



SUN BAE

KOREAN MARTIAL ARTS

A member of the World Taekwondo Federation & the Korea Hapkido Federation & the Australian Kumdo Society

HANDBOOK

(CODE OF CONDUCT)

Issued by

MASTER INSTRUCTOR BRADLEY TATNELL

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TAEKWONDO

HAPKIDO

KUMDO

WWW.SUNBAE.NET

WELCOME TO SUN BAE

A personal message from Grandmaster Bradley....

I commenced teaching my own centre in March 1985, after assisting my instructor since September 1984. I graded to 1st Dan black belt in June 1985 and to 8th Dan Kukkiwon black belt in January 2023 and have never looked back.

I had commenced Taekwondo as a youngster and in the early 1980's not much was known about the art, except what was seen in the movies. Later I was introduced to another Korean art, Hapkido and then Kumdo (sword). I have found one's learning never ceases and it is by far its own reward. Following, having learned directly from Korean Grandmasters, it has ever been my great pleasure to pass on the knowledge to the younger generations.



Over the years, there have been many innovations which have been welcomed, but I have also been very careful to maintain the original essence of the art. Now, you will have the opportunity to learn directly from one of the highest ranking Taekwondo masters in Australia. It is my great hope you will embrace and enjoy the art of Taekwondo, Hapkido and Kumdo. Whilst there are many reasons for your interest in martial arts, my first goal for you is Black Belt. Attend regularly, train hard, practice at home and most definitely make friends and above all, enjoy the art, you will find the benefits life-long...

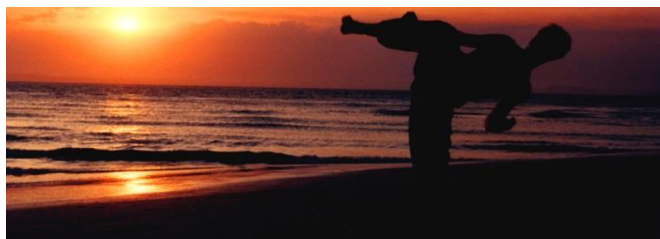
Grandmaster Bradley Tatnell

관장님 브래들리 탯넬

Taekwondo Kukkiwon 8 Dan (Kukkiwon 1st Class Examiner)

Hapkido Korea Hapkido Federation 7 Dan

Kumdo 6 Dan Bo



RULES AND REGULATIONS

Within the club, rules are imposed for the safety, respect and consideration of all. Any student who disobeys club rules may be subjected to disciplinary action which can result in suspension or expulsion and even loss of rank.

ETIQUETTE

Etiquette is the foundation of the personality, which is shown by the person's nature and actions. Good etiquette stems from a virtuous mind, displaying the quality of humbleness, without losing pride. To achieve this, a student must forget about any mean manner. Speech and conduct should be noble and gentle. Seniority (social or rank), when speaking, should be taken into account.

1. Whenever **entering or leaving** the training hall (dojang), students should show respect (bow towards the front where the Australian flag hangs). Students should proceed directly to the Club Instructor (Sabeomnim) upon arrival. It is customary to show respect to your Sabeomnim by initiating a bow within two metres whilst standing directly in front. In mutual respect, your Sabeomnim will return the gesture by bowing to you. This is very similar to handshaking in western culture. Presenting yourself confidently shows you are ready to train and you are well. You may use this opportunity to inform your Sabeomnim of any injuries or issues you may have.

Bowing is a very traditional form of greeting, of showing respect and courtesy. Taekwondo, Hapkido and Kumdo students utilise this as the worldwide form of greeting (just as different countries and cultures adopt different styles of greeting). Lower ranking students will always initiate the bow. A junior student should approach a senior student when they appear not to be busy and stand two metres away. As you trust each other, both should look downwards when bowing. To any Sabeomnim, look at your own feet (at your heels) to get the correct angle. For others, your head is lowered approximately 30°. Only look at your opposite when bowing for sparring or tournament fighting.

Thereafter, greet every other student in the dojang, commencing with the most senior in rank (in the same manner).

2. At **other times within the dojang**, upon meeting a higher ranking student, initiate a bow of courtesy or respect before interacting. If speaking, it is appropriate to say "excuse me" and then bow. If you are handing an item (e.g. equipment, training card, etc.), use two hands. Either hold the item with both hands, or place one hand under the wrist of the hand holding the item. Do not fold your arms, look around, or speak out of turn.
3. **Outside of the dojang** when the uniform is not worn and you are not at any club event, the full action of bowing is not appropriate. However, it is expected that suitable respect is shown toward senior students and any Sabeomnim. A Sabeomnim will not issue commands or similar outside of training times. If you are passing by or meet any senior outside of training, it is preferred to lightly nod (instead of fully bowing) — do not fully bow.
4. When **speaking to a Sabeomnim**, students must use either "Sir" or "Sabeomnim" or "Instructor". Any Master may be addressed as "Master" or by the Korean term "Gwanjangnim". Any Grandmaster may also be addressed as "Chong Gwanjangnim". Show your courtesy and strength of character by not mumbling, nodding, talking out of turn, folding your arms or looking around. Be attentive and be polite in voice and gesture. It is correct to say "yes" and not "yeah" ("yeah" is slang — refer to English dictionary). Hello in Korean (polite form for seniors) is 안녕하십니까 "annyeonghasibnikka" (pronounced am-yong-hash-micka) and 안녕하세요 "annyeonghaseyo" (pronounced am-yong-har-say-o) is causal. Thank you is 감사합니다 "gamsahabnida" (pronounced karm-sar-hum-ni-dar). Use these words in class (e.g. thank your partner in Korean after sparring). Yes is 네 "ne" (pronounced nay) and no is 아니요 "aniyo" (pronounced am-e-yo). Do not wave, shout from a distance and show gestures such as shrugging your shoulders or eye rolling (extremely rude).
5. Special respect and strict attention is to be given to **your Sabeomnim** at all times.



Sabeomnim Nicole Vickery

TRAINING & ATTIRE

1. **Posture:** no slouching, leaning on walls, sitting on chairs (in uniform) or sitting in an improper way. Cross legs with a straight back when sitting.
2. **Personal hygiene:** should be maintained (e.g. body odour). Toe and finger nails must be kept clean and trimmed. Long hair neatly tied.
3. **Approved uniforms:**
 - Taekwondo: students will wear **all-white uniforms** whilst grading or competing:
 - white V neck for coloured belts.
 - black V neck for black belts.

(note: all-black or demo team uniforms may be worn at regular training).

- *Hapkido: students will wear **all-black uniforms** as follows:*
 - *plain black for coloured belts.*
 - *black diamond for black belts.*
 - *Kumdo students will wear **coloured uniforms** as follows:*
 - *short sleeve jacket.*
 - *wider open style pants.*
- (note: the fabric design on unique individual uniforms must be approved).*

4. **Uniforms:**

- *Only approved uniforms may be worn. Seek permission if you purchased a uniform externally.*
- *Must be clean and neat.*
- *Club badge must be present — attached on the heart of the jacket close to the V neck.*
- *Belt tied even lengths. No crossing (for double wrapped). Club name on left side (same side as club badge). Large gap in knot on left.*
- *No jewellery of any kind (without permission). Ear-rings which cannot be removed must be taped (for safety).*
- *Under garment shirts must be white only and must be tucked in. No advertising.*
- *Sleeves must not be folded (for safety), except in Kumdo. Stitch the fold inside (if necessary).*
- *Pants must not be folded (for safety). Must be worn at the correct level to avoid tripping. Stitch the fold inside (if necessary).*
- *Training is in bare feet (unless otherwise approved)*
- *White Taekwondo shoes may be worn whilst training if medically required and permission is sought. Only plain white socks allowed.*
- *Wear your uniform to class where possible. Only change in the change room, irrespective of under garments.*
- *Street shoes are to be removed and left near the entrance way, neatly stored or stacked side by side.*

5. **Arrival:** *be on time for classes. Arrive 15 minutes prior. When you arrive, do not disturb an ongoing class (i.e. be quiet) and take the opportunity to stretch or practice quietly. If you are late, observe etiquette by moving to the front and bowing to Sabeomnim. You will then receive instructions to either first warm up or to join in. Students may not be continually late unless they have permission. Being late interrupts the class and interferes with the intended lesson plan.*



Master Ben Vickery

6. **Practice:** *only the patterns which have been taught to you. Otherwise, do not practice patterns of higher ranking.*
7. **Sparring:** *no sparring without the Sabeomnim permission and supervision. Comply with the club's protective gear policy and all safety rules.*
8. **Absence:** *students who cannot attend class should notify the Sabeomnim, each class, as a courtesy. Extended periods of absence (i.e. holidays) need only be communicated once, with start and end dates.*
9. **Poor attendance:** *students who cannot regularly attend at least two lessons per week are not likely to develop the necessary skill to remain on that belt level or progress. These students may only attend future classes at the discretion of the Sabeomnim. Grading is also not permitted. Grading applications require 70% attendance — proven by the training card (don't lose the card!).*
10. **Training on mats:** *students are to wear shoes or similar to class. Feet must be clean before stepping onto the mats. Shoes may be left at the edge of the mat at the rear (not side), although outside the hall is preferred. No students are allowed on the mats with dirty feet or shoes. Taekwondo shoes may be allowed by the Sabeomnim where the student has an injury, but the shoes worn on the mats must not be worn in the street on the way to class. Students who train regularly on mats at their local centre are obligated to assist with the set up and storage.*
11. **Techniques must never be used outside of the class:** *for any reason except in self-defence involving your safety or the safety of others. Consideration must be given to locally enacted laws. Follow community ethics.*
12. **Other schools:** *students are not permitted to be members of, or train at, other martial art or combat organisations. Sun Bae offers Taekwondo, Hapkido and Kumdo, so there is no reason to go elsewhere. Instructors outside Sun Bae usually have different ethics as well differing technical interpretations, both which do not match with our teachings.*

TRAINING HALL OR DOJANG

A 태권도장 “taekwondojang” or **dojang** is a formal hall of learning where students of all ages and physical ability can learn the skills of Taekwondo, Hapkido and Kumdo. Your conduct and behaviour must, at all times, reflect the respect it deserves. This conduct and behaviour extends not only to the dojang, but also to the grounds surrounding the dojang or the land directly associated with the owners of the dojang (e.g. school grounds). Parking in prohibited areas, for example, is not appropriate socially or legally. Please respect the surroundings.

1. Students **entering** the dojang must remove shoes, hats and sunglasses and be in uniform (including belt tied). Shoes are stored neatly at the side of entrance — clear of the footway. Gear, clothes and other personal items must be properly stored in the designated changing area.
2. Students must **remove all watches and jewellery** before training, for safety. Please be reasonable and protect your fellow students. Avoid bringing valuables to class. The Sabeomnim is not responsible for the student's personal possessions and belongings.
3. There will be **no gum chewing, eating or drinking** (except water) in the dojang at any time and **no smoking** within 10 metres of the building. Smoking, by law, is not permitted within any school grounds.
4. Students must take pride in the **appearance of the dojang** and assist with keeping it clean and neat at all times. Tables and chairs should not be stored at the sides of the training area. Store at the rear. The floor should be swept prior to commencement of class. Training flags should be hung by senior students prior to commencement of class.
5. If the dojang has **floor mats**, students should arrive early to assist in the set-up and stay after class to pack them away. Mats should be stored on top of each other — so the top of one mat faces the top of another and so the bottom of one mat faces the bottom of the other. This will ensure dirt is not transferred to the mat in storage.
6. Each class will conduct a formal ceremonial opening and closing, consisting of saluting (bowing to) the Australian flag, then thanking (bowing to) the Sabeomnim, then thanking (bowing to) the Assistant and then lastly acknowledging (bowing to) the most senior student. Students are still required to follow the normal bowing etiquette prior to training commencement. The second most senior student has the honour to conduct the ceremony. Seniors must learn the terms for the ceremony.

