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## **Poomsae / forms. :: taekwondo**

Taekwondo Poomsae What Is A Taekwondo Poomsae? A poomsae is a combination of basic actions and movements exercised with an

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Taegeuk Il Jang - alternative diagram. Taegeuk Il Jang is the first of eight "taegeuk" forms (i.e., poomsae) used by the Kukkiwon and World Taekwondo Federation (WTF).

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