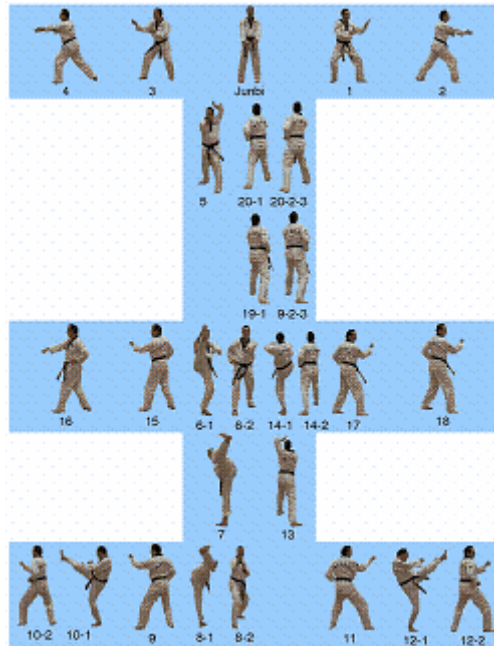


Taegeuk Sa-Jang (Pattern 4)

Jin - Symbolize thunder and has 20 movements

"Thunder represents the element of fear and trembling which occasionally enters our lives. Because Taekwondo is comprised exclusively of virtuous actions, this pattern expresses fear and trembling in the only way that virtue can – stoically, as a passing thunderstorm that nourishes the soul. Virtue, therefore, defines fear as courage."



Movements

Left, back stance, double knife-hand guarding block - forward, long stance, assisted spear hand punch.

180 degree turn over right shoulder, back stance, double knife-hand guarding block - forward, long stance, assisted spear hand punch.

Left, long stance, knife hand high block and reverse inside knife-hand strike.

Forward, front kick, long stance, reverse punch.

Forward, side kick.

Forward, side kick into back stance, double knife-hand guarding block.

270 degree turn over left shoulder, back stance, single fist guarding block.

Front kick, pull back into back stance, reverse inside hammer fist strike.

180 degree turn over right shoulder, back stance, single fist guarding block.

Front kick, pull back into back stance, reverse inside hammer fist strike.

Left, long stance, knife hand high block and reverse inside knife-hand strike.

Forward, front kick, long stance, back fist strike.

Left, high stance, inner block, reverse punch.

180 degree turn over right shoulder, high stance, inner block, reverse punch.

Left, long stance, inner block, double punch.

Forward, long stance, inner block, double punch. Shout.

Application

Left, back stance, double knife-hand guarding block - forward, long stance, assisted spear hand punch.

A back stance allows you to control the distance without sacrificing foot position for the counter strike. The double knife-hand block allows you to take control of the attacking arm once the block has completed. Your chambered arm is in position to deliver the counter strike.

The hand that has effected the block then controls the attacking hand. Roll the hand around the attacking arm, then push the hand away, opening up your opponent's body for the counter strike. Stepping into a long-stance allows you to deliver maximum power as you deliver a spear hand thrust to the mid-section (solar plexus).

180 degree turn over right shoulder, back stance, double knife-hand guarding block - forward, long stance, assisted spear hand punch.

The attacking punch 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 into a back stance while executing the block.

A back stance allows you to control the distance without sacrificing foot position for the counter strike. The double knife-hand block allows you to take control of the attacking arm once the block has completed. Your chambered arm is in position to deliver the counter strike.

The hand that has effected the block then controls the attacking hand. Roll the hand around the attacking arm, then push the hand away, opening up your opponent's body for the counter strike. Stepping into a long-stance allows you to deliver maximum power as you deliver a spear hand thrust to the mid-section (solar plexus).

Left, long stance, knife hand high block and reverse inside knife-hand strike.

This is a simultaneous block and counter strike. The long-stance not only allows you to generate power in the strike, it also allows you to step "inside" the attack, giving you control of the distance. The high block is close to your head, to keep your opponent coming onto your counter strike.

Forward, front kick, long stance, reverse punch.

The kick knocks your opponent back, into range of the punch, delivered in long-stance for maximum impact.

Forward, side kick.

Side kick to mid-section, to keep your opponent moving.

Forward, side kick into back stance, double knife-hand guarding block.

Following the second side kick, the double knife-hand block is, in fact, an outside knife-hand strike to your opponent's neck, delivered in a back-stance in order to control the distance.

270 degree turn over left shoulder, back stance, single fist guarding block.

Turning immediately to your right will run the risk of both getting your feet tangled and changing the angle of attack. Therefore, spin over your left shoulder to effect a single fist guarding block, in back stance. The back stance allows you to control the distance.

Front kick, pull back into back stance, reverse inside hammer fist strike.

The front kick, delivered to mid-section, will double your opponent over. Their head then moves closer and lower. Pulling back into a back stance puts you in the correct distance in order to deliver a reverse hammer-fist strike to the head.

180 degree turn over right shoulder, back stance, single fist guarding block.

Move your right foot up to your left foot. This gives you additional distance and, therefore, reaction time to defend against the punch aimed at your ribs. Again, the back stance allows you to control the distance.

Front kick, pull back into back stance, reverse inside hammer fist strike.

The front kick, delivered to mid-section, will double your opponent over. Their head then moves closer and lower. Pulling back into a back stance puts you in the correct distance in order to deliver a reverse hammer-fist strike to the head.

Left, long stance, knife hand high block and reverse inside knife-hand strike.

This is a simultaneous block and counter strike. The long-stance not only allows you to generate power in the strike, it also allows you to step "inside" the attack, giving you control of the distance. The high block is close to your head, to keep your opponent coming onto your counter strike.

Forward, front kick, long stance, back fist strike.

The front kick knocks your opponent backwards, into the correct distance to deliver the back-fist strike to the bridge of the nose. Long stance allows for maximum impact.

Left, high stance, inner block, reverse punch.

The transition to high-stance allows you to generate more power into the block. Immediate counter-attack, following the block.

180 degree turn over right shoulder, high stance, inner block, reverse punch.

The movement is exaggerated, to generate more power into the block. Immediate counter-attack, following the block.

Left, long stance, inner block, double punch.

Maximum power, delivered into the block, in a long-stance. Once the block has completed, immediate counter-attack with two punches to the ribs.

Forward, long stance, inner block, double punch. Shout.

Either the attacker is able to throw one last punch, which you defend against in a long-stance.

Alternatively, the “block” is in fact an inward hammer-fist strike, delivered to the side of your opponent’s head.

Finish with a final double punch.

Return to ready position, pivoting on the front foot.