

CONTENTS

Preface 7

Foreword by Stuart Anslow 9

1 The true nature of Poomsae ... what is visible on the surface
and what lies behind it 11

2 Decoding the movements 14

2.1 The attack 14

2.2 Identification of the technique 16

2.3 Permanent control 18

2.4 Yin and Yang 19

2.5 UM and YANG in Taekwondo 20

2.6 Orientation 23

Part One

3 The Poomsae forms 1-4 24

3.1 Taegeuk Il-Jang 25

3.2 Taegeuk I-Jang 34

3.3 Taegeuk Sam-Jang 43

3.4 Taegeuk Sa-Jang 56

3.5 Geographical identification:
Which martial arts have shaped Taekwondo? 69

Part Two

4 The Poomsae forms 5-8 72

4.1 Taegeuk Oh-Jang 73

4.2 Taegeuk Yuk-Jang 85

4.3 Taegeuk Chil-Jang 97

4.4 Taegeuk Pal-Jang 110

4.5 Examples of the multifunctionality of the basic techniques 124

Appendix 132

1 Pain points 132

2 “Pedigree” of the nine founding styles of modern Taekwondo 135

3 Terms 136

4 Spelling 138

5 About the Author 139

6 Bibliography 140

7 Credits 141