

























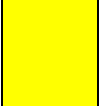
Ki-Cho Il Bo (Basic Form 1)











	White Belts must learn and perform this Poom Sae during testing in order to advance to White Belt with Yellow Stripe (High White).	
I	This form is executed in an "I" pattern, allowing the student practice in performing the fundamental techniques of walking, turning, blocking and punching in continuous sequence in all four directions.	













0			Choon Bi (Ready)
1		L	Turn left foot ¼ turn left into left walking stance, with left hand down block.
2		R	Step right foot forward into right walking stance, with right hand middle punch.
3		R	Turn right foot ½ turn right into right walking stance, with right hand down block.
4		L	Step left foot forward into left walking stance, with left hand middle punch.
5		L	Turn left foot ¼ turn left into left walking stance, with left hand down block.
6		R	Step right foot forward into right walking stance, with right hand middle punch.
7		L	Step left foot forward into left walking stance, with left hand middle punch.
8		R	Step right foot forward into right walking stance, with right hand middle punch... Ki Hap (YELL)!
9		L	Turn left foot ¾ turn left into left walking stance, with left hand down block.

10		R	Step right foot forward into right walking stance, with right hand middle punch.
11		R	Turn right foot ½ turn right into right walking stance, with right hand down block.
12		L	Step left foot forward into left walking stance, with left hand middle punch.
13		L	Turn left foot ¼ turn left into left walking stance, with left hand down block.
14		R	Step right foot forward into right walking stance, with right hand middle punch.
15		L	Step left foot forward into left walking stance, with left hand middle punch.
16		R	Step right foot forward into right walking stance, with right hand middle punch... Ki Hap (YELL)!
17		L	Turn left foot ¾ turn left into left walking stance, with left hand down block.
18		R	Step right foot forward into right walking stance, with right hand middle punch.
19		R	Turn right foot ½ turn right into right walking stance, with right hand down block.
20		L	Step left foot forward into left walking stance, with left hand middle punch.
			Bahro (return to ready position)

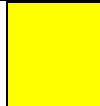

Ki-Cho Yi Bo (Basic Form 2)











	High White Belts (yellow stripe) must learn and perform this Poom Sae during testing in order to advance to Yellow Belt.	
I	This form is executed in an “I” pattern, allowing the student practice in performing the fundamental techniques of walking, turning, blocking and punching in continuous sequence in all four directions.	











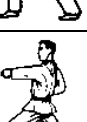

0			Choon Bi (Ready)
1		L	Turn left foot ¼ turn left into left front stance, with left hand down block.
2		R	Step right foot forward into right front stance, with right hand high punch.
3		R	Turn right foot ½ turn right into right front stance, with right hand down block.
4		L	Step left foot forward into left front stance, with left hand high punch.
5		L	Turn left foot ¼ turn left into left front stance, with left hand down block.
6		R	Step right foot forward into right front stance, with right hand high block.
7		L	Step left foot forward into left front stance, with left hand high block.
8		R	Step right foot forward into right front stance, with right hand high block... Ki Hap (YELL)!
9		L	Turn left foot ¾ turn left into left front stance, with left hand down block.

10		R	Step right foot forward into right front stance, with right hand high punch.
11		R	Turn right foot ½ turn right into right front stance, with right hand down block.
12		L	Step left foot forward into left front stance, with left hand high punch.
13		L	Turn left foot ¼ turn left into left front stance, with left hand down block.
14		R	Step right foot forward into right front stance, with right hand high block.
15		L	Step left foot forward into left front stance, with left hand high block.
16		R	Step right foot forward into right front stance, with right hand high block... Ki Hap (YELL)!
17		L	Turn left foot ¾ turn left into left front stance, with left hand down block.
18		R	Step right foot forward into right front stance, with right hand high punch.
19		R	Turn right foot ½ turn right into right front stance, with right hand down block.
20		L	Step left foot forward into left front stance, with left hand high punch.
			Bahro (return to ready position)

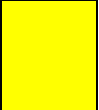


Ki-Cho Sam Bo (Basic Form 3)






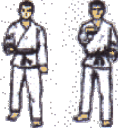




	Yellow Belts must learn and perform this Poom Sae in order to advance to Yellow Belt with Green Stripe (High Yellow), but not during testing.	
I	This form is executed in an “I” pattern, allowing the student practice in performing the fundamental techniques of walking, turning, blocking and punching in continuous sequence in all four directions.	





