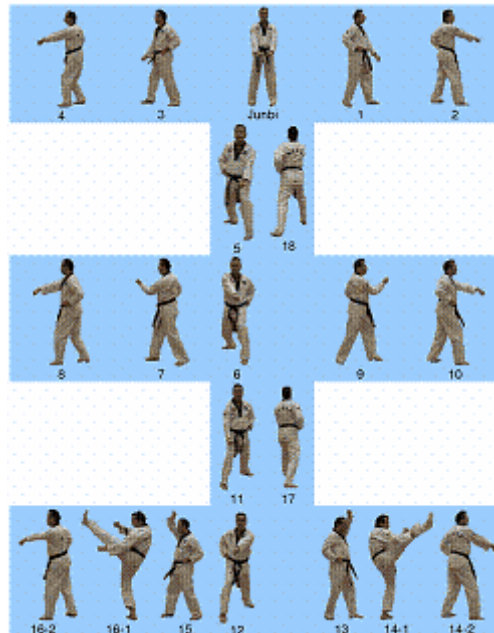


Taegeuk II-Jang (Pattern 1)

Keon - Symbolizes heaven and light and has 18 movements.

"Keon is the creative force, which inhabits all physical forms. Keon is powerful and aggressive, and it is represented by heaven and light."



Techniques

Stances

High (walking) stance

Long stance

Strikes

Walking Punch

Reverse Punch

Blocks

Low Block

Inside forearm block

High block

Kicks

Front Snap kick

Movements

Left, High stance, low block – forward, high stance, walking punch.

180 degree turn over right shoulder, high stance, low block - forward, high stance, walking punch.

Left, long stance, low block, reverse punch.

Right, right leg lead, high stance, reverse inner block – forward, high stance, reverse punch.

180 degree turn over left shoulder, high stance, reverse inner block – forward, high stance, reverse punch.

Right, long stance, low block, reverse punch.

Left, high stance, high block – mid section front kick, high stance, walking punch.

180 degree turn over right shoulder, high stance, high block – mid section front kick, high stance, walking punch.

Right, left leg lead, long stance, low block.

Long stance, walking punch, shout.

Application

Left, High stance, low block – forward, high stance, walking punch.

Defending a front kick from your left hand side. After the block, your opponent's ribs will be "open" for counter-attacking. Step forward, to attack the ribs.

180 degree turn over right shoulder, high stance, low block - forward, high stance, walking punch.

Similar to above. The attack is now a kick to the base of your spine. Turn your body first, to take the spine out of the danger zone, then step behind to complete the turn and low block. Step forward to counter-attack the ribs.

Left, long stance, low block, reverse punch.

Defending a front kick from your left hand side. Going into a long stance allows you to close your opponent down. This allows you to control the distance of the fight, putting you at punching range instead of the expected kicking range. This, in turn, allows you to throw an immediate counter punch.

Right, right leg lead, high stance, reverse inner block – forward, high stance, reverse punch.

Defending a mid-section punch, from your right hand side. The transition from Long-stance to High-stance is important, as this action removes your ribs / mid-section from the target position, leaving your opponent with no target to hit. The block just helps the punch away from you. After defending the punch, your opponent's mid-section is open to a counter-attack.

180 degree turn over left shoulder, high stance, reverse inner block – forward, high stance, reverse punch.

Defending a punch to your spine. Turn your body first, to remove your spine from being the target. Then step behind, allowing you to complete the turn and block the incoming attack. Again, your opponent's mid-section now becomes the target for the counter-attack.

Right, long stance, low block, reverse punch.

Defending a front kick from your right hand side. Going into a long stance allows you to close your opponent down. This allows you to control the distance of the fight, putting you at punching range instead of the expected kicking range. This, in turn, allows you to throw an immediate counter punch.

Left, high stance, high block – mid section front kick, high stance, walking punch.

Your opponent now attacks the face. Again, the transition from long-stance into high-stance is important as it takes the target away.

The counter-attacking kick is aimed at your opponent's armpit NOT to the head. In a high stance, you are too close to throw a high kick. Plus, their arm is covering their face, so there is no target there. Attack the armpit, as there are large clusters of nerves there, then complete the step forward to attack the ribs with a waking punch.

180 degree turn over right shoulder, high stance, high block – mid section front kick, high stance, walking punch.

The attack is now aimed at the base of your neck. Turn your head, to take the neck away from attack, step backwards then complete the turn while executing a high block.

Again, the counter-attacking kick is aimed at your opponent's armpit NOT to the head. In a high stance, you are too close to throw a high kick. Plus, their arm is covering their face, so there is no target there. Attack the armpit, as there are large clusters of nerves there, then complete the step forward to attack the ribs with a waking punch.

Right, left leg lead, long stance, low block.

The attack is a front kick from your right hand side. Their kick is thrown using their right leg. You are attempting to close you opponent down by stepping "inside" their attack, therefore, you need to block with your left arm, otherwise you will have no target to counter attack.

Long stance, walking punch, shout.

The finishing strike. After having defended the kick, your opponent's ribs are now a target. Step forward and attack the ribs with a walking punch. Shout as you deliver the punch. At the command, return to ready position by pivoting on the lead leg.