able to block both attacks.

The back-stance allows you to dictate the distance, when a long stance would put you too close to your opponent.

Front foot pulls back into cat stance, reverse upset punch – Sideways Horse-riding stance, side punch.

The cat stance allows you to pull your opponent onto the counter-punch, increasing the impact.

You can then step under the attacking arm, using a side-on horse stance, attacking the ribs with a side punch.

Front leg side kick and High back-fist strike. Land into long stance, elbow strike into lead hand.

The side kick will double your opponent over, putting their head in position for the back-fist strike. Once the strike lands, take hold of their head and, when you step down into a long-stance, throw an elbow strike into their face.

180 degree turn over right shoulder – back stance, Mountain block.

As above. Stepping behind puts you in the correct position to defend both attacks.

Front foot pulls back into cat stance, reverse upset punch – Sideways Horse-riding stance, side punch.

As above.

Front leg side kick and High back-fist strike. Land into long stance, elbow strike into lead hand.

As above.

Left – Back stance, double knife-hand guarding block.

Move your right foot, to meet your left, then slide the left foot forward, into a back-stance and double knife-hand guarding block. Moving the right foot first ensures that you change the angle of attack, allowing you to execute an effective block.

Forward – Spear Hand punch over reverse downward pushing palm block.

Similar movement to that in Taegeuk 4. Move the attacking hand out of the way, exposing your opponent's mid-section for the spear-hand punch, as you step into a long-stance, to guarantee maximum impact.

Break grip with twist of spear hand - forward 360 degree turn – Long stance, spinning back fist strike.

Your opponent has held your wrist. Break the grip by twisting and dropping your hand. This allows you to break your hand out of the weak point of the grip (between the thumb and forefinger). Once you have broken the grip, a spinning back-fist strike delivers maximum impact to your opponent's jaw or temple.

Forward – Long stance, walking punch. Shout.

Step forward into long-stance and deliver the finishing punch to this opponent.

270 degree turn, over left shoulder – scissor block.

The spin not only generates more power in the block but it also puts you in the correct position to defend the kick, thrown from your right-hand side, delivered with the left leg.

Front kick – Forward – Long stance, double punch.

The front kick puts your opponent into the correct distance to be allow you to counter punch in a long stance. Double punch, to ensure maximum impact.

180 degree turn, over right shoulder – scissor block.

Defending a kick thrown to the base of your spine, from behind. Turn your head and your body, to remove the target. Step back with your right leg and complete the turn with a scissor block.

Front kick – Forward – Long stance, double punch.

The front kick puts your opponent into the correct distance to be allow you to counter punch in a long stance. Double punch, to ensure maximum impact.