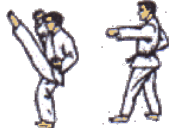



0			Choon Bi (Ready)
1		L	Turn left foot ¼ turn left into left back stance, with left hand outside block.
2		R	Step right foot forward into right front stance, with right hand middle punch.
3		R	Turn right foot ½ turn right into right back stance, with right hand outside block.
4		L	Step left foot forward into left front stance, with left hand middle punch.
5		L	Turn left foot ¼ turn left into left front stance, with left hand down block.
6		R	Step right foot forward into horse stance (right foot forward), with right hand side punch.
7		L	Step left foot forward into horse stance (left foot forward), with left hand side punch.
8		R	Step right foot forward into horse stance (right foot forward), with right hand side punch... Ki Hap!
9		L	Turn left foot ¾ turn left into left back stance, with left hand outside block.

10		R	Step right foot forward into right front stance, with right hand middle punch.
11		R	Turn right foot ½ turn right into right back stance, with right hand outside block.
12		L	Step left foot forward into left front stance, with left hand middle punch.
13		L	Turn left foot ¼ turn left into left front stance, with left hand down block.
14		R	Step right foot forward into horse stance (right foot forward), with right hand side punch.
15		L	Step left foot forward into horse stance (left foot forward), with left hand side punch.
16		R	Step right foot forward into horse stance (right foot forward), with right hand side punch... Ki Hap!
17		L	Turn left foot ¾ turn left into left back stance, with left hand down block.
18		R	Step right foot forward into right front stance, with right hand middle punch.
19		R	Turn right foot ½ turn right into right front stance, with right hand down block.
20		L	Step left foot forward into left front stance, with left hand middle punch.
			Bahro (return to ready position)

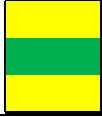
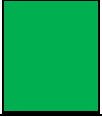

Taegeuk Il Jang











	Yellow Belts must learn and perform this Poom Sae during testing in order to advance to Yellow Belt with Green Stripe (High Yellow).	
	This form is executed in the pattern of Geon's symbol mark, which is one of the 8 divination signs used in Oriental philosophy. Geon means the origin of all things in the universe. The meaning of Geon constitutes a conceptual basis of Taekwondo.	











0			Choon Bi (Ready)
1		L	Turn left foot ¼ turn left into left walking stance, with left hand down block.
2		R	Step right foot forward into right walking stance, with right hand middle punch.
3		R	Turn right foot ½ turn right into right walking stance, with right hand down block.
4		L	Step left foot forward into left walking stance, with left hand middle punch.
5		L	Turn left foot ¼ turn left into left front stance, with left hand down block then right hand middle punch.
6		R	Pivot left foot ¼ turn right, slide right foot forward into right walking stance, with left hand inside block.
7		L	Step left foot forward into left walking stance, with right hand middle punch.
8		L	Turn left foot ½ turn left into left walking stance, with right hand inside block.
9		R	Step right foot forward into right walking stance, with left hand middle punch.

10		R	Turn right foot ¼ turn right into right front stance, with right hand down block then left hand middle punch.
11		L	Turn left foot ¼ turn left into left walking stance, with left hand high block.
12		R	Right foot front snap kick into right walking stance, then right hand middle punch.
13		R	Turn right foot ½ turn right into right walking stance, with right hand high block.
14		R	Left foot front snap kick into left walking stance, then left hand middle punch.
15		R	Pivot on right foot, turning left foot ¼ turn right into left front stance, with left hand down block.
16		R	Step right foot forward into right front, with right hand middle punch... Ki Hap (YELL) !
			Bahro (return to ready position)

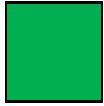
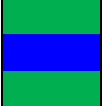

Taegeuk Yi Jang











	High Yellow Belts (green stripe) must learn and perform this Poom Sae during testing in order to advance to Green Belt.	
	This form is executed in the pattern of the symbol mark “Tae”, which is one of the 8 divination signs used in Oriental philosophy. “Tae” means “a soft looking yet sturdy spirit”.	








