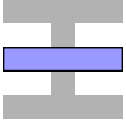
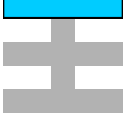
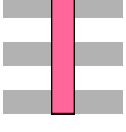


Taegeuk Il-Jang

Taegeuk Il-Jang represents the symbol of “Keon” which means *Heaven* and “yang.” The “Keon” symbolizes the beginning of the creation of all things in the universe, similar to how Taegeuk Il-Jang is the beginning of Taekwondo training.

Pattern	Move	Transition	Stance	Technique (Ki-ahp)
	1	Pivot on R foot, turn 90° to the L	L walking stance	L low block
	2	Step forward	R walking stance	R middle punch
	3	Pivot on L foot, turn 180° to the R	R walking stance	R low block
	4	Step forward	L walking stance	L middle punch
	5	Pivot on R foot, turn 90° to the L	L forward stance	L low block
	6			R middle punch
	7	Pivot on L foot, turn 90° to the R	R walking stance	L middle inside forearm block
	8	Step forward	L walking stance	R middle punch
	9	Pivot on R foot, turn 180° to the L	L walking stance	R middle inside forearm block
	10	Step forward	R walking stance	L middle punch
	11	Pivot on L foot, turn 90° to the R	R forward stance	R low block
	12			L middle punch
	13	Pivot on R foot, turn 90° to the L	L walking stance	L high block
	14	Front kick	R walking stance	R middle punch
	15	Pivot on L foot, turn 180° to the R	R walking stance	R high block
	16	Front kick	L walking stance	L middle punch
	17	Pivot on R foot, turn 90° to the R	L forward stance	L low block
	18	Step forward	R forward stance	R middle punch
	Baro	Pivot on R foot, turn 180° to the L		