

# Tae Kwon Do Poomse (Forms)

The best way to learn forms in Tae Kwon Do is in person from a skilled instructor at the do-jang (Tae Kwon Do studio). However there is never enough time in class to learn and practice enough to master the forms; students must study at home. Like in every other area, practice does not necessarily make perfect, it makes permanent. Only perfect practice makes perfect. It is easy for a student to practice a wrong move because he or she thinks that it is the right one. There are many videos on the Internet which demonstrate the Tae Kwon Do forms 1-8, and they are good to remind students of what they learned in class.

<b>Poomse</b>	<b>#</b>	<b>Sequence</b>
Taegeuk II Jang	1	Low block – Middle punch (L) Low block – Middle punch (R) Low block – Middle punch (F - NS) Inside middle block – Middle punch (R) Inside middle block – Middle punch (L) Low block – Middle punch (F-NS) High block – Front kick – Middle punch (L) High block – Front kick – Middle punch (R) Low block – Middle punch (B)
Taegeuk Ee Jang	2	Low block – Middle punch (L) Low block – Middle punch (R) R inside middle block – L inside middle block (F) Low block – Front kick – High punch (L) Low block – Front kick – High punch (R) L high block – R high block (F) Inside middle block (R) Inside middle block (L) Low block – Front kick – Middle punch (B) Front kick – Middle punch - Front kick – Middle punch (B)

<p>Taegeuk Sam Jang</p>	<p>3</p>	<p>Low block – Front kick – Double punch (L)  Low block – Front kick – Double punch (R)  R neck chop – L neck chop (F)  Single knife hand block - Middle punch (L-NS)  Single knife hand block - Middle punch (R-NS)  R inside middle block – L inside middle block (F)  Low block – Front kick – Double punch (R)  Low block – Front kick – Double punch (L)  Low block – Middle punch (NS) - Low block – Middle punch (NS) (B)  Front kick – Low block – Middle punch (NS) (B)  Front kick – Low block – Middle punch (NS) (B)</p>
<p>Taegeuk Sa Jang</p>	<p>4</p>	<p>Double knife hand block - Spear finger (L)  Double knife hand block - Spear finger (R)  Bird form neck chop – Front kick – L middle punch (F)  L side kick – R side kick - Double knife hand block (F)  Outside middle block – Front kick (NS) – inside middle block (R)  Outside middle block – Front kick (NS) – inside middle block (L)  Bird form neck chop – Front kick – back fist (B)  Inside middle block – L middle punch (R-NS)  Inside middle block – R middle punch (L-NS)  L inside middle block – Double punch (B-NS)  R inside middle block – Double punch (B-NS)</p>
<p>Taegeuk Oh Jang</p>	<p>5</p>	<p>Low block – Hammer fist (L)  Low block – Hammer fist (R)  Inside middle block – Inside middle block (F-NS)  Front kick – Back fist – Inside middle block (F)  Front kick – Back fist – Inside middle block – Back fist (F)  Single knife hand block – Elbow strike (R)  Single knife hand block – Elbow strike (L)  Low block - Inside middle block - Front kick - Low block - Inside middle block (B)  High block – Side kick/punch – Elbow strike (R)  High block – Side kick/punch – Elbow strike (L)  Low block – Inside middle block – Front kick – skip and Back fist (B)</p>