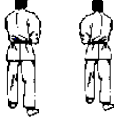
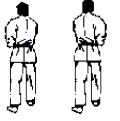



0			Choon Bi (Ready)
1		L	Turn left foot ¼ turn left into left walking stance, with left hand down block.
2		R	Step right foot forward into right front stance, with right hand middle punch.
3		R	Turn right foot ½ turn right into right walking stance, with right hand down block.
4		L	Step left foot forward into left front stance, with left hand middle punch.
5		L	Turn left foot ¼ turn left into left walking stance, with right hand inside block.
6		R	Step right foot forward into right walking stance, with left hand inside block.
7		L	Turn left foot ¼ turn left into left walking stance, with left hand down block.
8		R	Right front snap kick into right front stance, then right hand high punch.
9		R	Turn right foot ½ turn right into right walking stance, with right hand down block.

10		L	Left snap kick into left front stance, then left hand high punch.
11		L	Turn left foot 1/4 turn left into left walking stance, with left hand high block.
12		R	Step right foot forward into right walking stance, with right hand high block.
13		L	Turn left foot 3/4 turn left into left front stance, with right hand inside block.
14		R	Turn right foot 1/2 turn right into right walking stance, with left hand inside block.
15		L	Turn left foot 1/4 turn left into left walking stance, with left hand down block.
16		R	Right snap kick into right walking stance, then right hand middle punch.
17		L	Left snap kick into left walking stance, then left hand middle punch.
18		R	Right snap kick into right walking stance, then right hand middle punch... Ki Hap (YELL)!
			Bahro (return to ready position)

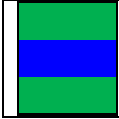
Taegeuk Sam Jang

	Green Belts must learn and perform this Poom Sae during testing in order to advance to High Green Belt (Blue Stripe).	
	This form represents the divination sign “Ri”, which means fire. The fire denotes brightness, ardor and versatility; therefore, multiple dynamic actions are included in this form.	

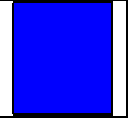
0			Choon Bi (Ready)
1		L	Turn left foot ¼ turn left into left walking stance, with left hand down block.
2		R	Right leg front snap kick into right front stance, right hand middle punch, then left hand reverse middle punch.
3		R	Turn right foot ½ turn right into right walking stance, with right hand down block.
4		L	Left leg front snap kick into left front stance, left hand middle punch, then right hand reverse middle punch.
5		L	Turn left foot ¼ turn left into left walking stance, with right hand knife-hand strike.
6		R	Step right foot forward into right walking stance, with left hand knife-hand strike.
7		L	Turn left foot ¼ turn left into back stance, with left hand knife-hand block.
8		L	Step left foot out into left front stance, with right hand reverse middle punch.
9		R	Turn right foot ½ turn right into back stance, with right hand knife-hand block.











10		R	Step right foot out into right front stance, with left hand reverse middle punch.
11		L	Turn left foot ¼ turn left into left walking stance, with right hand inside block.
12		R	Step right foot forward into right walking stance, with left hand inside block.
13		L	Pivot on right foot ¾ turn to the left into left walking stance, with left hand down block.
14		R	Right leg front snap kick into right front stance, right hand middle punch, then left hand reverse middle punch.
15		R	Turn right foot ½ turn right into right walking stance, with right hand down block.
16		L	Left leg front snap kick into left front stance, left hand middle punch, then right hand reverse middle punch.
17		L	Turn left foot ¼ turn left into left walking stance, with left hand down block then right hand reverse middle punch.
18		R	Step right foot forward into right walking stance, with right hand down block then left hand reverse middle punch.
19		L	Left front snap kick into left walking stance, left hand down block, then right hand reverse middle punch.
20		R	Right leg front snap kick into right walking stance, right hand down block, then left hand reverse middle punch and YELL!
			Bahro (return to ready position)






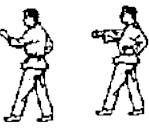
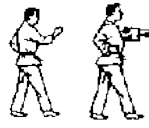



Taegeuk Sa Jang



High Green Belts (Blue Stripe) must learn and perform this Poom Sae during testing in order to advance to Blue Belt.
