PRONOUNCED	HANGEUL 한글	MEANING	NOTES
BLUE TEXT (CLICK) = HEAR IT ON GOOGLE TRANSLATOR			
Jae-hark-sung Char-le-yot Kukki-a-day-han Ke-yong-yeh	재학생 Jaehagsaeng 차렷 charl-yeot 국기에 대한 guggie daehan 경례 gyeonglye	Students Attention Salute the flag Bow	English which may be said first: “Class, face national flag...” Followed by Korean.
Chong-gwan-jung-nim-kay Ke-yong-yeh	총관장님께 Chonggwanjangnim ge 경례 gyeonglye	To grandmaster bow	English which may be said first: “Class, face (Master) Instructor...” Followed by Korean.
Gwan-jung-nim-kay Ke-yong-yeh	관장님께 Gwanjangnim ge 경례 gyeonglye	To master bow	Note: do not mix the English and Korean. For example, do not say “Facing Sabeomnimge”, because you just said “facing facing instructor”.
Sar-bomb-nim-kay Ke-yong-yeh	사범님께 Sabeomnim ge 경례 gyeonglye	To instructor bow	
Bu-sar-bomb-nim-kay Ke-yong-yeh	부사범님께 Busabeomnim ge 경례 gyeonglye	To assistant instructor bow	
Sun-bae-nim-kay Ke-yong-yeh	선배님께 seonbaenim ge 경례 gyeonglye	To senior student bow	
Arn-yong-hash-micka	안녕하십니까 annyeonghasibnikka 안녕하세요 annyeonghaseyo	Hello to a senior Hello to same rank/junior	Note: seniors may respond with 안녕하세요 annyeonghaseyo, because of seniority. Students do not use this term unless it is to other students of lower or same rank.
Sugo-hash-is-sum-ni-da	수고하셨습니다 sugohasyeosseubnida	You did well!	
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7. Mobile phones must remain silent. Usage is strictly forbidden in the dojang, except for photography or access to the Sun Bae technical area. Family members watching may browse, provided they are absolutely quiet.

Sun Bae's rules follow the regulations set by Kukkiwon and the social norms of Korean culture. Please respect and follow all etiquette. The dojang is a sacred place, free from chaos and unruly behaviour, for the benefit of all who wish to better themselves. Students are responsible for family and friend's behaviour.



*Master Shirly Sieh
Kyungju Mountain
South Korea*

OATH & PROMISE



SUN BAE KOREAN MARTIAL ARTS OATH

*I will always give respect and loyalty to the
Master Instructor, the Instructors and my club.*

*I will endeavour to attain a high standard of physical fitness
and develop my character and personal integrity.*

*I will approach others with a spirit of friendship
and heed social ethics at all times.*



JIDOKWAN CREED

For Myself,

For My Club,

For My Nation.

COMPETITION CODE OF CONDUCT

<p>PERMISSION TO TRAIN/COMPETE</p> <ul style="list-style-type: none"> • Financial member* • Regular class attendance • Permission from your Club Instructor • Permission from the parent/guardian (< 15) • Permission from Master Instructor** • Agree to Code of Conduct <p>*Insurance is up to date **Competing only</p> <p>COMPETITOR CODE OF CONDUCT</p> <p>Members of Team Sun Bae are representing our club when they attend any outside event. It is expected that all members of Sun Bae conduct themselves in an appropriate martial art manner. You should be aware that the event/competition may involve some other clubs that are not based in Martial Arts (i.e. they are sport only) and their conduct may differ from ours. All students must obey the following:</p> <p>(a) Display a high level of sportsmanship on and off the competition area. (b) Display politeness, discipline and humility at all times. (c) Obey the instruction and wishes of your coach.</p> <p>Failure of a team member to act properly reflects on the reputation of the entire club. Improper actions may lead to termination from the Team and in serious cases from the Club.</p>	<p>COMPETITION COACH CODE OF CONDUCT</p> <p>When Sun Bae students attend competition training or an event, they are represented by our Coaches and our Seconds. All coaches and seconds must:</p> <ul style="list-style-type: none"> • Act in a Martial Art manner: <ul style="list-style-type: none"> - display a high level of sportsmanship on and off the competition court. - display politeness, discipline and humility at all times. - obey the instructions and wishes of their immediate Senior Coach. • Ensure all enquiries/dealings with any Association or Tournament Official is to be strictly dealt by Club Instructors only. Seconds may interact with certain officials, but only where instructed. • Ensure any disputes at Tournaments must firstly be brought to the attention of the Coach. <p>DEFINITIONS</p> <p>“COACH”: refers to the competitor’s Club Instructor. It is the responsibility of the Coach to train and prepare the competitor for competition. The Coach may appoint a “second” for the day of competition for the competitor.</p> <p>“SECOND”: refers to the competitor’s “on court” coach or helper. It is not necessary that the Second be a Club Instructor or even a black belt. However, the Second must be approved by the competitor’s Club Instructor. The competitor is allowed to recommend their own second. The final decision will be made by the competitor’s Club Instructor. In the case of junior competitors, the parent’s wishes will also be taken into account.</p>
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GRADINGS

WHITE BELT GRADING SYLLABUS

PRESENT RANK	TO RANK	PATTERN	#	MIN WAIT TIME	BASICS	PHYSICAL	KICKS	1 STEP	SPAR	TERMS
WHITE	YELLOW STRIPE	KIBON: LINE 1	4	6 CLASS	HORSE PUNCH SINGLE DOUBLE TRIPLE	STRETCHING	FRONT STRETCH FRONT (BODY)			
YELLOW STRIPE	BLUE STRIPE	KIBON: LINE 1-2	8	6 CLASS	LOW BLOCK FACE BLOCK BODY PUNCH	10 PUSH UPS 10 SIT UPS 10 BURPEES 10 CLIMBERS	JUMPING FRONT			
BLUE STRIPE	RED STRIPE	KIBON: LINE 1-3	12	6 CLASS	OUTER BLOCK INNER BLOCK BODY BLOCK	ALL	FRONT (FACE) HIGH (CHIN) JUMPING HIGH (CHIN)	MAX 1 MOVE		
RED STRIPE	BROWN STRIPE	KIBON: ALL	20	6 CLASS	KNIFEHAND STRIKE SIDE PUNCH BACK FIST BOTTOM FIST ASSISTING BLOCK DBLE KNIFE BLOCK STANCE (ADV) STANCE (TURN)	ALL	RUNNING FRONT PUSHING FRONT AXE COMBOS	MAX 2 MOVE	KICKS ONLY	✓
BROWN STRIPE	YELLOW I	KIBON: ALL	20	6 CLASS	ALL		ALL	MAX 3 MOVE	KICKS ONLY	✓

KOREAN TERMS

Meaning	Pronounced	Hangeul	Hangeul to English
Attention	Char-le-yot	차렷	Chalyeot
Bow	Ke-yong-yeh	경례	Gyeonglye
Ready	Chun-bee	준비	Junbi
Stop	Koo-marn	그만	Geuman
Return to ready	Par-row	바로	Baro
Thank you	Come-sar-hum-ni-dar	감사 합니다	Gamsahapnida
Hello	Am-yong-hash-micka	안녕하십니까	Annyeonghasibnikka
Grandmaster	Chong Gwan-jung-nim	총 관장님	Chong Gwanjangnim
Master	Gwan-jung-nim	관장님	Gwanjangnim
Instructor	Sar-bomb-nim	사범님	Sabeomnim
Assistant	Boo Sar-bomb-nim	부사범님	Bu Sabeomnim
Count 1-10	click on link	하나, 둘, 셋, 넷, 다섯, 여섯, 일곱, 여덟, 아홉, 열	Hana, Deul, Set, Net, Daseot, Yeoseot, Ilgup, Yeodeol, Ahop, Yeol

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NOTES

1	Each grading test is cumulative. The grading applicant must perform each prior syllabus and their current level as well.
2	White-Black to Yellow I grading performed before Master Instructor.
3	Refer to the Explanation Notes (below) for each requirement.
4	Side Kick: optional - but must ONLY be performed from horse stance.
5	Push-Ups: on fists (males only).
6	Double promotion is NOT permitted: • Students may apply to double promote after 2 successful gradings with honours. • Students with pre-existing Taekwondo rank may be considered for double promotion. Performance of higher patterns is required.
7	Minimum grading time is 3 weeks per level. Expected grading time is 3-4 weeks per level for adults and 3-6 weeks for children.
8	Minimum training time is based upon 2 lessons per week consistently. • Missing lessons is detrimental to progress as each lesson is different (based upon the Club Instructor's program) • Missed lessons should be made up at other training centres if possible. • Practice of the patterns at home is expected, as well as stretching. G.M. Bradley's Recommendation: Taekwondo requires muscle memory to build (no different to suddenly catching a fast ball) and becomes very easy to perform once your body is used to each new movement. Patterns assist with this aspect as does (Taekwondo) stretching. White belts are allowed to learn up to Taegeuk 3 provided the Club Instructor permits it. Doing more early in your training is exponentially beneficial to your later training and results. Training regularly with patterns and stretching at home or even coming early to class will yield outstanding results and really makes learning advance techniques much easier. You will get what you put in. Do nothing and nothing happens...

WHITE BELT GRADING EXPLANATIONS			
SYLLABUS	CATEGORY	TECHNIQUE	NOTES
BASICS	STANCES BASIC	HORSE STANCE FRONT STANCE BACK STANCE	MOVING FWD MOVING BACK TURNING SPINNING COMBINATIONS
	STANCES ADVANCED	STEPPING SLIDING EDGING (SINGLE) EDGING (MULTIPLE) SWITCHING (SINGLE) SWITCHING (SIDEWAYS) SWITCHING (MULTIPLE) FAKING	MOVING FWD MOVING BACK COMBINATIONS BACK STANCE INVERTED HORSE STANCE
	HORSE PUNCH	SINGLE DOUBLE TRIPLE	HIGH BODY LOW COMBINATIONS
	FRONT STANCE	FACE PUNCH (FWD) FACE BLOCK (BACK) BODY PUNCH (FWD) OUTER BLOCK (BACK) LOW PUNCH (FWD) LOW BLOCK (BACK) BODY PUNCH (FWD) BODY BLOCK (BACK) BODY PUNCH (FWD) INNER BLOCK (BACK)	FACING FRONT (FORWARD & BACK) WITH TURNING COMBINATIONS
	BACK STANCE	OUTSIDE KNIFEHAND STRIKE (FWD) DOUBLE KNIFEHAND BLOCK (BACK) SIDE PUNCH (FWD) INNER BLOCK (BACK) BACK FIST FRONT STRIKE (FWD) BODY BLOCK (BACK) BACK FIST SIDE STRIKE (FWD) OUTER BLOCK (BACK) BOTTOM FIST STRIKE (FWD) ASSISTING BLOCK (BACK)	FACING FRONT (FORWARD & BACK) WITH TURNING COMBINATIONS
PHYSICAL	STRETCHING	FRONT KICK STRETCH SIDE KICK STRETCH ROUND KICK STRETCH (SQUAT)	EXTRA: STANDING STRETCHES (3) BACK STRETCHES (6)
	CONDITIONING	10 PUSH UPS 10 SIT UPS 10 BURPEES 10 MOUNTAIN CLIMBERS	PUSH UPS ON KNUCKLES (MEN) & PALMS (LADIES)
KICKS	FRONT STANCE	FRONT STRETCH FRONT KICK	CROSSING BLOCK
	BACK STANCE	FRONT KICK JUMPING FRONT KICK HIGH KICK JUMPING HIGH KICK RUNNING FRONT KICK PUSHING FRONT KICK AXE KICK	COMBINATIONS
1 STEP	FACE PUNCH	PUNCHING KICKING	ATTACK WITH RIGHT PUNCH DEFEND WITH MAXIMUM 1 MOVE HAND DEFENCE WITH CLOSED FIST ONLY KICK DEFENCE WITH FRONT, SIDE OR JUMP FRONT FINISH WITHIN 1 SECOND
SPARRING	MODIFIED	KICKS ONLY	NO PUNCHING OR HAND STRIKES NO CONTACT
TERMS	NUMBERS	ALL	
	COMMANDS	GENERAL	
CONCENTRATE ON: (1) TECHNIQUE (2) SPEED (3) SPIRIT			
PATTERN • POINT TO PUNCH & CROSS TO BLOCK • AT IMPACT: TWIST FIST & DROP WEIGHT & BREATHE FAST • FRONT STANCE - BACK LEG STRAIGHT • FRONT STANCE - SHOULDERS SQUARE TO 30° • LOOK AT TARGET • DO NOT RUSH • BREATHE FAST QUIETLY & SHOUT VERY LOUD		BASICS • START & FINISH POSITION FOR EACH TECHNIQUE • ACCURACY OF PUNCHES, BLOCKS & KICKS • SPEED OF DELIVERY AT END (ACCELERATING) • FIST & FOOT SHAPE • BALANCE & TURNING & POSTURE • STANCES: DROP WEIGHT ON SPINE & BEND KNEE & BACK STRAIGHT. CHECK DIRECTION OF FEET.	OTHER • RECOIL OF KICKS (KEEP KNEE HIGH AFTER IMPACT) • BREATHING TO CONTROL MOVEMENTS • POLITE MANNER & ETIQUETTE • REGULAR CLASS ATTENDANCE • ARRIVE AT CLASS EARLY • PRACTICE AT HOME REGULARLY