<p>Taegeuk Yook Jang</p>	<p>6</p>	<p>Low block – Front kick (NS) – Outside middle block (L)  Low block – Front kick (NS) – Outside middle block (R)  Twist block (SL/BR) – Roundhouse kick (L)  High outside middle block – Middle punch (NS) – Front kick – Middle punch (L)  High outside middle block – Middle punch (NS) – Front kick – Middle punch (R)  X-uncross - Twist block (SR/BL) (F)  Roundhouse kick (R)  Low block – Front kick (NS) – Outside middle block (L)  Low block – Front kick (NS) – Outside middle block (R)  Double knife hand block – Double knife hand block (F)  Palm/palm down block – Punch – Palm/palm down block – Punch (F)</p>
<p>Taegeuk Chil Jang</p>	<p>7</p>	<p>Palm down block/Tiger stance – Front kick (NS) – Inside middle block (L)  Palm down block/Tiger stance – Front kick (NS) – Inside middle block (R)  Double knife hand low block - Double knife hand low block (F)  Inside palm strike/Tiger stance – Back fist (L)  Inside palm strike/Tiger stance – Back fist (R)  Mountain stance - Scissors block (LF) - Scissors block (RF)  Spreading block – Knee strike – Knuckle uppercut – X block (R)  Spreading block – Knee strike – Knuckle uppercut – X block (L)  Back fist – Axe kick – Elbow strike (RFF) - Back fist – Axe kick – Elbow strike (LFF)(B)  Single knife hand block – Side punch (B)</p>
<p>Taegeuk Pal Jang</p>	<p>8</p>	<p>Double fist block – Middle punch – Jump front kick (F)  Inside middle block – Double punch(NS) – Middle punch (F)  Mountain block – Grab head - Fist uppercut (R)  Front cross step - Mountain block – Grab head - Fist uppercut (L)  Double knife hand block – Middle punch – Front kick (F)  Two steps back – Palm down block/Tiger stance (F)  Double knife hand block – Front kick – Middle punch – Palm down/Tiger (L)  Double knife hand block – Front kick – Middle punch - Palm down/Tiger (R)  Fist low block – Front kick – Jump front kick – Inside middle block – Double punch (B)</p>

		<p>Single knife hand block – Elbow strike – Back first – Middle punch (L)</p> <p>Single knife hand block – Elbow strike – Back first – Middle punch (R)</p>
Koryo	1	<p>Koryo choon bi – hands like grasping round object at eye level in front of face</p> <p>Double knife hand block – low and middle side kick – reverse neck chop – middle punch (NS) – inside middle block (L)</p> <p>Double knife hand block – low and middle side kick – reverse neck chop – middle punch (NS) – inside middle block (R)</p> <p>L single knife hand low block – R V hand – R front kick – R single knife hand low block – L V hand – L front kick – L single knife hand low block - R V hand – R front kick – R grab lower leg – L knee break (F)</p> <p>Double fist outside block – L front kick – L grab lower leg – R knee break (B)</p> <p>Single knife hand block – R middle punch (into L hand) – R leg cross back – L side kick (L)</p> <p>L spear hand groin strike – R low block – L palm down block – R elbow strike – R single knife hand block - R middle punch (into L hand) – L leg cross back – R side kick (R)</p> <p>R spear hand groin strike – L low block – R palm down block – L elbow strike (L)</p> <p>Sun hand stretch (F)</p> <p>L reverse neck chop – L single knife hand low block – R neck chop – R single knife hand low block - L neck chop – L single knife hand low block – R V hand</p>
Keumgang	2	<p>Double fist outside block (L walk) – R palm strike (R walk) – L palm strike (L walk) – R palm strike (R walk)(F)</p> <p>Single knife hand block (R back) - Single knife hand block (L back) - Single knife hand block (R back)</p> <p>Bird stance (L face) – Diamond (L) – Twist forward diamond (L) – Double mountain block (Left face/front)</p> <p>Double fist outside block (R face) – Double arm side block (R face) - Double mountain block (Left face/back)</p> <p>Bird stance (R face) – Diamond (R) – Twist forward diamond (R)</p> <p>Bird stance (R face) – Diamond (R) – Twist forward diamond (R) - Double mountain block (Right face/front)</p> <p>Double fist outside block (L face) – Double arm side block (L face) - Double mountain block (Right face/back)</p> <p>Bird stance (L face) - Diamond (L) – Twist forward diamond (L)</p>

## Key

- F- Front
- B – Back
- L – Left
- R – Right
- NS – No step
- LFF – Left foot front
- RFF – Right foot front
- SL – Step left
- SR – Step right
- BL – Block left
- BR – Block right