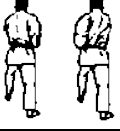





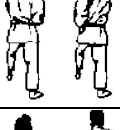


0			Choon Bi (Ready)
1		L	Turn left foot $\frac{1}{4}$ turn left into back stance, with twin knife-hand middle block.
2		R	Step right foot forward into right front stance, parry left hand down and across body, with right hand spear-hand strike to solar plexus.
3		R	Turn right foot $\frac{1}{2}$ turn right into back stance, with twin knife-hand middle block.
4		L	Step left foot forward into left front stance, parry right hand down and across body, with left hand spear-hand strike to solar plexus.
5		L	Turn left foot $\frac{1}{4}$ turn left into left front stance, with left arm open hand high block and right arm knife-hand strike to neck.
6		R	Right leg front snap kick into right front stance, with left hand reverse middle punch.
7		L	Left leg side kick with simultaneous left hand back-fist, stepping into left fighting stance.
8		R	Right leg side kick with simultaneous right hand back-fist, stepping into back stance, with twin knife-hand middle block.
9		L	Pivot $\frac{3}{4}$ turn left on right foot, into back stance, with left hand outside block.

10		R	Right leg front snap kick setting foot behind you and sliding into back stance, with right hand inside block.
11		R	Turn right foot 1/2 turn right into back stance, with right hand outside block.
12		L	Left leg front snap kick setting foot behind you and sliding into back stance, with left hand inside block.
13		L	Turn left foot 1/4 turn left into left front stance, with left arm open hand high block and right arm knife-hand strike to the neck.
14		R	Right leg front snap kick into right front stance, with right hand back-fist.
15		L	Turn left foot 1/4 turn left into left walking stance, left hand inside block, then right hand reverse punch.
16		R	Turn right foot 1/2 turn right into right walking stance, right hand inside block, then left hand reverse punch.
17		L	Turn left foot 1/4 turn into left front stance, left hand inside block, then right hand middle punch, then left hand middle punch.
18		R	Step right foot forward into right front stance, right hand inside block, then left hand middle punch, then right hand middle punch and YELL!
			Bahro (return to ready position)

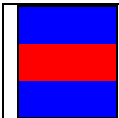
Taegeuk Oh Jang

Blue Belts must learn and perform this Poom Sae during testing in order to advance to High Blue Belt (Red Stripe).

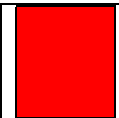
0			Choon Bi (Ready)
1		L	Turn left foot ¼ turn left into left front stance, with left hand down block.
2		L	Step left foot back into ready stance, with left hand hammer fist.
3		R	Turn right foot ¼ turn right into right walking stance, with right hand down block.
4		R	Step right foot back into ready stance, with right hand hammer fist.
5		L	Step left foot forward into left front stance, with left hand inside block, then right hand inside block.
6		R	Right leg front snap kick into right front stance, with right hand back-fist, then left hand inside block.
7		L	Left leg front snap kick into left front stance, with left hand back-fist, then right hand inside block.
8		R	Step right foot forward into right front stance, with right hand back-fist.
9		L	Pivot ¾ turn left on right foot into back stance, with left hand knife-hand block.











