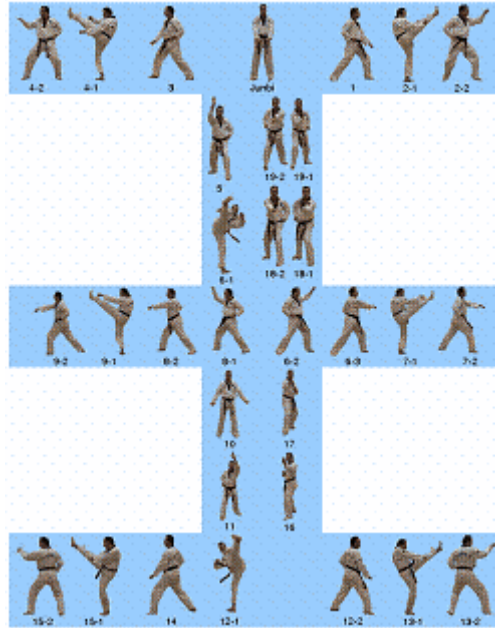


## Taegeuk Yeuk-Jang (Pattern 6)

Gam - Symbolizes water and has 23 movements

***"flowing, shapeless, always true to its nature, incorporating all obstacles in its path into its own sense of flow. It is important for the practitioner to recognize this as a type of confidence, of always knowing whatever difficulties or hardships he/she may encounter in life, or in the practice of his/her art, there exists no doubt of overcoming them as long as he/she retains the qualities of acceptance, flow, and natural integrity."***



### Movements

Left, long stance low block – front kick, pull back, back stance, single fist guarding block.

180 degree turn over right shoulder, long stance low block – front kick, pull back, back stance, single fist guarding block.

Left, long stance, reverse knife-hand high block.

Full turning kick, shout, drop into horse riding stance facing to the left, then left, long stance, single fist guarding block, reverse punch. Forward, front kick, long stance, reverse punch.

180 degree turn over right shoulder, long stance, single fist guarding block, reverse punch.

Forward, front kick, long stance, reverse punch.

Left, parallel stance, slow spreading block.

Forward, right leg lead, long stance, reverse knife-hand high block.

Full turning kick, shout, 180 degree turn over right shoulder into parallel stance.

Right, long stance, low block - front kick, pull back, back stance, single fist guarding block.

180 degree turn over left shoulder, long stance, low block - front kick, pull back, back stance, single fist guarding block.

Left, backing off, back stance, double knife-hand guarding block. Backwards, back stance, double knife-hand guarding block.

Backwards, long stance, pushing palm block, reverse punch.

Backwards, long stance, pushing palm block, reverse punch.

### **Application**

Left, long stance low block – front kick, pull back, back stance, single fist guarding block.

Defending a front kick from your left-hand side. The long-stance not only allows you to generate maximum strength in the block, it also allows you to close your opponent down. Front kick into your opponent's mid-section, then pull back to give yourself control of the distance again, in a back-stance and a single-fist guarding block.

180 degree turn over right shoulder, long stance low block – front kick, pull back, back stance, single fist guarding block.

Defending a front kick to the base of your spine. Turn your head and your body, to remove the target. Step backwards, then complete the turn and defend with a low block in a long-stance. Front kick into your opponent's mid-section, then pull back to give yourself control of the distance again, in a back-stance and a single-fist guarding block.

Left, long stance, reverse knife-hand high block.

This is a "slip" block, allowing you to control your opponent's arm, using it as balance.

Full turning kick, shout, drop into horse riding stance facing to the left.

Face level turning kick, whilst using your opponent's arm for both balance and control. The horse riding stance is a transitional stance, to allow you to launch the next set of techniques to the left.

Long stance, single fist guarding block, reverse punch. Forward, front kick, long stance, reverse punch.

Long-stance, to generate strength in the block, outside forearm block. No need to move, as your opponent is already at punching range (as he has instigated the attack), reverse punch. Front kick to move your opponent backwards, into range for a reverse punch, to finish.

180 degree turn over right shoulder, long stance, single fist guarding block, reverse punch.

Defending against a punch to the spine, between your shoulder blades. Turn your head and your body, to remove the target. Step backwards, then complete the turn and defend with a single fist guarding block in a long-stance.

Forward, front kick, long stance, reverse punch.

No need to move, as your opponent is already at punching range (as he has instigated the attack), reverse punch. Front kick to move your opponent backwards, into range for a reverse punch, to finish.

Left, parallel stance, slow spreading block.

This is a strangle break. Lift your arms high, then force them down, fists close, through the centre. This will force your opponent's arms away from your throat.

Forward, right leg lead, long stance, reverse knife-hand high block.

This is a "slip" block, allowing you to control your opponent's arm, using it as balance.

Full turning kick, shout, 180 degree turn over right shoulder into parallel stance.

Face level turning kick, whilst using your opponent's arm for both balance and control. Take the kick all the way through, until you are facing the opposite direction with your feet together.

Right, long stance, low block - front kick, pull back, back stance, single fist guarding block.

As at the beginning. Defend a front kick from your right-hand side. The long-stance not only allows you to generate maximum strength in the block, it also allows you to close your opponent down. Front kick into your opponent's mid-section, then pull back to give yourself control of the distance again, in a back-stance and a single-fist guarding block.

180 degree turn over left shoulder, long stance, low block - front kick, pull back, back stance, single fist guarding block.

Defending a front kick to the base of your spine. Turn your head and your body, to remove the target. Step backwards, then complete the turn and defend with a low block in a long-stance. Front kick into your opponent's mid-section, then pull back to give yourself control of the distance again, in a back-stance and a single-fist guarding block.

Left, backing off, back stance, double knife-hand guarding block.

Pivot on your front foot, facing to the left and retreating – double knife-hand guarding block, in back stance. The back-stance allows you to better control the distance of the fight while the knife-hand block allows you more control over your opponent's arm.

Backwards, back stance, double knife-hand guarding block.

Retreating – double knife-hand guarding block, in back stance. The back-stance allows you to better control the distance of the fight while the knife-hand block allows you more control over your opponent's arm.

Backwards, long stance, pushing palm block, reverse punch.

Your opponent is attacking by moving forward. In order to keep the correct range, you need to retreat. Pushing palm block moves your opponent's attack out of your way, to be able to deliver a mid-section reverse punch. Long-stance means you can generate maximum strength in the block and power in the punch.

Backwards, long stance, pushing palm block, reverse punch.

Your opponent is attacking by moving forward. In order to keep the correct range, you need to retreat. Pushing palm block moves your opponent's attack out of your way, to be able to deliver a mid-section reverse punch. Long-stance means you can generate maximum strength in the block and power in the punch.

Move your back foot, to return to ready position.