

Terminology Guide

Poomsae (Taegeuk)

MILLENNIUM
TAEKWONDO

Belt level	Name	Symbol	Techniques introduced
9 th Kup	1 장 Il-jang	☰, 건 Heaven, Light	<ul style="list-style-type: none"> • Walking stance • Long stance • Low block • Inward middle block • High block • Middle punch • Front snap kick
8 th Kup	2 장 Ee-jang	☰, 태 Joyfulness	<ul style="list-style-type: none"> • High punch
7 th Kup	3 장 Sam-jang	☰, Ⓜ Fire	<ul style="list-style-type: none"> • Back stance • Knifehand middle block • <i>Knifehand neck strike</i>
6 th Kup	4 장 Sa-jang	☰, 진 Thunder	<ul style="list-style-type: none"> • Double knifehand block • Spearhand strike • High knifehand block with strike • Side kick • <i>Back fist strike</i>
5 th Kup	5 장 Oh-jang	☰, 손 Wind	<ul style="list-style-type: none"> • Hammer fist • L-Shape Stance • Outward middle block • Elbow strike • Cross stance
4 th Kup	6 장 Yuk-jang	☰, 감 Water	<ul style="list-style-type: none"> • Outer forearm block • Arc hand block • Turning kick • Palm block
3 rd Kup	7 장 Chil-jang	☰, 간 Mountain	<ul style="list-style-type: none"> • Tiger stance • Horse riding stance • Lower knifehand block • Double block • Knee strike • Double upset punch • Crescent kick
2 nd Kup	8 장 Pal-jang	☰, 곤 Earth	<ul style="list-style-type: none"> • Mountain stance • Jumping front snap kick