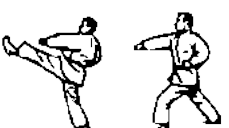
10		R	Step right foot forward into right front stance, with right elbow strike across and right fist supported in palm of left hand.
11		R	Turn right foot ½ turn right into back stance, with right hand knife-hand block.
12		L	Step left foot forward into left front stance, with left elbow strike across and left fist supported in palm of right hand.
13		L	Turn left foot ¼ turn left into left front stance, with left hand down block, then right hand inside block.
14		R	Right front snap kick into right front stance, with right hand down block, then left hand inside block.
15		L	Turn left foot ¼ turn left into left front stance, with left hand high block.
16		R	Right leg side kick and right hand back-fist into right front stance, with left elbow striking right palm of hand.
17		R	Turn right foot ½ turn right into right front stance, with right hand high block.
18		R	Left leg side kick and left hand back-fist into left front stance, with right elbow striking left palm of hand.
19		L	Turn left foot ¼ turn left into left front stance, with left hand down block, then right hand inside block.
20		R	Right leg front snap kick then jump forward into X Stance, with right hand back-fist and YELL!
			Bahro (return to ready position)







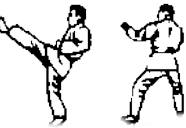





Taegeuk Yuk Jang



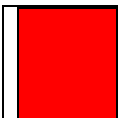
High Blue Belts (Red Stripe) must learn and perform this Poom Sae during testing in order to advance to Red Belt.



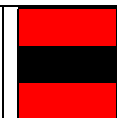
0			Choon Bi (Ready)
1		L	Turn left foot ¼ turn left into left front stance, with left hand down block.
2		R	Right leg front snap kick setting leg back behind you in back stance, with left hand outside block with palm outward.
3		R	Turn right foot ½ turn right into right front stance, with right hand down block.
4		L	Left leg front snap kick setting leg back behind you in back stance, with right hand outside block with palm outward.
5		L	Turn left foot ¼ turn left into left front stance, with right open hand extended high block.
6		R	Right leg roundhouse kick stepping in front, facing the left in a standing position.
7		L	Step left foot forward into left front stance, with left hand outside block palm outward, then right hand middle punch.
8		R	Right leg front snap kick into right front stance, with left hand reverse middle punch.
9		R	Turn right foot ½ turn right into right front stance, with right hand outside block palm outward, then left hand middle punch.
10		L	Left leg front snap kick into left front stance, with right hand reverse middle punch.











11		L	Turn ¼ turn left pivoting on right foot into ready stance, with double down block.
12		R	Step right foot forward into right front stance, with left open hand extended high block.
13		L	Left leg roundhouse with YELL! stepping down in front facing the right in a standing position.
14		R	Turn right foot ½ turn right into right front stance, with right hand down block.
15		L	Left leg front snap kick setting leg behind you into back stance, with right hand outside block with palm outward.
16		L	Turn left foot ½ turn left into left front stance, with left hand down block.
17		R	Right leg front snap kick setting leg behind you into back stance, with left hand outside block with palm outward.
18		L	Pivot ¼ turn left on left foot into back stance, with twin knife-hand middle block.
19		L	Step left leg back into back stance, with twin knife-hand middle block.
20		R	Step right foot back into left front stance, with left hand palm block across, then right hand reverse middle punch.
21		L	Step left foot back into right front stance, with right hand palm block across, then left hand reverse middle punch.
			Bahro (return to ready position)













Taegeuk Chil Jang





Red Belts must learn and perform this Poom Sae during testing in order to advance to High Red Belt (Black Stripe).



0			Choon Bi (Ready)
1		L	Turn ¼ turn left into left tiger stance, with right hand palm block across.
2		R	Right foot front snap kick stepping down behind into left tiger stance, with left hand inside block.
3		R	Turn ½ turn right into right tiger stance, with left hand palm block across.
4		L	Left foot front snap kick stepping down behind into right tiger stance, with right hand inside block.
5		L	Turn left foot ¼ turn left into back stance, with twin knife-hand down block.
6		R	Step right foot forward into right back stance, with twin knife-hand down block.
7		L	Turn left ¼ turn into left tiger stance, with right hand palm block across and left knife-hand under and behind right elbow, then right hand back-fist.
8		R	Turn right ½ turn into right tiger stance, with left hand palm block across and right knife hand under & behind left elbow, then left hand back back-fist.
9		L	Pivot ¼ turn left on right foot bringing left foot next to the right, extending both hands over the head, then swinging them out, down to the waist, then up the body to the chest, with left fist in the right palm.

