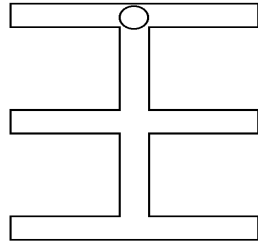


# Cheongye Kwan Daehando

## Taegeuk Sa Jang (Pattern Number four)

Taegeuk Sa Jang is the fourth of the 8 Taegeuk Patterns the student learns in Taekwondo. The Pattern has 2 Kihap's (SHOUT) on movement 8 and the last movement of the pattern. This pattern is for Blue Tag.



Jumbay  
Start of the Pattern



Look left and do a  
Left double knifehand block in  
back stance



Step forward with a  
Right Mid Section spearhand  
strike in long stance



Step back Right foot and  
do a Right double knifehand  
Block in back stance



Step forward with a  
Left Mid Section spearhand  
strike in long stance



step Left and do a high  
right knifehand strike and left  
knifehand high block in short  
stance



Execute a right leg mid section  
front kick



Followed immediately with a left  
reverse punch



Left leg side kick in short stance



8

Right leg side kick in short stance  
**(KIHAP)**



8a

Land into a right leg backstance  
with double knifehand block



9

Spin left into left outer forearm  
mid section outer block in  
backstance



10

Right leg front kick, but pull the  
leg back behind



10a

Land with right mid section  
inwards bottom fist strike



11

Look right and do a right outer  
forearm mid section outer block  
in backstance



12

Left leg front kick, but pull the leg  
back behind



12a

Land with left mid section inwards  
bottom fist strike



13

Step up and out Left leg and do a  
high right knifehand strike and  
left knifehand high block in short  
stance



14

Step with right leg mid front kick,  
land with a right Mid Section  
backfist in short stance



15

Step up and left with a left inner  
forearm inwards mid section block  
in short stance



16

Reverse right Mid Section Punch



17

Turn right with a right inner forearm inwards mid section block in short stance



18

Reverse left mid section punch



19

Turn left in long stance left inner forearm inwards mid section block



19a

Then execute a right reverse punch and left obverse punch



20

Step right leg into long stance right inner forearm inwards mid section block



20a

Then execute a left reverse punch and right obverse punch (**KIHAP**)



Jumbay  
End of the Pattern

ALWAYS REMEMBER TO HOLD YOUR LAST POSITION UNTIL TOLD TO RETURN TO BARO!

This pattern has:  
The meaning of the pattern is:  
The Korean representation of the pattern is:

**20 Movements**  
**THUNDER**  
**GIN**

The colour of the belt for this pattern is **BLUE** which in Taekwondo mythology represents the **HEAVENS OR SKY** this means that the student is now gaining in knowledge and confidence of the basic movements of Taekwondo and is reaching up and striving.