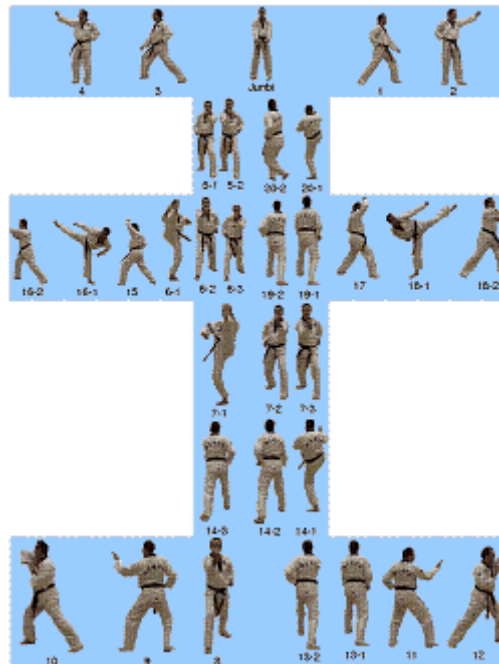


Taegeuk Oh-Jang (Pattern 5)

Seon – Symbolizes wind and has 20 movements

"Seon encompasses the characteristics of wind; gentle and strong; invisible, yet highlighting the interplay of the yin and yang taking place beyond time. The concept of seon is of subtle nature, but pure, without evil intent."



Movements

Left, long stance, low block – Pull back, parallel stance, hammer fist strike.

Right, long stance, low block – Pull back, parallel stance, hammer fist strike.

Left, long stance, double inner block.

Forward, front kick, back-fist strike, inner block.

Forward, front kick, back-fist strike, inner block.

Forward, long stance, back fist strike, shout.

270 degree turn over right shoulder, back stance single knife-hand guarding block.

Pull front hand to rear fist, step forward, long stance, assisted elbow strike.

180 degree turn over right shoulder, back stance single knife-hand guarding block.

Pull front hand to rear fist, step forward, long stance, assisted elbow strike.

Left, long stance, low block, reverse inner block.

Forward, front kick, long stance, low block, reverse inner block.

Left, high stance, high block – side kick and backfist strike, long stance, elbow strike into hand.

180 degree turn over right shoulder, high stance, high block – side kick and backfist strike, long stance, elbow strike into hand.

Left, long stance, low block, reverse inner block.

Front kick, forward, cross cat stance, backfist strike, shout.

Application

Left, long stance, low block – Pull back, parallel stance, hammer fist strike.

Defending against a front kick from your left-hand side. The long-stance not only provides strength in the block, it also allows you to close your opponent down. Deflecting their kick puts them really close to you, so pulling back into a parallel stance puts them at the correct distance to land the hammer-fist strike to the top of their head.

Right, long stance, low block – Pull back, parallel stance, hammer fist strike.

The attack is now to the base of your spine, with a front kick. Turn your head and body, to remove the target, then step behind and complete the turn with the block. Again, the long-stance not only provides strength in the block, it also allows you to close your opponent down. Deflecting their kick puts them really close to you, so pulling back into a parallel stance puts them at the correct distance to land the hammer-fist strike to the top of their head.

Left, long stance, double inner block.

Defending against 2 mid-section punches, from your left-hand side.

Forward, front kick, long-stance back-fist strike, inner block.

The kick puts your opponent at the correct distance to be able to drop a back-fist strike to the bridge of the nose, in a long-stance. This is followed up with an inwards hammer-fist strike.

Forward, front kick, back-fist strike, inner block.

Similarly, the kick puts your opponent at the correct distance to be able to drop a back-fist strike to the bridge of the nose, in a long-stance. This is followed up with an inwards hammer-fist strike.

Forward, long stance, back fist strike, shout.

Finish this opponent with a back-fist strike to the bridge of the nose, delivered with maximum power, in a long-stance, complete with finishing shout.

270 degree turn over right shoulder, back stance single knife-hand guarding block.

Turning directly to your right would put you in the wrong position to defend the incoming punch from your right-hand side. It would also take too much foot movement. Therefore, turn over your left shoulder, pivoting on your lead foot, into a back-stance and single knife-hand guarding block. The back stance allows you to dictate the distance of the fight. The knife-hand block allows you to control the attacking arm, if required. It also allows you to use more of your hand to effect the block.

Pull front hand to rear fist, step forward, long stance, assisted elbow strike.

The assist allows you to generate more power in the elbow strike.

180 degree turn over right shoulder, back stance single knife-hand guarding block.

The attack is aimed at your spine, between your shoulder blades. Turn your head and your body, to remove the target. Step backwards and complete the turn with a single knife-hand guarding block, in back-stance. Again, the back stance allows you to dictate the distance of the fight. The knife-hand block allows you to control the attacking arm, if required. It also allows you to use more of your hand to effect the block.

Pull front hand to rear fist, step forward, long stance, assisted elbow strike.

The assist allows you to generate more power in the elbow strike.

Left, long stance, low block, reverse inner block.

Defending a front kick from your left-hand side, followed by a mid-section punch.

Forward, front kick, long stance, low block, reverse inner block.

The front kick moves your opponent into the correct distance for you to deliver hammer-fist strikes (in the form of low blocks and inside forearm blocks).

Left, high stance, high block – side kick and backfist strike, long stance, elbow strike into hand.

Defending against a punch from your left-hand side, aimed at your face. The transition from a long-stance to a high-stance removes your face as a target.

The side kick is aimed at mid-section. This will double your opponent over, allowing you to strike with a back-fist strike, delivered at the same time as the kick. Should your opponent step “inside” the side kick, they still get hit with the back-fist strike.

Once the back-fist strike has landed, the same hand holds your opponent’s head, as you step down into a long-stance and deliver an inside elbow strike to their face. The long-stance ensures maximum impact.

180 degree turn over right shoulder, high stance, high block – side kick and backfist strike, long stance, elbow strike into hand.

The attack is now to the base of your neck. Turn your body and your head, to remove the target. Step behind and continue the turn into a high section block. This is executed in a high-stance for maximum speed.

The side kick is aimed at mid-section. This will double your opponent over, allowing you to strike with a back-fist strike, delivered at the same time as the kick. Should your opponent step “inside” the side kick, they still get hit with the back-fist strike.

Once the back-fist strike has landed, the same hand holds your opponent's head, as you step down into a long-stance and deliver an inside elbow strike to their face. The long-stance ensures maximum impact.

Left, long stance, low block, reverse inner block.

Defending a front kick from your left-hand side, followed by a mid-section punch.

Front kick, forward, cross cat stance, backfist strike, shout.

The front kick stops your opponent and puts them at the correct distance for you to close them down, in a cross cat-stance, and drop the back-fist strike to the nose. With maximum impact.

Return to ready position by twisting on your feet, as they are both in position anyway.