10		L	Step left foot forward into left front stance, with double scissor block (right hand down then left hand down).
11		R	Step right foot forward into right front stance, with triple scissor block (right hand down, then left hand down, then right hand down).
12		L	Pivot $\frac{3}{4}$ turn left on right foot into left front stance, with spreading block.
13		R	Right knee strike, step down, bring left foot into X stance, with double uppercut to body.
14		L	Step left leg back into right front stance, with low X Block.
15		R	Pivot $\frac{1}{2}$ turn right on left foot into right front stance, with spreading block.
16		L	Left knee strike, step down, bring right foot into X stance, with double uppercut to body.
17		R	Step right leg back into left front stance, with low X Block.
18		L	Turn left foot $\frac{1}{4}$ turn left into left walking stance, with left hand back-fist.
19		R	Right inside crescent kick striking left palm, stepping into horse stance, with right elbow strike on left palm.
20		L	Step left foot up into right walking stance, with right hand back-fist.
21		L	Left inside crescent kick striking right palm, stepping into horse stance, with left elbow strike on right palm, then left hand knife-hand block.











22		R	Step right foot forward into horse stance, with right hand lunge punch and YELL!
			Bahro (return to ready position)


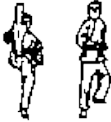







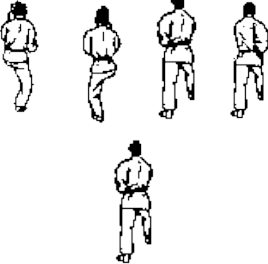

Taegeuk Pal Jang







High Red Belts (Black Stripe) must learn and perform this Poom Sae during testing in order to advance to Black Belt.



0			Choon Bi (Ready)
1		L	Step left foot forward into back stance with left hand outside block fist forward, right fist over solar plexus.
2		L	Step left foot forward into left front stance, with right reverse middle punch.
3		L	Jumping left front snap kick with YELL! into left front stance with left inside block, then right reverse middle punch, then left middle punch.
4		R	Step right foot forward into right front stance, with right hand middle punch.
5		L	Pivot 1/4 turn left on right foot into right front stance but facing the rear, with right hand mountain block and left hand down block.
6		L	Pivot 1/2 turn left on both feet into left front stance, pull left fist into right shoulder while executing right hand uppercut.
7		R	Step left foot behind right into X stance, turn right 1/2 turn, step right foot out into rear facing front stance, with left hand mountain block and right hand down block.
8		R	Pivot 1/2 turn right on both feet into right front stance, pull right fist into left shoulder while executing left hand uppercut.
9		L	Pivot 3/4 turn left on left foot into back stance, with twin knife-hand middle block.

10		L	Step left foot forward into left front stance, with right hand reverse middle punch.
11		R	Right leg front snap kick stepping leg behind you into left front stance, then step right leg back into left tiger stance, with right hand palm block down.
12		L	Turn left foot ¼ turn left into back stance, with left hand knife-hand block.
13		L	Left leg front snap kick into left front stance, with right hand reverse middle punch.
14		L	Step left leg back into left tiger stance, with left hand palm block across.
15		R	Turn right foot ½ turn right into back stance, with right hand knife-hand block.
16		R	Right leg front snap kick into right front stance, with left hand reverse middle punch.
17		R	Step right leg back into right tiger stance, with right hand palm block across.
18		R	Turn right foot ¼ turn right into back stance, with double down block (right hand low, left over solar plexus).
19		L R	Jumping double snap kick, left low & Right high, and YELL! into right front stance, then right hand inside block, then left hand reverse middle punch, then right hand middle punch.
20		L	Pivot ¾ turn left on right foot into back stance, with left hand knife-hand block.

21		L	Step left foot forward into left front stance, with right elbow strike, then right hand back-fist strike, then left hand middle punch.
22		R	Pivot ½ turn right on left foot into back stance, with right hand knife-hand block.
23		R	Step right foot forward into right front stance, with left elbow strike, then left hand back-fist strike, then right hand middle punch.
			Bahro (return to ready position)