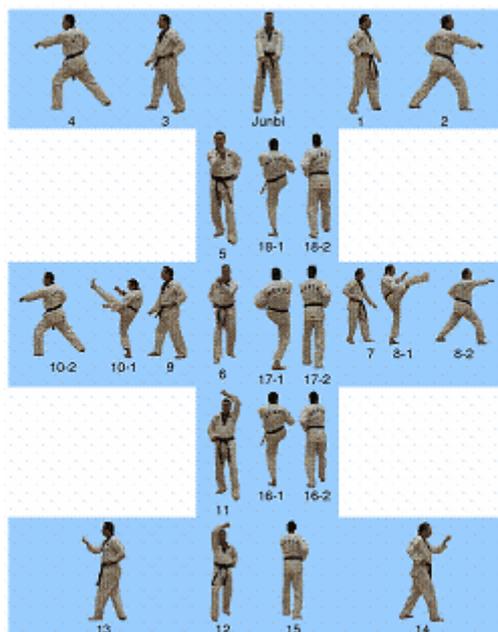


## Taegeuk Yi-Jang (Pattern 2)

Tae - Symbolizes joyfulness and has 18 movements.

*"Tae is of a spiritually uplifting nature. It is not aggressive but is serene and gentle instead. In compliance with these characteristics, the actions of this pattern should be performed with ease and fluidity; without the sense of struggling against your limitations, but living fully within them. Tae is symbolized by the image of a lake. It is the state in which one's mind is kept firm, appearing gentle, allowing virtue to prevail."*



### Movements

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

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

Left, high stance, reverse inner block.

Forward, high stance, reverse inner block.

Left, high stance, low block – High kick, long stance, high section walking punch.

180 degree turn over right shoulder, high stance, low block – High kick, long stance, high section walking punch.

Left, high stance, high block.

Forward, high stance, high block.

270 degree turn over left shoulder, high stance, reverse inner block.

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

Left, high stance, low block.

Mid section kick, high stance walking punch.

Mid section kick, high stance walking punch.

Mid section kick, high stance walking punch. Shout.

### **Application**

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

Defending against a front kick from your left-hand side, aimed at your ribs. Once the block has completed, your opponent's ribs will be open for counter-attack. The longer the stance, the more power you can deliver into the strike. The walking punch is delivered in long-stance, to deliver maximum impact.

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

The kick is now aimed at the base of your spine. Turn your head and your body, to remove your spine as the target. Complete the turn and execute a low block in high-stance, as this can be completed quicker. Once the block has completed, your opponent's ribs will be open for counter-attack. The longer the stance, the more power you can deliver into the strike. The walking punch is delivered in long-stance, to deliver maximum impact.

Left, high stance, reverse inner block.

The transition from long-stance to high-stance moves your mid-section away from the target. Mid-section inside forearm block, with your right arm as this adds extra power due to the sideways movement of the change from long to high stance.

Forward, high stance, reverse inner block.

This could either be a defence against a second punch or an inside hammer fist strike, as a counter-attack following the initial defence.

Left, high stance, low block – High kick, long stance, high section walking punch.

Following your initial reverse inside forearm block in high-stance, your feet and arms are already in chamber position for the next defence. You are defending a front kick from your left hand side. The block is executed in high-stance as the movement is quicker albeit slightly less powerful. The counter-attack starts with a front kick to the face. This will move your opponent backwards, putting them in range of a counter punch in a long-stance. The long-stance generates more power into the strike.

180 degree turn over right shoulder, high stance, low block – High kick, long stance, high section walking punch.

The attack is now a front kick aimed at the base of your spine. Twist your body and your head, to remove your spine as a target. Complete the turn and execute a low block, in high-stance. Again, the block is executed in high-stance as the movement is quicker albeit slightly less powerful. The counter-attack starts with a front kick to the face. This will move your

opponent backwards, putting them in range of a counter punch in a long-stance. The long-stance generates more power into the strike.

Left, high stance, high block.

The attack is now a punch to the face (or a strike to the head), from your left-hand side. The transition from long-stance to high-stance moves your head away from the target position. The movement also generates more power in the block.

Forward, high stance, high block.

This is either a block, protecting yourself from a second punch or it is a hammer fist strike to your opponent's jaw.

270 degree turn over left shoulder, high stance, reverse inner block.

As you have your right foot forward from the previous movement, it is too awkward to move directly to your right, to defend an in-coming punch. You would end up losing your balance, tangling your legs. So, the movement is a 270 degree spin, over your left shoulder as the movement flows easier.

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

The attack is now a punch from a second attacker, aimed at your spine between your shoulder blades. Spinning with your feet in the same position will end up affecting your balance. To counter this, move your back foot across slightly, to create the stable foot position before completing the spin.

**Alternatively**, this could be seen as a throw, following the initial block from the previous movement. The step across creates the stability in the stance. The "inside forearm block" is a grab behind your opponent's neck. The turn allows you to throw your opponent over your left leg.

Left, high stance, low block.

Defending a front kick from your left-hand side.

Mid section kick, high stance walking punch.

Same attacker, same attack but with the other leg. Counter punch immediately after defending the kick.

Mid section kick, high stance walking punch.

The same attacker is still standing and still able to fight back. Again, defend the kick and counter punch.

Mid section kick, high stance walking punch. Shout.

This time, defend the kick and finish your opponent with the counter punch – maximum power and effort – reflected in the shout.

Return to ready position, pivoting on the front foot.