COLOURED BELT GRADING

FROM RANK	TO RANK	PATTERN	LINE	TRI GRAMS	MIN TIME	PHYSICAL	FOOT WORK	COMBO KICKS	HANDS	1 STEP	SPAR	SPEC KICKS	TERMS
9 th Gup	8 th Gup	TAEGEUK 1 (IL JANG—일장) 18	☰ WANG (KING)	GEON 건 SKY ☰	3.5 MTH (21 CLASS) 70%	STRETCH PUSH UP SIT UP BURPEE CLIMBERS	✓	✓	BOXING DRILLS	MAX 2 MOVE	✓		✓
8 th Gup	7 th Gup	TAEGEUK 2 (E JANG—이장) 18	☰ WANG (KING)	TAE 태 SILENT POND ☷	3.5 MTH (21 CLASS) 70%	STRETCH PUSH UP SIT UP BURPEE CLIMBERS	✓	✓	BOXING DRILLS	MAX 2 MOVE	✓		✓
7 th Gup	6 th Gup	TAEGEUK 3 (SAM JANG—삼장) 20	☰ WANG (KING)	YI 리 FIRE ☲	3.5 MTH (21 CLASS) 70%	STRETCH PUSH UP SIT UP BURPEE CLIMBERS	✓	✓	BOXING DRILLS	MAX 2 MOVE	✓		✓
6 th Gup	5 th Gup	TAEGEUK 4 (SA JANG—사장) 20	☰ WANG (KING)	JIN 진 THUNDER ☳	3.5 MTH (21 CLASS) 70%	STRETCH PUSH UP SIT UP BURPEE CLIMBERS	✓	✓	BOXING DRILLS	✓	✓		✓
5 th Gup	4 th Gup	TAEGEUK 5 (O JANG—오장) 20	☰ WANG (KING)	SON 손 WIND ☴	3.5 MTH (21 CLASS) 70%	STRETCH PUSH UP SIT UP BURPEE CLIMBERS	✓	✓	BOXING DRILLS	✓	✓		✓
4 th Gup	3 rd Gup	TAEGEUK 6 (YUK JANG—육장) 19	☰ WANG (KING)	GAM 감 WATER ☵	3.5 MTH (21 CLASS) 70%	STRETCH PUSH UP SIT UP BURPEE CLIMBERS	✓	✓	BOXING DRILLS	✓	✓	SIDE RND SPIN	✓
3 rd Gup	2 nd Gup	TAEGEUK 7 (CHIL JANG—칠장) 25	☰ WANG (KING)	GAN 간 MOUNTAIN ☶	3.5 MTH (21 CLASS) 70%	STRETCH PUSH UP SIT UP BURPEE CLIMBERS	✓	✓	BOXING DRILLS	✓	✓	SIDE RND SPIN	✓
2 nd Gup	1 st Gup	TAEGEUK 8 (PAL JANG—팔장) 27 1 x DRAW: TAEGEUK 4-7	☰ WANG (KING)	GON 곤 LAND ☷	3.5 MTH (21 CLASS) 70%	STRETCH PUSH UP SIT UP BURPEE CLIMBERS	✓	✓	BOXING DRILLS	✓	✓	SIDE RND SPIN	✓
1 st Gup	BLACK	BASIC KORYO (18) 일단고려 기본동작 TAEGEUK 8 (27) (PAL JANG—팔장) 2 x DRAW: TAEGEUK 1-7	☰ WANG (KING)		6 MTH 70%	STRETCH: BACK STAND 1 STAND 2		PAD: JUMP SPIN 360 RND	PAD	1 STEP SELF-DEF KNIFE	3 MIN	BREAK	POOMSAE

CONCENTRATE ON:
(1) TECHNIQUE (2) SPEED (3) SPIRIT

PATTERN	KICKING	ONE STEP
<ul style="list-style-type: none"> AT IMPACT: <ul style="list-style-type: none"> - TIME TECHNIQUE FINISH WITH STANCE FINISH - BE ACCURATE WITH HEIGHT & LINE OF TECHNIQUE STANCES: <ul style="list-style-type: none"> - FRONT STANCE CANNOT BE WIDE - FEET POSITION IS IMPORTANT - BACK MUST BE VERY STRAIGHT - EXACT LENGTH OF STANCE IS IMPORTANT START POSITIONS OF BLOCKS AND STRIKES: <ul style="list-style-type: none"> - EXACT START POSITION IS IMPORTANT - ENSURE "FLOW" WITH CORRECT START & FINISH POSITIONS - USE THE BODY (EG POINT SHOULDER AT TARGET) & THEN USE THE TWIST OF THE WRIST (DON'T USE ARM STRENGTH) SPEED: <ul style="list-style-type: none"> - MOVE EASILY TO TARGET & THEN SUDDENLY FAST IMPACT - SHOW FLOW WITH DIFFERENT SPEEDS AS REQUIRED - OVERALL BE STRONGER RATHER THAN FASTER - DO NOT RUSH (SHOW CONTROL) - CONTROL SPEED WITH BREATH (FAST BREATH = FAST MOVE) MOVING: <ul style="list-style-type: none"> - LOOK NATURALLY WHEN TURNING - FOOTWORK CENTRES UNDER YOUR BODY WHEN MOVING - HEAD STAYS SAME HEIGHT WHEN MOVING IN SAME STANCE SHAPE OF STRIKING & BLOCKING HAND: <ul style="list-style-type: none"> - WRIST & FOREARM MUST NOT BE BENT (EXCEPT PALM BLOCK) - KNIFEHAND THUMB MUST TOUCH (BUT NOT PRESS) - FIST THUMB MUST BE TUCKED (BUT DO NOT PRESS) 	<ul style="list-style-type: none"> START POSITION (FK – SK – RK): <ul style="list-style-type: none"> - KNEE MUST START IN CENTRE OF BODY - FOOT MUST BE AS HIGH AS OPPOSITE KNEE - FOOT SHAPE FLAT WITH FLOOR - KNEE MUST LIFT TO POINT ABOVE HORIZONTAL - CREATE SPACE FOR KNEE WITH TILT OF BODY - KNEE HIGHER = MORE COMPACT = EASIER RECOIL: <ul style="list-style-type: none"> - KNEE STAYS UP DURING RECOIL (DON'T DROP) - SAME PATH ON WAY BACK (SYMMETRY) - PLACE FOOT EASILY ON GROUND AFTER KICKING FLOW (SPEED): <ul style="list-style-type: none"> - START EASILY TO LIFT (DO NOT DRAG FOOT) - ACCELERATE EVENLY - MAXIMUM SPEED AT IMPACT - SUDDEN TENSION AT IMPACT (FOOTSHAPE) - TIME BREATH/SHOUT AT IMPACT (TO TENSE) 	<ul style="list-style-type: none"> FINISH WITHIN 2 SECS (1-3 MOVES ONLY) SIMPLE, BUT POWERFUL & ACCURATE CORRECT DISTANCE (ACCORDING TO YOUR LEVEL) YOU WILL BE MARKED ON ATTACK & DEFENCE <p>SPARRING</p> <ul style="list-style-type: none"> USE PRACTICAL MOVES ONLY ACTIVE STANCE WITH BOUNCE FOOTWORK (EDGE, SLIDE, SWITCH, ETC) COMBINATION KICKS PUSH KICK TO ATTACK KICK FIRST THEN HANDS SHOUT VERY LOUD <p>OTHER</p> <ul style="list-style-type: none"> LOUD KIHAP (SHOUTING) CORRECT BOWING & READY POSITION CORRECT VERBAL RESPONSE TO ORDERS UNIFORM (CLEAN, BADGES, BELT LENGTH, ETC) LEARN THE POOMSAE KOREAN TERMS

GM BRADLEY COMMENT: TO CREATE SPEED IN TECHNIQUE THERE MUST BE NO TENSION — ONLY TENSE AT IMPACT & IT MUST BE DELIVERED WITH ACCELERATION. TO ACHIEVE THIS, FIRSTLY THE START POSITION OF EACH HAND MUST BE ABSOLUTELY CORRECT. ONLY THEN CAN THERE BE A SUDDEN TWIST OF THE WRIST AT IMPACT (WHICH MUST BE EXACTLY TIMED WITH A SUDDEN EXPIRATION OF BREATH & A SLIGHT DROP OF WEIGHT). POWER AND BALANCE WILL THEN BE DETERMINED BY THE CORRECTNESS OF STANCE.

RED III GRADING STAGES

PRESENT RANK	TO RANK	WAIT TIME	PATTERN	1 STEP	BOARD BREAK	KICKS	TERMS	TEACH	SPAR	PHYSICAL
White stripe	Yellow stripe	3 MTH	TAEGEUK 1-8 BASIC KORYO							
Yellow stripe	Blue stripe	3 MTH	✓	BODY FACE FRONT SIDE SELF DEF						
Blue stripe	Red stripe	3 MTH	✓	✓	SIDE ROUND SPIN HEEL *	JUMP KICK SPIN KICK 360 KICK	50%*	✓	✓	✓
Red stripe	Brown stripe	ATTENDED 3 TRIALS	✓	✓	✓	✓	60%*	✓	✓	✓

KOREAN TERMS (RED III GRADING TEST)

