

## Taegeuk 8 – Summary

Bar	Order	Look	Move	Step	Stance (Forward Foot)	Technique	Note
	Jumbi	Front			Parallel	Jumbi	
1	1	Front	Front	Move L Foot, Step Forward	(L) Back Stance	L Hand Assisted Hammer Block (Inverted Fighting Stance)	1
	2	Front	Front	Move L Foot	(L) Forward Stance	R Reverse Middle Punch	
	3a	Front	Front			R Leg Front Snap Kick (Lower)	
	3b					L Leg Jump Pivot Front Snap Kick (Higher), Kiyup	
	4a	Front	Front	Place L Foot Forward	(L) Forward Stance	L Middle Block	
	4b	Front			Same	Double Middle Punch (Reverse, Straight)	
	5	Front	Front	Move R Foot	(R) Forward Stance	R Middle Punch	
2	6	Right	Right	Move L Foot, Turn L	(R) Inverted Forward Stance	L Low Block R Outside Block (Olgul Level)	2
	7	Right	Right	Move L Foot, Turn L	(L) Forward Stance	R Hand Upper Cut (L Fist Guard at R Shoulder)	3
	8a	Left	Left	Move L Foot	Cross Stance (L over R)	R Hand Chamber Low Block L Hand Chamber Outside Block	
	8b	Left	Left	Move R Foot	(L) Inverted Forward Stance	R Low Block L Outside Block (Olgul Level)	
	9	Left	Left	Move R Foot, Turn R	(R) Forward Stance	L Hand Upper Cut (R Fist Guard at R Shoulder)	
3	10	Front	Front	Move R Foot, Turn L	(L) Back Stance	Knife Hand Block (Sonnalmakki)	
	11	Front	Front	Move L Foot	(L) Forward Stance	R Reverse Middle Punch	
	11	Front	Front			R Leg Front Snap Kick	
	12a	Front	Rear	Step Back R Foot		Chamber R Palm Block	
	12b	Front	Rear	Step Back L Foot	(R) Tiger Stance	R Palm Block	
4	13	Left	Left	Move L Foot, Turn L	(L) Tiger Stance	Knife Hand Block (Sonnalmakki)	
	14	Left				L Leg Front Snap Kick	
	15	Left	Left	Place L Foot Forward	(L) Forward Stance	R Reverse Middle Punch	
	16	Left		Move L Foot Back	(L) Tiger Stance	L Palm Block	4
	17	Right	Right	Move R Foot	(R) Tiger Stance	Knife Hand Block (Sonnalmakki)	
	18	Right				R Leg Front Snap Kick	
	19	Right	Right	Place R Foot Forward	(R) Forward Stance	L Reverse Middle Punch	
	20	Right		Move R Foot Back	(R) Tiger Stance	R Palm Block	
5	21	Rear	Rear	Move R Foot, Turn R	(R) Back Stance	2 Hand Low Block (L Hand Assist)	5
	22a	Rear	Rear			L Leg Front Snap Kick	6
	22b					R Leg Jump Pivot Front Snap Kick, Kiyup	
	23a	Rear	Rear	Place R Foot Forward	(R) Forward Stance	R Middle Block	
	23b	Rear			Same	Double Middle Punch (Reverse, Straight)	
6	24	Left	Left	Move L Foot, Turn L	(L) Back Stance	L Single Knife Hand Block	
	25a	Left	Left	Move L Foot	(L) Forward Stance	R Reverse Elbow Strike	7
	25b	Left			Same	R Reverse Back Fist	
	25c	Left				L Middle Punch	
	26	Right	Right	Move R Foot	(R) Back Stance	R Single Knife Hand Block	
	27a	Right	Right	Move R Foot	(R) Forward Stance	L Reverse Elbow Strike	
	27b	Right			Same	L Reverse Back Fist	
	27c	Right				R Middle Punch	
28	Front	Front	Move L Foot	Parallel	Jumbi		

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### Notes:

1. These kicks are applied in a flowing manner with no break in between techniques. The first kick is applied lower with the foot not touching the floor prior to the second kick. The second kick is applied higher with a kiyup after the second kick.
2. Both hands chamber (L fist above the right shoulder with fingers facing the body, R fist in front of the opposite hip with fingers facing the floor) as the foot begins to move. Deliver both blocking techniques (L low block, R outside block with fist at ear level) as the stance is applied. Unlike the traditional forward stance, in which the forward leg (e.g., leg supporting 2/3 of the body weight in the final stance) moves to establish the stance, the inverted forward stance is established by moving the rear leg to the final stance position. The inverted forward stance is applied facing a 45 degree angle toward the rear with the feet, hips and shoulders on the same horizontal line. The head remains up throughout the movement.
3. The rear foot moves to become the forward foot in a forward stance. This transition occurs as a single decisive movement. As the new stance is established the outside blocking hand is placed at the belt, fingers facing the floor, to chamber the uppercut strike. The uppercut is applied by moving the striking hand forward slowly (5 count) on the striking line. At the point of control the striking fist is chin level with the elbow one fist in front of the ribs. As the uppercut is applied the non-striking hand moves toward the opposite shoulder and stops at the top of the shoulder (similar to the hand position used to chamber a low block). Both striking and non-striking hands move smoothly together reaching their points of control simultaneously. Both hands rotate during the last 4 – 6 inches of the motion.
4. Chamber for palm block is similar to the chamber for middle block (blocking hand vertically in line with elbow), but with the blocking hand open at shoulder level. The non-blocking hand is a fist positioned in front of the chest. The block is applied by moving the blocking hand around and down. At the point of control the heel of the palm is in front of the solar plexus with the blocking elbow one fist distance in front of the ribs. Simultaneously move the non-blocking fist to the waist with the fingers facing upward. The palm block should be chambered before moving the foot into tiger stance.
5. Technique begins with both fists chambered at the level of the opposite shoulder with the forward fingers turned toward the face and the rear fingers facing away from the body. In this position, the hip and shoulder of the blocking arm rotate forward. Move the hands down together while rotating the hip and shoulder. The forward blocking fist finishes directly above the thigh, fingers facing down a distance of two vertical fists above the thigh. The other fist (assist hand) finishes one fist in front of the solar plexus with fingers pointed toward the face. Rotate both hands to their final position in the last 4 - 6 inches of the technique.
6. These kicks are applied as two separate techniques. Following the first kick the foot does not touch the floor prior to the second kick. Kiyup after the second kick.
7. This combination consists of 3 strikes in the same stance. First, apply a reverse elbow at jaw level with the fingers of the fist facing the floor and the elbow on the striking line. From this position, rotate the shoulders using the same hand to apply a reverse back fist with the fist moving in a downward direction to strike the bridge of the nose. The combination is completed by applying a middle punch with the forward hand. The combination should flow smoothly with each technique being fully delivered prior to the next strike in the sequence.