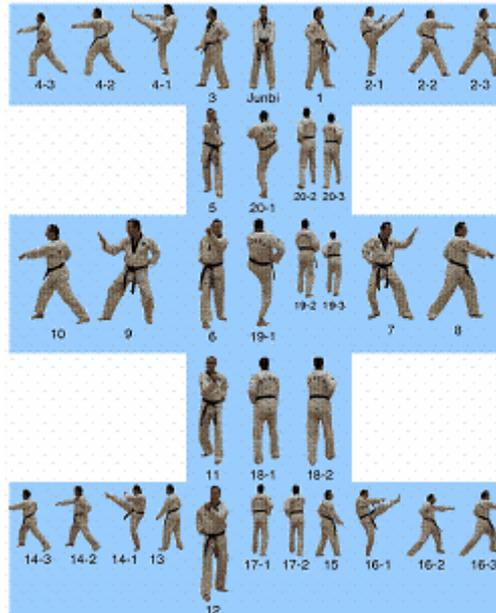


Taegeuk Sam-Jang (Pattern 3)

Ri - Symbolizes fire and sun and has 20 movements.

"The sun causes fire. Man knows how to use the fire that gives light, warmth, enthusiasm and hope. So, the movements of this pattern must emulate the qualities of fire – that of flickering energy, of unpredictable pace and styling, and of quiet followed by great excitement or great passion – but continually moving, burning."



Movements

Left, high stance, low block - front kick, long stance, double punch.

180 degree turn over right shoulder, high stance, low block - front kick, long stance, double punch.

Left, high stance, reverse inside knife-hand strike.

Forward, high stance, reverse inside knife-hand strike.

Left, back stance, single knife hand guarding block – long stance reverse punch.

180 degree turn over right shoulder, single knife hand guarding block – long stance reverse punch.

Left, high stance, reverse inner block.

Forward, high stance, reverse inner block.

270 degree turn over left shoulder, high stance, low block – front kick, long stance double punch.

180 degree turn over right shoulder, high stance, low block – front kick, long stance double punch.

Left, high stance, low block, reverse punch.

Forward, high stance, low block, reverse punch.

Forward, front kick, high stance, low block, reverse punch.

Forward, front kick, high stance, low block, reverse punch. Shout.

Application

Left, high stance, low block - front kick, long stance, double punch.

Defending against a front kick from your left hand side, aimed at your ribs. The block is delivered in a high-stance, as it is both faster and allows you to control the distance. Your front kick, delivered to mid-section, puts your opponent into the required distance to deliver a double punch in a long-stance. The long stance allows you to deliver more power into the punches.

180 degree turn over right shoulder, high stance, low block - front kick, long stance, double punch.

You are now defending against a front kick from behind, aimed at the base of your spine. Turn your head and your body, to remove your spine as the target. Step backwards and complete the turn, executing a low-section block. Again, the block is delivered in a high-stance, as it is both faster and allows you to control the distance. Your front kick, delivered to mid-section, puts your opponent into the required distance to deliver a double punch in a long-stance. The long stance allows you to deliver more power into the punches.

Left, high stance, reverse inside knife-hand strike.

The adjustment into a high stance allows you to change the angle of attack. The strike is delivered to your opponent's temple, jaw or neck.

Forward, high stance, reverse inside knife-hand strike.

The second strike attacks the other side of the head, jaw or neck.

Left, back stance, single knife hand guarding block – long stance reverse punch.

The back stance allows you to control the distance of the fight. It takes you out of range of the initial punch, aimed at your ribs, without sacrificing foot position for the counter-attack.

Step out slightly, to create the width in the stance as you counter-attack in a long-stance. The long-stance not only allows you to deliver a more powerful punch but it puts you back into range to allow you to deliver that punch.

180 degree turn over right shoulder, single knife hand guarding block – long stance reverse punch.

The initial punch is aimed at your spine, between your shoulder blades. Turn your body, to remove the target and pull your right foot back, to give you room to react. Step forward again, into the more defensive back stance, to control the distance without sacrificing foot position.

Step out slightly, to create the width in the stance as you counter-attack in a long-stance. The long-stance not only allows you to deliver a more powerful punch but it puts you back into range to allow you to deliver that punch.

Left, high stance, reverse inner block.

The transition from long-stance to high-stance moves your body as a target.

Forward, high stance, reverse inner block.

This block is, in fact, a hammer fist strike, delivered as a counter-attack following the initial block.

270 degree turn over left shoulder, high stance, low block – front kick, long stance double punch.

Your opponent is attacking with a front kick, delivered with their left leg, from your right-hand side. Turning to your right will not only affect your balance but will mean you will be blocking their shin with your forearm.

Pivot over your left shoulder until you are facing the right side and execute a low block in a long-stance. Your counter front kick will put the opponent at the correct distance to allow you to deliver a double punch in a long-stance. The long-stance allows you to deliver maximum power into the punches.

180 degree turn over right shoulder, high stance, low block – front kick, long stance double punch.

The attack is now a front kick from behind, aimed at the base of your spine. Turn your head and your body, to remove the target. Step backwards and complete the turn, executing a low block in a long-stance. Your counter front kick will put the opponent at the correct distance to allow you to deliver a double punch in a long-stance. The long-stance allows you to deliver maximum power into the punches.

Left, high stance, low block, reverse punch.

The transition from long-stance to high-stance removes your body as a target. The high stance also allows you to execute a faster block. Immediate counter-punch.

Forward, high stance, low block, reverse punch.

Your opponent attacks again. Similar defence.

Forward, front kick, high stance, low block, reverse punch.

The front kick will double your opponent over, putting their head closer and lower. The low block is, in fact, a low level hammer first trike to your opponent's head. The second strike follows immediately.

Forward, front kick, high stance, low block, reverse punch. Shout.

Finish your opponent with the same combination.

Return to ready position by pivoting on your front foot.