Meaning	Pronounced	Hangeul	Hangeul to English
POLITE TERMS			
Attention	Char-le-yot	차렷	Chalyeot
Bow	Ke-yong-yeh	경례	Gyeonglye
Ready	Chun-bee	준비	Junbi
Stop	Koo-marn	그만	Geuman
Return to ready	Par-row	바로	Baro
Begin	Shee-jar	시작	Sijar
Flag	Kuk-gee	국기	Kukgi
Yell with spirit	Kiharb	기합	Kihap
Thank you	Come-sar-hum-ni-dar	감사합니다	Gamsahapnida
Hello	Arn-yong-hash-micka	안녕하십니까	Annyeonghasibnikka
Grandmaster	Chong Gwan-jung-nim	총 관장님	Chong Gwanjangnim
Master	Gwan-jung-nim	관장님	Gwanjangnim
Instructor	Sar-bomb-nim	사범님	Sabeomnim
Assistant	Boo Sar-bomb-nim	부사범님	Bu Sabeomnim
GENERAL TERMS — TECHNIQUES			
Spar/Compete	Kyor-rug-gee	겨루기	Gyeorugi
Breaking	Gyok-par	격파	Gyeogpa
Self defence	Ho-shin-sul	호신술	Hosinsul
Stance	Sog-gee	서기	Seogi
Stance	Koo-bee	굽이	Gubi
Posture	Char-sae	자세	Jase
Kick	Char-gee	차기	Chagi
Strike	Chig-gee	치기	Chigi
Punch	Cheer-rig-gee	치르기	Jireugi
Thrust	Jeer-rig-gee	찌르기	Jjireugi
Block	Mark-gee	막기	Magki
Crescent	Pamn-die	반달	Bandal
Tornado	Narl-ray-bung	나래방	Naraebang
Run/Jump	Tdwee-oh	뛰어	Ttwieo
Count 1-10	Refer to google (click on link)	일, 이, 삼, 사, 오, 육, 칠, 팔, 구, 십	il, i, sam, sa, o, yuk, chil, pal, gu, sib
DIRECTIONAL TERMS — TECHNIQUES			
Front	Arrp	앞	Ap
Back	Tdwee	뒤	Dwi
Face	Ol-gwil	얼굴	Oelgeul
High (section)	Ull-yoh	올려	Ollyeo
Low (section)	Ar-ray	아래	Arae
Middle (section)	Moom-tong	몸통	Momtong
Left	Wh-en	왼	Wen
Right	O-rhun	오른	Oreun
Side	Yohhb	옆	Yeop
Reverse	Pam-day	반대	Bandae
Inner	Arn	안	An
Outer	Parrk-gart	밖	Bakkat
Downwards	Naer-d-yoh	내려	Naeyeo
Twisting	Bit-ter-row	비틀어	Biteureo
Assisting	Kod-der-row	거들여	Geodeureo
Roundward	Tduull-yoh	둘러	Dollyeo
Fist	Joo-murg	주먹	Jumeok
Elbow	Pal-kkum-chi	팔꿈치	Palkkumchi
Neck	Mowwg	목	Mok
Wrist/Cuff	Pal-mowg	팔목	Palmok
Knee	Mu-reeb	무릎	Mureub

BLUE TEXT (CLICK) = HEAR IT ON GOOGLE TRANSLATOR

DAN GRADING SYLLABUS

GUP-DAN (RANK)	PATTERNS	LINE	PAD KICKS	PTR 1 STEP	PTR DEF	BREAK	SPAR	TERMS	TEACH
1 st Gup to BLACK	TAEGEUK 8 & BASIC KORYO DRAW x 2: TAEGEUK 1-8	王 27	JUMP KICK SPIN KICK 360 KICK	BODY FACE FRONT SIDE	3 GRAB 3 KNIFE	SIDE (2) RND (2) 3 CNR	✓	TAEGEUK 8 & WRITTEN TEST	✓ & RULES
BLACK to 1 st Dan	TAEGEUK 8 & BASIC KORYO DRAW x 1: TAEGEUK 1-8	王 27	ANY	BODY FACE FRONT SIDE	3 GRAB 3 KNIFE	BACK (2) 3 CNR	✓	BASIC KORYO & WRITTEN TEST	✓ & RULES
1 st Dan to 2 nd Dan	KORYO & BASIC KORYO DRAW x 1: TAEGEUK 1-8	士 30	ANY	PUNCH KICK	GRAB KNIFE STICK	AXE (2) 4 CNR	✓	KORYO & WRITTEN TEST	✓
2 nd Dan to 3 rd Dan	KEUMGANG & BASIC KORYO DRAW x 1: TAEGEUK 1-8, KORYO	山 27	ANY	PUNCH KICK	GRAB KNIFE STICK	360 (2) 4 CNR	✓	KEUMGANG & WRITTEN TEST	✓
3 rd Dan to 4 th Dan	TAEBAEK 6 DAN BASIC MOTION DRAW x 1: TAEGEUK 1-8, KORYO, KEUMGANG PYONGWON	工 26	ANY	PUNCH KICK	GRAB KNIFE STICK	ANY (3) 4 CNR	✓	TAEBAEK & WRITTEN TEST	✓ & ESSAY
4 th Dan to 5 th Dan	& 6 DAN BASIC MOTION DRAW x 1: TAEGEUK 1-8, KORYO, KEUMGANG, TAEBAEK	一 21	ANY	PUNCH KICK	GRAB KNIFE STICK	4 CNR	✓	PYONGWON & WRITTEN TEST	✓ & ESSAY
5 th Dan to 6 th Dan	JITAE 6 DAN BASIC MOTION DRAW x 1: TAEBAEK, PYONGWON, SIPJIN*	十 28 十 28*	ANY	PUNCH KICK	GRAB KNIFE STICK	4 CNR	✓	JITAE & WRITTEN TEST	✓ & ESSAY
6 th Dan to 7 th Dan	CHONKWON 7 DAN BASIC MOTION DRAW x 1: PYONGWON, SIPJIN, JITAE	丁 26	ANY	PUNCH KICK	GRAB KNIFE STICK	4 CNR	✓	CHONKWON & WRITTEN TEST	✓ & ESSAY
7 th Dan to 8 th Dan	HANSU 8 DAN BASIC MOTION DRAW x 1: SIPJIN, JITAE, CHONKWON	水 26						KUKKIWON INTERVIEW	CV & ESSAY
8 th Dan to 9 th Dan	ILYO 9 DAN BASIC MOTION DRAW x 1: JITAE, CHONKWON, HANSU	卐 23						KUKKIWON INTERVIEW	CV & ESSAY
PATTERN TERMS" <ul style="list-style-type: none"> Recite Korean for each move of pattern (exclude stances). Explain meaning of pattern. "TEACHING": <ul style="list-style-type: none"> Questions to applicant are mostly about teaching: <ul style="list-style-type: none"> show or explain how to teach certain techniques. knowledge of technique mechanics, why/how a technique works. philosophy of teaching (ie wrong vs right vs different technique). other questions related to teaching. show technique with Korean name. No questions will political or religious (or what might be considered religious). 									

KUKKIWON POOM-DAN CRITERIA

CURRENT RANK	APPLIED RANK	MINIMUM WAITING TIME	DAN AGE	POOM AGE	COMMENTS
1 st GUP	BLACK	-	-	10**	** Sun Bae age limit
BLACK	1 st DAN	-	15	< 15	
1 st DAN	2 nd DAN	1 YEAR	16/15*	< 15	* If was previously Poom
2 nd DAN	3 rd DAN	2 YEARS	18/15*	< 15	* If was previously Poom
3 rd DAN	4 th DAN	3 YEARS	21/18*	< 18	* If was previously Poom
4 th DAN +	MASTER (3 rd Class)				Complete the Kukkiwon WTA Master Course
4 th DAN	5 th DAN	4 YEARS	25/22*	-	* If was previously Poom
5 th DAN	6 th DAN	5 YEARS	30	-	
6 th DAN +	MASTER (2 nd Class)				Complete the Kukkiwon WTA Master Course
6 th DAN	7 th DAN	6 YEARS	36	-	
7 th DAN	8 th DAN	8 YEARS	44	-	Grade at Kukkiwon
8 th DAN +	MASTER (1 st Class)				Complete the Kukkiwon WTA Master Course
8 th DAN	9 th DAN	9 YEARS	53	-	Grade at Kukkiwon

BOARD BREAKING					
CURRENT RANK	AGE 10-14	AGE 15-29	AGE 30+	AGE 40+	NOTES
Red III (blue) to Red III (red)	ROUND KICK (1) SIDE KICK (1) SPIN KICK (1)	ROUND KICK (2) SIDE KICK (2) SPIN KICK (1)	ROUND KICK (2) SIDE KICK (2) SPIN KICK (1)	ROUND KICK (2) SIDE KICK (2) BACK KICK (1)	Perform for Club Instructor . Must break all to pass.
Red III to Black	CORNER (1+1+1): SIDE KICK RND KICK HAND/ELBOW CORNER (1+1+1): SPIN KICK JUMP KICK AXE or FLYING KICK (BREAK 4/6)	POWER BREAK: SIDE KICK (2) ROUND KICK (2) CORNER (1+1+1): SPIN KICK JUMP or AXE KICK HAND/ELBOW (BREAK 4/7)	POWER BREAK: SIDE KICK (2) ROUND KICK (2) CORNER (1+1+1): SPIN KICK JUMP or AXE HAND (BREAK 4/7)	POWER BREAK: SIDE KICK (2) ROUND KICK (2) CORNER (1+1+1): BACK KICK JUMP or AXE HAND (BREAK 4/7)	Perform for Master Instructor . Must break minimum number to pass.
Black to 1st Dan	POWER BREAK: BACK KICK (2) FLYING KICK (1) CORNER (1+1+1): SPIN KICK JUMP or AXE KICK HAND/ELBOW (BREAK 4/6)	POWER BREAK: BACK KICK (2) FLYING KICK (2) CORNER (1+1+1): SPIN KICK JUMP or AXE KICK HAND/ELBOW (BREAK 4/7)	POWER BREAK: BACK KICK (2) FLYING KICK (2) CORNER (1+1+1): SPIN KICK JUMP or AXE KICK HAND/ELBOW (BREAK 4/7)	POWER BREAK: BACK KICK (2) CORNER (1+1+1+1): ANY KICK ANY KICK JUMP or AXE KICK HAND/ELBOW (BREAK 4/6)	Perform for Master Instructor . Must break minimum number to pass. Females exempt from flying.
1st Dan to 2nd Dan	POWER BREAK: AXE (2) CORNER (1+1+1+1): ADV KICK ADV KICK HAND/ELBOW HAND/ELBOW (BREAK 4/6)	POWER BREAK: AXE (2) CORNER (1+1+1+1): ADV KICK ADV KICK HAND/ELBOW HAND/ELBOW (BREAK 4/6)	POWER BREAK: AXE (2) CORNER (1+1+1+1): ADV KICK ADV KICK HAND/ELBOW HAND/ELBOW (BREAK 4/6)	POWER BREAK: AXE (2) CORNER (1+1+1+1): ADV KICK ADV KICK HAND/ELBOW HAND/ELBOW (BREAK 4/6)	Perform for Master Instructor . Must break minimum number to pass.
2nd Dan to 3rd Dan		POWER BREAK: 360 BACK (2) CORNER (1+1+1+1): ADV KICK ADV KICK HAND/ELBOW HAND/ELBOW (BREAK 4/6)	POWER BREAK: 360 BACK (2) CORNER (1+1+1+1): ADV KICK ADV KICK HAND/ELBOW HAND/ELBOW (BREAK 4/6)	POWER BREAK: 360 BACK (2) CORNER (1+1+1+1): ADV KICK ADV KICK HAND/ELBOW HAND/ELBOW (BREAK 4/6)	Perform for Master Instructor . Must break minimum number to pass.
3rd Dan to 4th Dan		POWER BREAK: ANY KICK (3) CORNER (1+1+1+1): ADV KICK ADV KICK HAND/ELBOW HAND/ELBOW (BREAK 4/7)	POWER BREAK: ANY KICK (3) CORNER (1+1+1+1): ADV KICK ADV KICK HAND/ELBOW HAND/ELBOW (BREAK 4/7)	POWER BREAK: ANY KICK (3) CORNER (1+1+1+1): ADV KICK ADV KICK HAND/ELBOW HAND/ELBOW (BREAK 4/7)	Perform for Master Instructor . Must break minimum number to pass.
4th Dan & above		CORNER (1+1+1+1): ADV KICK ADV KICK HAND/ELBOW HAND/ELBOW (BREAK 3/4)	CORNER (1+1+1+1): ADV KICK ADV KICK HAND/ELBOW HAND/ELBOW (BREAK 3/4)	CORNER (1+1+1+1): ADV KICK ADV KICK HAND/ELBOW HAND/ELBOW (BREAK 3/4)	Perform for Master Instructor . Must break minimum number to pass.
<p>ADVANCED KICKING IDEAS (in general order of difficulty):</p> <ul style="list-style-type: none"> * Flying over students * Flying through tunnel * Twin front kick * Split kick (flying + twisting) * 360 spin heel kick * Jumping spin heel kick * 360 back kick * 360 round kick * Jumping back kick * Jumping round kick * Spin heel kick * Jumping axe kick * Jumping high kick * Twisting kick * Sliding back kick * Sliding axe kick * Running kick * Sliding side kick * Jumping front kick * Axe kick 					

