

Taegeuk PAL Jang Korean Terms

| Step | Movement | Stance | Technique |
|-------|---|-----------------|--------------------------------------|
| Junbi | | | Kibon Junbiseogi |
| 1 | Step forward | Oreun dwitkubi | Momtong kodureo bakkatmakki |
| 2 | Step forward | Wen apkubi | Momtong barojireugi |
| 3 | Wenbal dubal dangseong apchagi * | Wen apkubi | Momtong makki, momtong dubeonjireugi |
| 4 | Step forward | Oreun apkubi | Momtong bandaejireugi |
| 5 | 270 degree turn to the left | Oreun apkubi | Wesanteulmakki |
| 6 | Shift feet | Wen apkubi | Dangkyo teokjireugi |
| 7 | Wen Apkkoaseogi | Wen apkubi | Wesanteulmakki |
| 8 | Shift feet | Oreun apkubi | Dangkyo teokjireugi |
| 9 | 90 degree turn to the right | Oreun dwitkubi | Sonnal momtongmakki |
| 10 | Step forward | Wen apkubi | Momtong barojireugi |
| 11 | Oreunbal apchagi, retrieve foot, wenbal one step back | Oreun beomseogi | Batangson momtongmakki |
| 12 | 90 degree turn to the left | Wen beomseogi | Sonnal momtongmakki |
| 13 | Wenbal apchagi | Wen apkubi | Momtong barojireugi |
| 14 | Draw wenbal back | Wen beomseogi | Batangson momtongmakki |
| 15 | 180 degree turn to the right | Oreun beomseogi | Sonnal momtongmakki |
| 16 | Oreunbal apchagi | Oreun apkubi | Momtong barojireugi |
| 17 | Draw oreunbal back | Oreun beomseogi | Batangson momtongmakki |
| 18 | 90 degree turn to the right | Wen dwitkubi | Kodureo araemakki |
| 19 | Wenbal apchagi; Oreunbal twio apchagi* | Oreun apkubi | Momtong makki, momtong dubeonjireugi |
| 20 | 270 degree turn to the left | Oreun dwitkubi | Hanssonal momtong bakkatmakki |
| 21 | Step forward | Wen apkubi | Oreun palkup dollyochigi, |
| 22 | | | Oreun deungjumeok apchigi, |
| 23 | | | Momtong bandaejireugi |
| 24 | 180 degree turn to the right | Wen dwitkubi | Hanssonal momtong bakkatmakki |
| 25 | Step forward | Oreun apkubi | Wen palkup dollyochigi, |
| 26 | | | Wen deungjumeok apchigi, |
| 27 | | | Momtong bandaejireugi |
| Baro | Pull left foot to right foot | | Kibon Junbiseogi |

* Kihap

Taegeuk PAL Jang Terms

Stances

| | |
|----------------------------|------------------|
| Ready stance | Kibon Junbiseogi |
| Left walking stance | Wen apseogi |
| Right walking stance | Oreun abseogi |
| Left long stance | Wen apkubi |
| Right long stance | Oreun apkubi |
| Left back stance | Wen dwitkubi |
| Right back stance | Oreun dwitkubi |
| Left forward cross stance | Wen apkoaseogi |
| Right forward cross stance | Oreun apkoaseogi |
| Left tiger stance | Wen beomseogi |
| Right tiger stance | Oreun beomseogi |

Blocks

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|---|-------------------------------|
| Supported body outside block | Momtong kodureo bakkatmakki |
| Body inner block (same side as forward foot) | Momtongmakki |
| Single hand wide open block (half mountain block) | Wesanteulmakki |
| Double knife hand body block | Sonnal momtongmakki |
| Palm hand body block | Batangson momtongmakki |
| Supported down block | Kodureo araemakki |
| Single knife hand body block | Hansonnal momtong bakkatmakki |

Punches

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|--|-----------------------|
| Body reverse punch (same side as the forward foot) | Momtong bandaejireugi |
| Body regular punch (opposite side as the forward foot) | Momtong barojireugi |
| Body double punch | Momtong dubeonjireugi |
| "Pull the jaws punch" | Dangkyo teokjireugi |

Strikes

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|----------------------------|---------------------------|
| Left turning elbow strike | Wen palkup dollyochigi |
| Right turning elbow strike | Oreun palkup dollyochigi |
| Left backfist strike | Wen deungjumeok apchigi |
| Right backfist strike | Oreun deungjumeok apchigi |

Kicks

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|----------------------------------|--------------------------------|
| Left foot front kick | Wenbal apchagi |
| Right foot front kick | Oreunbal apchagi |
| Left foot alternating front kick | Wenbal dubal dangseong apchagi |
| Right foot jumping front kick | Oreunbal twio apchagi |