Yu-Han (Eugenia) Chao was born and grew up in Taipei, Taiwan. She earned a BA from National Taiwan University and an MFA from Penn State. She currently lives in northern California. Her full-length collection, We Grow Old, was published by Backwaters Press; Dancing Girl Press, Imaginary Friend Press, and Boaat Press published her chapbooks. Her website is www.yuhanchao.com.
TAEGEUK IL JANG

- Heaven brings rain and light, warmth, so life grows with *keon*, the creative force, from the *Yi Jing*, Book of Changes.

- Sir, the **Sino-Korean numbers one** to ten are: *il, ee, sam, sa, oh, yuk, chil, pal, gu, ship*, Sir!

- Consider the thicker vinyl padding rather than cheap cloth and foam—it might make the difference between a minor bruise and bad bruise, a god-awful bruise and broken tibia, though unfortunately it drinks sweat.

- **No headshots** delivered to anyone under the age of 12.

18 movements between heaven and light. No longer stepping out barbarously, taking up space, the walking stance is introduced, from which you can block, punch, and kick on 14 and 16.

Buy a stars-and-stripes bag of protective gear and start contact sparring. Helmet, mouth guard, chest guard, forearm and shin guards, instep protectors and peek-a-boo gloves.

Practice control. Aim kicks at your sparring partner’s chest pad. Block kicks with your padded arms and gloved hands.

- Otherwise when you accidentally kick a little 11-year-old boy in the neck and he crumples, cries, hyperventilates and requires ice and much comforting, you will feel so bad you wish you’d kicked yourself in the throat instead.

- You will spend the next few days apologizing every chance you have—to him, his parents, his sister, in every medium and manner possible.

- At least they seemed to enjoy the card, book and drawing.
BACK KICK

· Not to be confused with a kick to the back, which is never cool, in or out of the dojang.

· Overturn and it begins to look like a side kick.

· The image of the back kick is that of a donkey kicking with its hind legs, a furry little donkey, using one leg.

· The stepping is trickier than you’d think. Step to the right with the left foot for a right back kick, step to the left with the right foot for a left kick. Step with the front foot.

· This requires a chamber as well, close to the chest, before driving the heel into the target.

· Step forward for additional momentum. Know how long or short your leg is, what or who you can reach, and how high.

· One day you could snap him in half if you want.

· Unless sparring or doing combos, after the kick rewind back to fighting stance rather than spinning in a circle. This is not a dance.

*Dwi Chagi,* chucking by dweeb.

Your first time trying, a black belt grips and puppets you in a disturbing manner by the top of your dobok lest you overturn.

Step, turn, look, chamber, kick. The back kick is the strongest kick. Work on targeting. You can break boards and bricks with this—maybe not now, but one day.

Beginning in fighting stance, prepare to kick with the rear leg. If kicking with right leg, turn right 180 degrees to the back, looking at the target over the right shoulder.