POOMSAE PHILOSOPHY

BELTS

White	<i>is the beginning..... it is the colour of the winter's snow that covers the newborn seed. It represents purity and any other colour added will change its reflection. Students at this level commence their journey of knowledge.</i>
Yellow	<i>is the warmth of the winter's sun that melts the snow and allows the seed to grow. Students at this level are building a strong foundation much like the plant's roots reaching into the soil to take hold.</i>
Blue	<i>is the colour of the sky and the heavens towards which we all aspire to. The natural direction of the growing plant is always upwards. Students at this level are reaching new heights of learning.</i>
Red	<i>is the sign of danger and the colour of the setting sun. Those at this level have learned much but know very little.</i>
Black	<i>is the colour of mastery. No colour added to this can change it or improve it. Students at this level now start a new beginning. The apprenticeship of coloured belts is over and the road to understanding and the pursuit of perfection begins.</i>

KORYO

The word "Koryo" refers to the Koryo Dynasty of approximately 10th century to 14th Century (912 ~ 1392 AD). The importance of this Dynasty was that it developed Taekwondo more systematically than ever before so that Taekwondo might be used by their soldiers in the event of war. Military & Taekwondo training was compulsory. Only those with Taekwondo skill were allowed to join the army and only those who mastered Taekwondo were promoted to officers.

The line of Poomsae Koryo is represented by the Chinese letter which means "Sun Bae".

Poomsae Koryo symbolizes the Sun Bae and the Hwarangdo who were the best warriors but who were also learned righteous men of strong martial spirit. The Sun Bae descended from the Koguryo dynasty and the Hwarangdo descended from the Silla dynasty. Koguryo, Silla and Paekche dynasty's ended and the Koryo dynasty emerged as one. For the first time, the nation was unified and Korea was born - hence the similarity between the word "Koryo" and "Korea".

KEUMGANG

The word "Keumgang" literally means "diamond". Keumgang refers to Mt Keumgang which is situated on the Korean peninsula in North Korea. Mt Keumgang is a large mountain and is regarded as the centre of national spirit. Keumgang also refers to the Keumgang Yoksa (warrior) who was named by Buddha and represents the mightiest warrior.

The line of Poomsae Keumgang is represented by the Chinese letter which means "Mountain".

Poomsae Keumgang symbolizes hardness and strength, wisdom and virtue. The movements of the poomsae are powerful and well-balanced.

TAEBAEK

The word "Taebaek" is the name of a mountain range which literally means "Bright Mountain". Taebaek refers to the place where a holy man called Tan Gun founded and reigned the Korean nation in 2333 BC. The Bright Mountain symbolizes Tan Gun's thought of humanitarian ideals. There are many sites known as Taebaek, however, Mt Paektu has been widely recognised as the original site.

The line of Poomsae Taebaek is represented by the Chinese letter which symbolizes the bridge between Heaven and the Earth showing that the Nation was founded by the Heaven's order.

Poomsae Taebaek movements are made up of mostly momtong makkis and chigis.

PYONGWON

The word "Pyongwon" literally means "a plain" or a vast stretched out land. Pyongwon refers to the plain or the land which is the source of life for all creatures including humans. It was based upon the idea of peace and struggle resulting from the principles of origin and our usage of the resources. Pyongwon also characterises the ideas of being simple, plain and unpretentious.

The line of Poomsae Pyongwon is a straight horizontal line which symbolizes the origin and the transformation of the plain.

Poomsae Pyongwon symbolizes the beginning and source of human life and its transformation. Pyongwon also makes a comparison of the force in our lower abdomen (being the source of our body strength) with the land, being the source of human life.

SIPJIN

The line of Poomsae Sip Jin is represented by the Chinese letter which symbolizes "10".

The word "Sip Jin" literally means "decimal point". The idea of the decimal point suggests a perfect numerical system of infinite numbering and ceaseless development. The word Sip Jin was derived from the thought of 10 longevity which advocates 10 creatures of long life that are split into categories of 2 heavenly bodies (sun & moon), 3 natural resources (water, mountain & stone), 2 plants (tree & herb) and 3 animals (tortoise, deer & crane). These give humans hope, faith & caring.

Poomsae Sip Jin symbolizes the 10 creatures of life. That is why there are 10 new techniques in the poomsae.

JITAE

The line of Poomsae Jitae signifies a man standing on the earth to spring up to the heaven.

The word "Jitae" literally means "a man standing on the ground with two feet, looking over the sky".

A man on the earth represents the way of struggling for life, such as kicking, treading and jumping on the ground. Therefore Poomsae Jitae symbolizes various aspects which occur in the course of our (human beings) struggle for existence.

CHONKWON

The word "Chonkwon" literally means "Heaven's Great Mighty" which is the origin of all the creature and itself the cosmos. Its infinite competence signifies the creation, change and completion.

Poomsae Chonkwon is characterised by movements with large actions and arm actions forming gentle curves, a symbol; of the greatness of Chonkwon thought.

The line of Poomsae Chonkwon ("T") symbolizes a man coming down from the Heaven, submitting to the will of Heaven, being endowed by the power of the Heaven and worshipping the Heaven, which means the oneness between the heaven and the human being.

Chonkwon sublime history and thoughts...

Human beings have used the name of "Heaven" for all principal earthly shapes and meaning because they felt afraid of "Heaven's Mighty".

In 11,000BC, the founder of the Korean people, Hwanin, was called the "Heavenly King". He settled down in the "Heavenly Town" which he made the capital. It was near the heavenly sea and heavenly mountain where the Han people (who were the heavenly race) gave birth to the proper thought and actions from which Taekwondo originated.

HANSU

The line of Poomsae Hansu symbolizes the Chinese letter which means "water".

The word "Hansu" literally means "water", which is the source of all substance preserving the life and growing of all creatures.

Poomsae Hansu symbolizes birth of a life and growth, strength and weakness, magnanimity and harmony and adaptability. "Han" has various meanings: the name of a country, numerousness, largeness, evenness, longevity, the heaven and root of everything, etc. Above all, the nature of water characterised by unbreakableness and flexibility, is the background of the organising the Poomsae. Actions of the Poomsae should be practised softly like water, but continuously like a drop of water gathering to make an ocean.

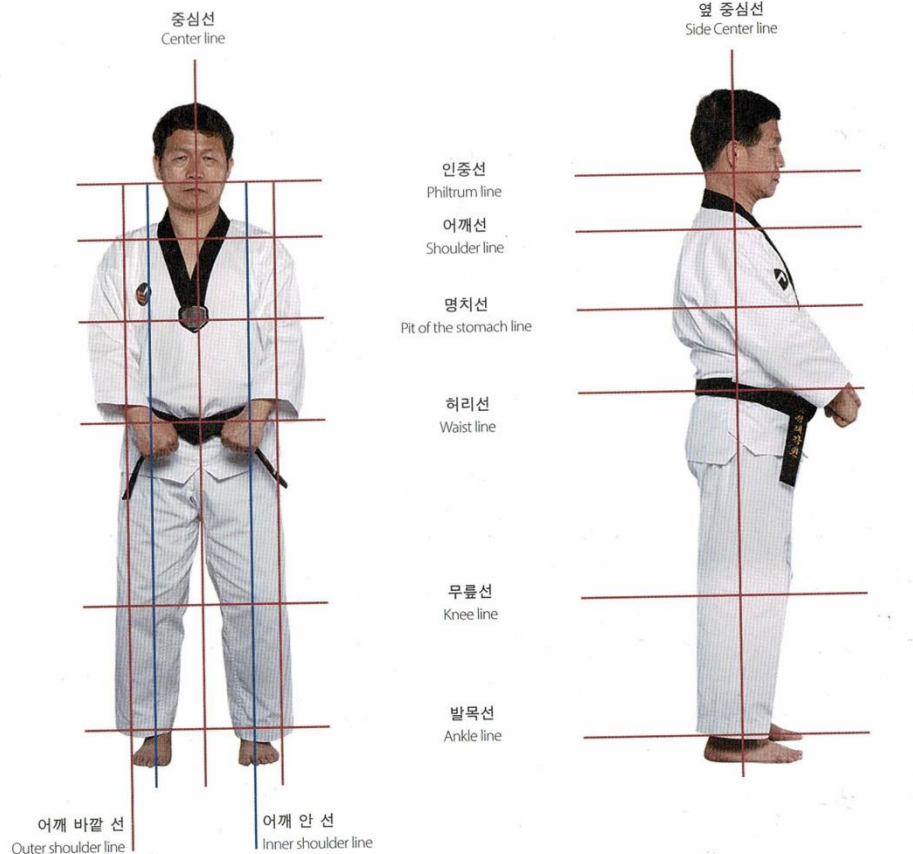
ILYEO

The line of Poomsae Ilyeo symbolizes the Buddhist mark which means a state of perfect selflessness.

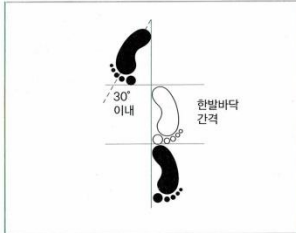
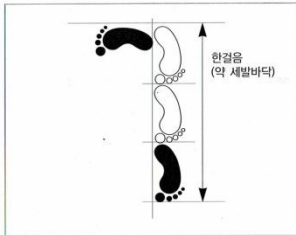
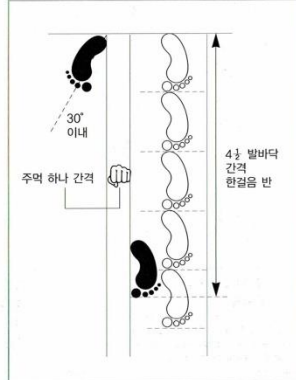
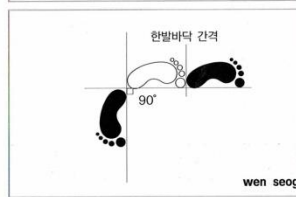
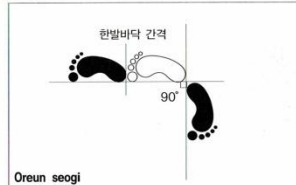
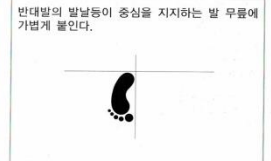
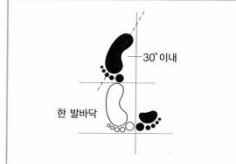
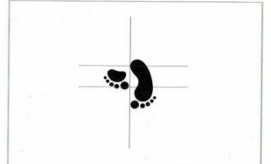
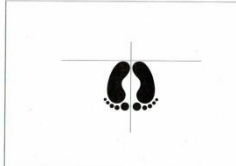
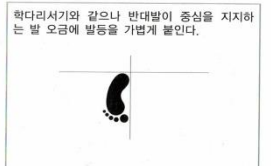
The word "Ilyeo" literally means "work".

Poomsae Hansu refers to the thought of a great Buddhist priest of the Silla dynasty – Saint Wonhyo. The philosophy is of mind and body and that a point, or a line, or a circle will eventually end up in one. The poomsae represents the harmonisation of spirit and body, which is the essence of martial arts.

