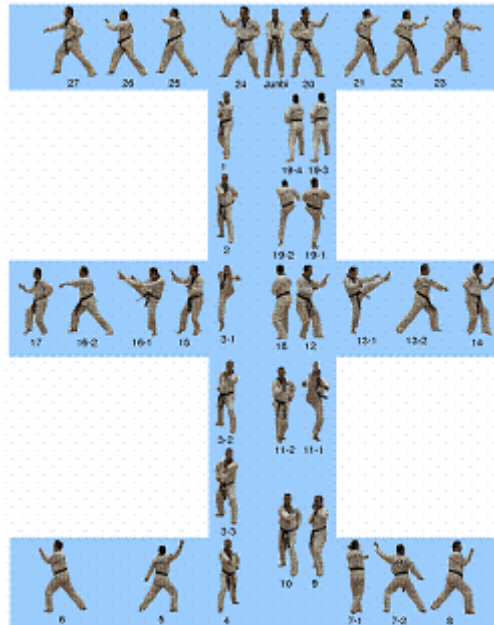


## Taegeuk Pal-Jang

Gon – Symbolizes the earth and has 24 movements.

*"This pattern is symbolized by the Earth, providing the substance into which the heavenly light and energy of Keon enters to produce physical forms."*



### Movements

Forward, back stance, double fist guarding block – long stance reverse punch.

Forward, double jumping front kick with shout, long stance, double inner block, punch.

Forward, long stance, walking punch.

270 degree turn over left shoulder, reverse long stance, mountain block, long stance, assisted upset punch.

180 degree turn over right shoulder, reverse long stance, mountain block, long stance, assisted upset punch.

Left, backing off, back stance, double knife-hand guarding block – long stance reverse punch, front kick, double step backwards, cat stance, pushing palm block.

Left, cat stance, double knife-hand guarding block – front leg front kick, long stance, reverse punch, pull back, cat stance, reverse pushing palm block.

180 degree turn over right shoulder, cat stance, double knife-hand guarding block – front leg front kick, long stance, reverse punch, pull back, cat stance, reverse pushing palm block.

Right, back stance, double low block – front kick, jumping front kick with shout, long stance, inner block, double punch.

270 degree turn over right shoulder, back stance, single knife-hand guarding block – long stance, inner elbow strike, backfist strike, punch.

180 degree turn over right shoulder, back stance, single knife-hand guarding block – long stance, inner elbow strike, backfist strike, punch.

### **Application**

Forward, back stance, double fist guarding block – long stance reverse punch.

Defending a punch, aimed at your mid-section, from in front. The back-stance allows you to control the distance of the fight, avoiding the attack, without sacrificing foot position for the counter-attack. The back hand is chambered, ready for the counter punch.

Step out slightly, to create the width for a long-stance and execute a mid-section reverse punch. Transitioning to a long-stance pushes your body weight forward and drops your centre of gravity, creating a stronger stance in which to throw the counter-attack. This generates more power in the punch.

Forward, double jumping front kick with shout, long stance, double inner block, punch.

Both kicks are designed to make impact. The first kick lands to your opponent's mid-section, the second to the face. As this is the most powerful technique in this section, the shout is done here, though there are variations.

As you land, you do so in a long-stance, allowing you to put maximum power into the 2 inward hammer-fist strikes, finishing off with a punch to mid-section.

Forward, long stance, walking punch.

Finish off this opponent with a walking punch to mid-section, in a long-stance. Some instructors prefer the shout to go here, as it is the finishing blow to this opponent.

270 degree turn over left shoulder, reverse long stance, mountain block, long stance, assisted upset punch.

This stance and block is designed to match your opponent's stance, allowing you to blend with their attack, positioning you ready to counter-attack. Your opponent has attacked with a walking punch, in a long-stance. You need to match their stance, while "slip" blocking their attack with the higher hand. The lower hand is positioned to be able to attack the attacker's lead leg.