POOMSAE TERMS



POOMSAE STANCES

1. 나란히 서기 Naranhi seogi
(parallel stance)2. 앞서기 Ap seogi
(forward stance)4. 뒷굽이 Dwitkubi
(backward inflection stance)3. 앞굽이 Ap kubi
forward inflection stance5. 오른(왼)서기 Oreun(wen) seogi
(right/left hand stance)6. 꼬아서기 Kkoa seogi
(cross stance)2) 앞꼬아서기 Apkkoa seogi
(forward cross stance)9. 주춤서기 Juchum seogi
(riding stance)10. 학다리서기 Hakdari seogi
(crane stance)7. 범서기 Beom seogi
(tiger stance)11. 결다리서기 Kyotdari seogi
(assisting stance)8. 모아서기 Moa seogi
(close stance)12. 오금서기 Ogeum seogi
(reverse crane stance)

1) 기본준비 Gibonjunbi

기술지침 Technical Guidelines



1. 모아서기에서 왼발을 옮기며 나란히서기로 선다.
2. 나란히서기에서 두 손을 펴 손가락이 마주보게 하여 단전 앞에 둔다.
3. 서서히 주먹을 쥐면서(호흡을 들이 마신다.) 명치 높이까지 올린다.
4. 두 주먹을 안쪽으로 틀면서 서서히 단전 앞까지 지그시 내린다.(숨을 내린다.) 약간의 숨을 (약 30% 정도) 단전에 남긴다. 호흡은 코를 사용하여 깊게 들이마신다.
5. 두 주먹 사이는 세운주먹 하나이며 주먹과 단전 사이도 세운주먹 하나의 간격을 유지한다.
6. 두 팔은 120°정도 내각을 유지한다. (육각형 모양)
7. 정면, 측면의 중심선을 바르게 하고 어깨를 나란히 한다.
8. 시선은 정면을 본다.



유의사항 Precautions

1. 몸에 긴장을 풀고 불필요한 힘을 뺀다.
2. 팔꿈치는 움직이지 말고 주먹만 위로 올라간다. (팔꿈치를 올리게 되면 어깨가 올라간다.)
3. 두 주먹이 명치 이상 올라가지 않도록 한다.
4. 호흡을 들이마실 때 입을 사용하지 않는다.
5. 두 팔을 펴지 않는다.
6. 시선은 위를 바라보지 않는다.
7. 턱이 들리지 않도록 한다.



BASIC PATTERN — KIBON POOMSAE

KIBON POOMSAE		FINISH POSITION										EYES	TECH START	TECH ARM	FLOW	NOTES	STANCE	LENGTH	WIDTH	BACK FOOT	WEIGHT %
POOM	TECHNIQUE	FINISH HEIGHT	REF	FINISH LINE	REF	SHAPE	ARM	BODY	BREATH												
Start	READY 기본 준비자세 Kibon Junbi Jase	▼ WAIST 허리 Heori	Arms off lock extended	CENTRE 중심 Jungsim	Between fists	FIST Jumeok	Off lock	0°	5 secs	↑ (fwd)	Knifehands at lower ab	1 fist from body	Low Plexus Low	From dan jun (low), slowly make fists at myongchi (plexus) (about 3 sec). Slowly twist fists back to dan jun (about 2 sec). Always keep 1 fist away from body.	PARALLEL 나란히 서기 Naranhi Seogi	1	1	0°	50/50		
1	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
2	BODY PUNCH 몸통 지르기 Momtong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
3	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
4	BODY PUNCH 몸통 지르기 Momtong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
5	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
6	BODY PUNCH 몸통 지르기 Momtong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
7	BODY PUNCH 몸통 지르기 Momtong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
8*	BODY PUNCH 몸통 지르기 Momtong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	SHOUT	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
9	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
10	BODY PUNCH 몸통 지르기 Momtong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
11	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
12	BODY PUNCH 몸통 지르기 Momtong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
13	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
14	BODY PUNCH 몸통 지르기 Momtong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
15	BODY PUNCH 몸통 지르기 Momtong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
16*	BODY PUNCH 몸통 지르기 Momtong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	SHOUT	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
17	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
18	BODY PUNCH 몸통 지르기 Momtong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
19	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
20	BODY PUNCH 몸통 지르기 Momtong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
Finish	READY 기본 준비자세 Kibon Junbi Jase	▼ WAIST 허리 Heori	Arms off lock extended	CENTRE 중심 Jungsim	Between fists	FIST Jumeok	Off lock	0°	5 secs	↑ (fwd)	Knifehands at lower ab	1 fist from body	Low Plexus Low	LEFT foot returns (step back). Must finish at starting spot. Refer above for method.	PARALLEL 나란히 서기 Naranhi Seogi	1	1	0°	50/50		

기본준비
Gibonjunbi



아래막기
[Araemakgi]



몸통 지르기
[Momtong Jireugi]



[HTTPS://WWW.SUNBAE.NET/MEMBER-AREA/TAEKWONDO-POOMSAE-TEXT-BOOK](https://www.sunbae.net/member-area/taekwondo-poomsae-text-book)

FINISH POSITION NOTES:

1. TIMING: finish technique same time stance finishes (ie with weight drop).
2. HEIGHT: maintain same head height when moving in (same) stance.
3. POSTURE: Centred & very upright. Drop weight on spine (not forward).

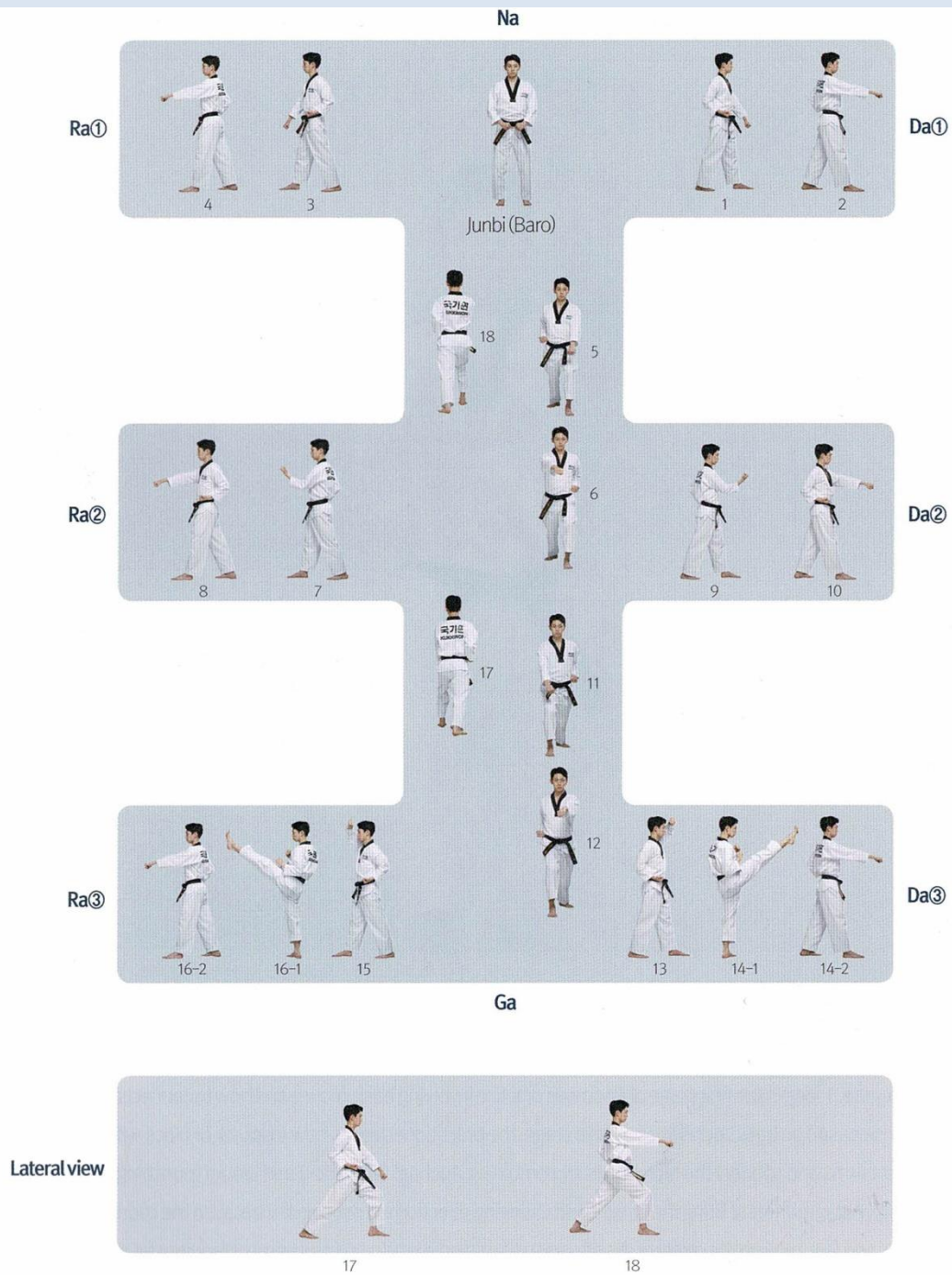
START POSITION NOTES:

1. OPPOSITE ARM: point directly at target (except assisting or crossing techniques)
 2. BEGINNERS: should cross to block in Basic Pattern.
- : advanced method (point to block) used for Taegeuk 1 +

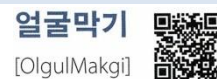
STANCE NOTES:

1. MEASUREMENT: is your foot.
- Refer to diagram for specifics.
Diagram is an approximation only.

TAEGEUK 1



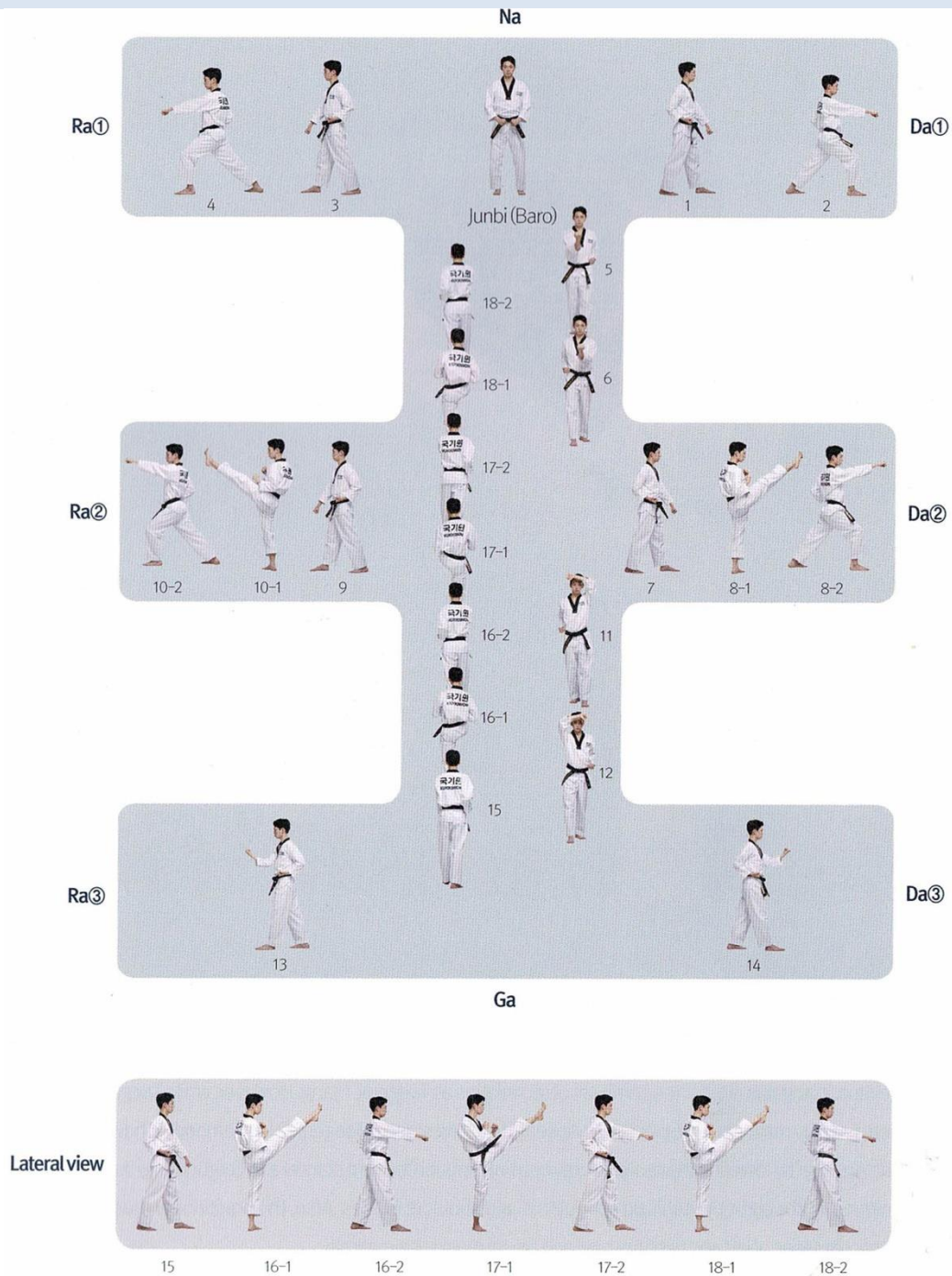
[HTTPS://WWW.SUNBAE.NET/MEMBER-AREA/TAEKWONDO-POOMSAE-TEXT-BOOK](https://www.sunbae.net/member-area/taekwondo-poomsae-text-book)



TAEGEUK 1		FINISH POSITION																		
POOM	TECHNIQUE	FINISH HEIGHT	REF	FINISH LINE	REF	SHAPE	ARM	BODY	BREATH	EYES	TECH START	TECH ARM	FLOW	NOTES	STANCE	LENGTH	BACK FOOT WIDTH	WEIGHT %		
Start	READY 기본 준비자세 Kibon Junbi Jase	▼ WAIST 허리 Heori	Arms off lock extended	CENTRE 중심 Jungsim	Between fists	FIST Jumeok	Off lock	0°	5 secs	↑ (fwd)	Knifehands at lower ab	1 fist from body	Low Plexus Low	From dan jun (low), slowly make fists at myongchi (plexus) (about 3 sec). Slowly twist fists back to dan jun (about 2 sec). Always keep 1 fist away from body.	PARALLEL 나란히 서기 Naranhi Seogi		1	1	0°	50/50
1	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50	
2	BODY PUNCH 몸통 지르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50	
3	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50	
4	BODY PUNCH 몸통 지르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50	
5	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	AP Seogi FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
+	OPP BODY PUNCH 몸통 지르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).						
7	OPP INNER BLOCK 안막기 An Makgi	PLEXUS 명치 Myongchi	Wrist	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90 - 120°	30°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Body Shoulder Body	Start with blocking arm bent at the elbow. Shoulder points at target - start position is now behind the body. Block with wrist (do not bend the wrist).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50	
8	OPP BODY PUNCH 몸통 지르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50	
9	OPP INNER BLOCK 안막기 An Makgi	PLEXUS 명치 Myongchi	Wrist	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90 - 120°	30°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Body Shoulder Body	Start with blocking arm bent at the elbow. Shoulder points at target - start position is now behind the body. Block with wrist (do not bend the wrist).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50	
10	OPP BODY PUNCH 몸통 지르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50	
11	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	SHORT 앞 서기 Ap Gubi	4.5	1	30°	70/30	
+	OPP BODY PUNCH 몸통 지르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).						
13	FACE BLOCK 얼굴 막기 Eogul Makgi	HEAD 머리 Meori	1 fist above forehead	CENTRE 중심 Jungsim	Wrist	FIST Jumeok	90 - 120°	30°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Elbow Shoulder Head	Blocking arm must be bent at the elbow. Point the shoulder at the target. Block by twisting the wrist fast. Do not use arm strength. Keep elbow down.	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50	
14	FRONT KICK 앞 차기 Ap Chagi	▲PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot Apchuk	0	Foot 0-45°	Fast	At kick	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential.	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50	
+	BODY PUNCH 몸통 지르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50	
15	FACE BLOCK 얼굴 막기 Eogul Makgi	HEAD 머리 Meori	1 fist above forehead	CENTRE 중심 Jungsim	Wrist	FIST Jumeok	90 - 120°	30°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Elbow Shoulder Head	Blocking arm must be bent at the elbow. Point the shoulder at the target. Block by twisting the wrist fast. Do not use arm strength. Keep elbow down.	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50	
16	FRONT KICK 앞 차기 Ap Chagi	▲PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot Apchuk	0	Foot 0-45°	Fast	At kick	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential.						
+	BODY PUNCH 몸통 지르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50	
17	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	SHORT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
18*	BODY PUNCH 몸통 지르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	SHOUT	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
Finish	READY 기본 준비자세 Kibon Junbi Jase	▼ WAIST 허리 Heori	Arms off lock extended	CENTRE 중심 Jungsim	Between fists	FIST Jumeok	Off lock	0°	5 secs	↑ (fwd)	Knifehands at lower ab	1 fist from body	Low Plexus Low	LEFT foot returns (step back). Must finish at starting spot. Refer above for method.	PARALLEL 나란히 서기 Naranhi Seogi		1	1	0°	50/50

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TAEGEUK 2



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기본준비
Gibonjunbi



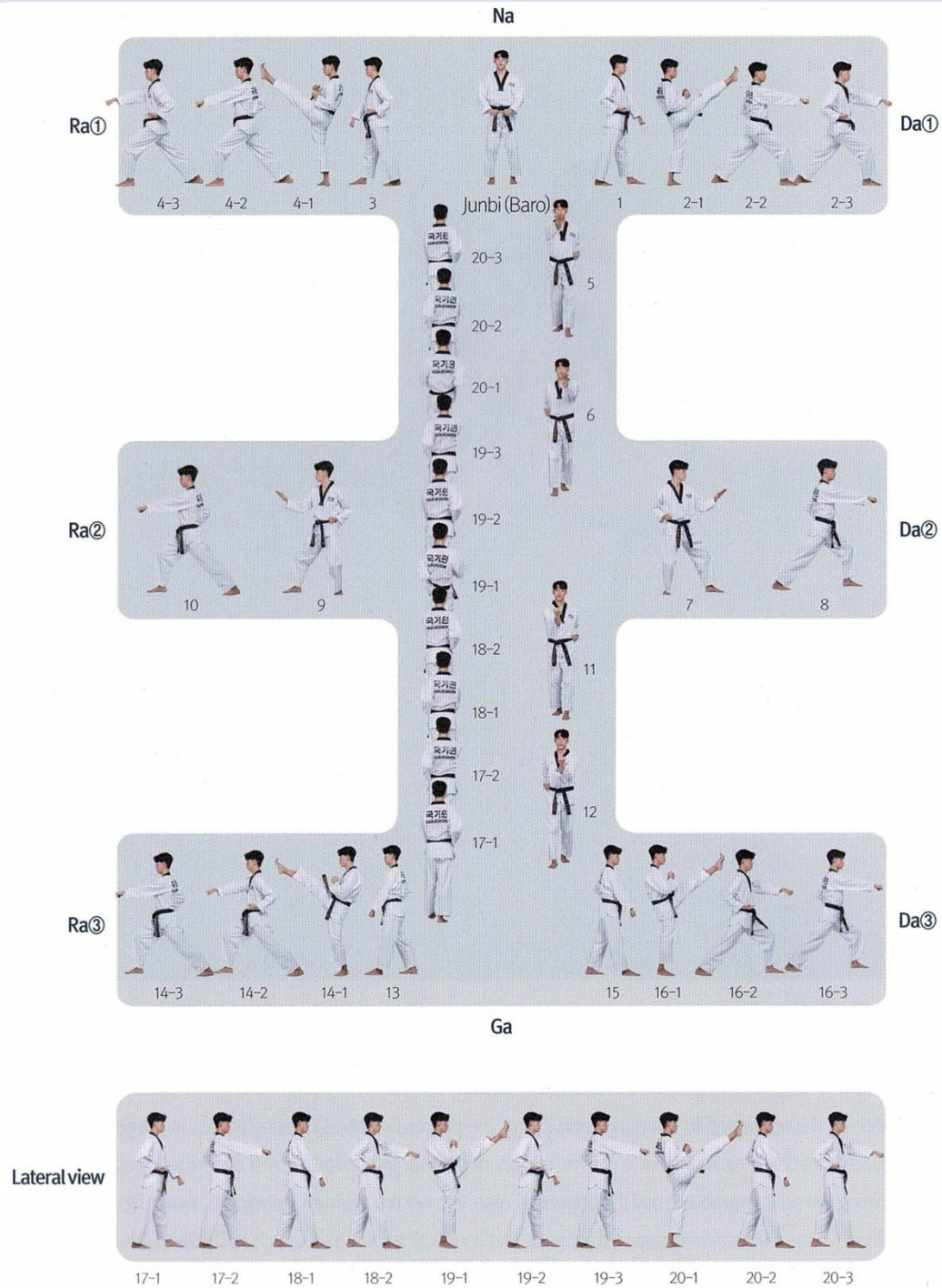
얼굴지르기
[Olguljireugi]



TAEGEUK 2		FINISH POSITION																							
POOM	TECHNIQUE	FINISH HEIGHT	REF	FINISH LINE	REF	SHAPE	ARM	BODY	BREATH	EYES	TECH START	TECH ARM	FLOW	NOTES	STANCE	LENGTH	WIDTH	BACK FOOT	WEIGHT %						
Start	READY 기본 준비자세 Kibon Junbi Jase	▼ WAIST 허리 Heori	Arms off lock extended	CENTRE 중심 Jungsim	Between fists	FIST Jumeok	Off lock	0°	5 secs	↑ (fwd)	Knifehands at lower ab	1 fist from body	Low Plexus Low	From dan jun (low), slowly make fists at myongchi (plexus) (about 3 sec). Slowly twist fists back to dan jun (about 2 sec). Always keep 1 fist away from body.	PARALLEL 나란히 서기 Naranhi Seogi	1	1	0°	50/50						
1	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50						
2	BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30						
3	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50						
4	BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30						
5	OPP INNER BLOCK 안막기 An Makgi	PLEXUS 명치 Myongchi	Wrist	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90 - 120°	30°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Body Shoulder	Start with blocking arm bent at the elbow. Shoulder points at target - start position is now behind the body. Block with wrist (do not bend the wrist).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50						
6	OPP INNER BLOCK 안막기 An Makgi	PLEXUS 명치 Myongchi	Wrist	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90 - 120°	30°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Body Shoulder	Start with blocking arm bent at the elbow. Shoulder points at target - start position is now behind the body. Block with wrist (do not bend the wrist).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50						
7	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50						
8	FRONT KICK 앞 차기 Ap Chagi	▲PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot Apchuk	0	Foot 0-45°	Fast	At kick	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential.											
+	FACE PUNCH 얼굴 치르기 Eogul Jireugi	PHILTRUM 인중 Injung	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30						
9	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50						
10	FRONT KICK 앞 차기 Ap Chagi	▲PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot Apchuk	0	Foot 0-45°	Fast	At kick	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential.											
+	FACE PUNCH 얼굴 치르기 Eogul Jireugi	PHILTRUM 인중 Injung	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30						
11	FACE BLOCK 얼굴 막기 Eogul Makgi	HEAD 머리 Meori	1 fist above forehead	CENTRE 중심 Jungsim	Wrist	FIST Jumeok	90 - 120°	30°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Elbow Shoulder	Blocking arm must be bent at the elbow. Point the shoulder at the target. Block by twisting the wrist fast. Do not use arm strength. Keep elbow down.	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50						
12	FACE BLOCK 얼굴 막기 Eogul Makgi	HEAD 머리 Meori	1 fist above forehead	CENTRE 중심 Jungsim	Wrist	FIST Jumeok	90 - 120°	30°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Elbow Shoulder	Blocking arm must be bent at the elbow. Point the shoulder at the target. Block by twisting the wrist fast. Do not use arm strength. Keep elbow down.	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50						
13	OPP INNER BLOCK 안막기 An Makgi	PLEXUS 명치 Myongchi	Wrist	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90 - 120°	30°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Body Shoulder	Start with blocking arm bent at the elbow. Shoulder points at target - start position is now behind the body. Block with wrist (do not bend the wrist).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50						
14	OPP INNER BLOCK 안막기 An Makgi	PLEXUS 명치 Myongchi	Wrist	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90 - 120°	30°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Body Shoulder	Start with blocking arm bent at the elbow. Shoulder points at target - start position is now behind the body. Block with wrist (do not bend the wrist).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50						
15	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50						
16	FRONT KICK 앞 차기 Ap Chagi	▲PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot Apchuk	0	Foot 0-45°	Fast	At kick	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential.											
+	BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50						
17	FRONT KICK 앞 차기 Ap Chagi	▲PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot Apchuk	0	Foot 0-45°	Fast	At kick	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential.											
+	BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50						
18	FRONT KICK 앞 차기 Ap Chagi	▲PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot Apchuk	0	Foot 0-45°	Fast	At kick	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential.											
+	BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	SHOUT	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50						
Finish	READY 기본 준비자세 Kibon Junbi Jase	▼ WAIST 허리 Heori	Arms off lock extended	CENTRE 중심 Jungsim	Between fists	FIST Jumeok	Off lock	0°	5 secs	↑ (fwd)	Knifehands at lower ab	1 fist from body	Low Plexus Low	LEFT foot returns (step back). Must finish at starting spot. Refer above for method.	PARALLEL 나란히 서기 Naranhi Seogi	1	1	0°	50/50						