The lower hand lifts your opponent's lead leg as you twist your body to face toward the opponent. This both breaks their balance and exposes the groin for a counter-attack. Attack the groin with an upset punch. The twist into long-stance also pushes your opponent off balance, taking them down.

180 degree turn over right shoulder, reverse long stance, mountain block, long stance, assisted upset punch.

Pivoting on your back foot, turn to face the attack from behind you. Again, blend with your opponent's attack and counter-attack, as above.

Left, backing off, back stance, double knife-hand guarding block – long stance reverse punch, front kick, double step backwards, cat stance, pushing palm block.

The attack is now coming from your right-hand side. Pivot on your back foot, as you retreat into a back-stance and double-knife-hand guarding block. The pivot and the back-stance both allow you to control both the distance and the angle of attack, increasing your chances of avoiding the attack.

Step out slightly, with your front foot, to create the width necessary for a long-stance, as you counter-attack with a reverse punch. The transition to a long-stance allows you to generate more power in the punch, as it is a more stable position and has a lower centre of gravity. The straight back leg ensures all the power is transmitted forward, into your opponent.

Front kick, to your opponent's mid-section, then retreat from the incoming attack, taking 2 full steps backwards, then bringing your front foot back, into a cat-stance. Execute a mid-section pushing palm block. The cat stance allows you to control the distance, avoiding the attack by pulling your mid-section back further and "riding" the attack.

**Alternatively**, it may be that the front kick has doubled your opponent over, in which case, you are retreating in order to create the distance to be able to finish your opponent off with a close range palm heel strike, to the head.

Left, cat stance, double knife-hand guarding block – front leg front kick, long stance, reverse punch, pull back, cat stance, pushing palm block.

Close range attack from your left-hand side. As the attack is close range, you will need to remain in cat-stance, as this gives you the most space to be able to execute the block.

Kicking with your back leg means adjusting your body weight too much. This will take too much time, so the kick is executed using the front leg.

The kick will create enough space for you to step into a long-stance, to throw the follow-up reverse punch. Pull back into cat-stance again, to create the space to finish the opponent with a close range inward palm-heel strike.

180 degree turn over right shoulder, cat stance, double knife-hand guarding block – front leg front kick, long stance, reverse punch, pull back, cat stance, pushing palm block.

Defending against a close range punch to the middle of your spine. Adjust your foot position, to remain in cat-stance, blocking the attack with a double knife-hand guarding block. Counter-attack as above.

Right, back stance, double low block – front kick, jumping front kick with shout, long stance, inner block, double punch.

Attack is now from your right-hand side, defending against a front kick. The back-stance allows you to keep out of range of the kick.

Counter attack with a front kick to mid-section. Hold the chamber position for a short pause, then jumping front kick to the face. As this is the most powerful technique, this is where the shout comes.

Land into a long-stance, to generate maximum power, executing an inside forearm block (hammer-fist strike) and double punch. As this is the finishing move in the section, this is the alternative place for the shout.

270 degree turn over right shoulder, back stance, single knife-hand guarding block – long stance, inner elbow strike, back-fist strike, punch.

The attack is now from your right-hand side but, as your right foot is forward, it will take too much time to move to your right. Therefore, pivot on your front foot, spinning over your left shoulder. Block with a single knife-hand guarding block, in a back-stance. The back stance allows you to control the distance, avoiding the attack without sacrificing foot position for the counter-attack.

Step out slightly with the front foot, in order to create the necessary width for a long-stance. This allows you to generate maximum power into the inside elbow strike to your opponent's jaw. Once complete, pivot the back-fist strike around your elbow, attacking the nose. Finish off with a reverse punch to the ribs.

180 degree turn over right shoulder, back stance, single knife-hand guarding block – long stance, inner elbow strike, back-fist strike, punch.

The attack is now to your spine, between the shoulder blades. Move your back foot to meet your front foot. This gives you fractionally more time to react. Turn your head and body, to remove the target, then slide into a back-stance and single knife-hand guarding block.

Counter-attack as above.