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TAEGEUK 3



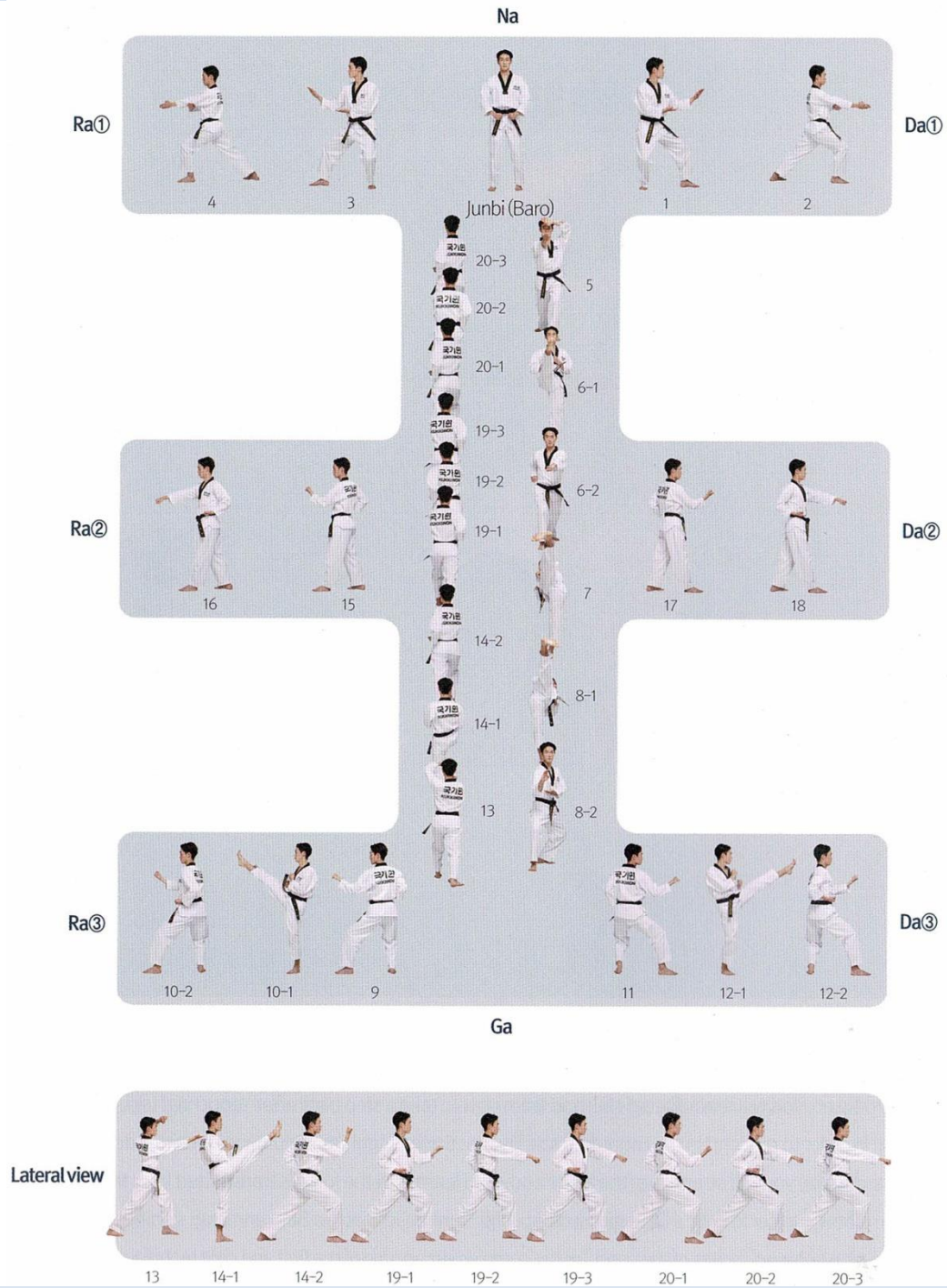
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TAEGEUK 3		FINISH POSITION																		
POOM	TECHNIQUE	FINISH HEIGHT	REF	FINISH LINE	REF	SHAPE	ARM	BODY	BREATH	EYES	TECH START	TECH ARM	FLOW	NOTES	STANCE	LENGTH	WIDTH	BACK FOOT	WEIGHT %	
Start	READY 기본 준비자세 Kibon Junbi Jase	▼ WAIST 허리 Heori	Arms off lock extended	CENTRE 중심 Jungsims	Between fists	FIST Jumeok	Off lock	0°	5 secs	↑ (fwd)	Knifehands at lower ab	1 fist from body	Low Plexus Low	From dan jun (low), slowly make fists at myongchi (plexus) (about 3 sec). Slowly twist fists back to dan jun (about 2 sec). Always keep 1 fist away from body.	PARALLEL 나란히 서기 Naranhi Seogi		1	1	0°	50/50
1	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50	
2	FRONT KICK 앞 차기 Ap Chagi	▲PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsims	Ball of foot	BALL of foot Apchuk	0	Foot 0-45°	Fast	At kick	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
+	BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsims	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).						
+	OPP BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsims	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).						
3	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50	
4	FRONT KICK 앞 차기 Ap Chagi	▲PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsims	Ball of foot	BALL of foot Apchuk	0	Foot 0-45°	Fast	At kick	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & knee up on recoil. Kick forward (not up). Extend the leg (hold the shape). Footshape is essential.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
+	BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsims	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).						
+	OPP BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsims	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).						
5	OP INNER KNIFE STRIKE 손날 앞차기 Sonnal Anchigi	NECK 목 Mog	Knife blade heel	CENTRE 중심 Jungsims	Middle finger	KNIFE Sonnal	Off lock	30°	Fast	↑	Wrist @ shoulder	Inside shoulder line	Direct	Striking arm slightly bent (like punching). Point the shoulder at the target. Strike harder with strong twist of wrist. Keep elbow down & inside body line.	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50	
6	OP INNER KNIFE STRIKE 손날 앞차기 Sonnal Anchigi	NECK 목 Mog	Knife blade heel	CENTRE 중심 Jungsims	Middle finger	KNIFE Sonnal	Off lock	30°	Fast	↑	Wrist @ shoulder	Inside shoulder line	Direct	Striking arm slightly bent (like punching). Point the shoulder at the target. Strike harder with strong twist of wrist. Keep elbow down & inside body line.	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50	
7	OUTER KNIFE BLOCK 손날 바깥막기 Sonnal Bakkat Magki	PLEXUS 명치 Myongchi	Knife blade heel	SHOULDER 어깨 Oegae	Knife blade heel	KNIFE Sonnal	90 - 120°	30°	Fast	↑	Knife heel @ shoulder	Outside shoulder line	Body Shoulder	Blocking arm bent at the elbow with shoulder at target. As the body moves, the knifehand will move out & the block now approaching the target diagonally down.	BACK 뒷 굽이 Dwl Gubi	3	0	90°	30/70	
8	OPP BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsims	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	** Must keep head same height: therefore the stance must move forward only (not to side). Move the front foot only 0.5 - 1 foot forward and pivot the back foot.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
9	OUTER KNIFE BLOCK 손날 바깥막기 Sonnal Bakkat Magki	PLEXUS 명치 Myongchi	Knife blade heel	SHOULDER 어깨 Oegae	Knife blade heel	KNIFE Sonnal	90 - 120°	30°	Fast	↑	Knife heel @ shoulder	Outside shoulder line	Body Shoulder	Blocking arm bent at the elbow with shoulder at target. As the body moves, the knifehand will move out & the block now approaching the target diagonally down.	BACK 뒷 굽이 Dwl Gubi	3	0	90°	30/70	
10	OPP BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsims	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	** Must keep head same height: therefore the stance must move forward only (not to side). Move the front foot only 0.5 - 1 foot forward and pivot the back foot.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
11	OPP INNER BLOCK 안막기 An Makgi	PLEXUS 명치 Myongchi	Wrist	CENTRE 중심 Jungsims	Middle knuckle	FIST Jumeok	90 - 120°	30°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Body Shoulder	Start with blocking arm bent at the elbow. Shoulder points at target - start position is now behind the body. Block with wrist (do not bend the wrist).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50	
12	OPP INNER BLOCK 안막기 An Makgi	PLEXUS 명치 Myongchi	Wrist	CENTRE 중심 Jungsims	Middle knuckle	FIST Jumeok	90 - 120°	30°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Body Shoulder	Start with blocking arm bent at the elbow. Shoulder points at target - start position is now behind the body. Block with wrist (do not bend the wrist).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50	
13	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50	
14	FRONT KICK 앞 차기 Ap Chagi	▲PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsims	Ball of foot	BALL of foot Apchuk	0	Foot 0-45°	Fast	At kick	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
+	BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsims	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).						
+	OPP BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsims	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).						
15	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50	
16	FRONT KICK 앞 차기 Ap Chagi	▲PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsims	Ball of foot	BALL of foot Apchuk	0	Foot 0-45°	Fast	At kick	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
+	BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsims	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).						
+	OPP BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsims	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).						
17	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50	
+	OPP BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsims	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).						
18	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50	
+	OPP BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsims	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).						
19	FRONT KICK 앞 차기 Ap Chagi	▲PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsims	Ball of foot	BALL of foot Apchuk	0	Foot 0-45°	Fast	At kick	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential.	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50	
+	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50	
+	OPP BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsims	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).						
20	FRONT KICK 앞 차기 Ap Chagi	▲PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsims	Ball of foot	BALL of foot Apchuk	0	Foot 0-45°	Fast	At kick	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential.	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50	
+	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	SHORT 앞 서기 Ap Seogi	3	0	30°	50/50	
+	OPP BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsims	Middle knuckle	FIST Jumeok	Off lock	30°	SHOUT	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).						
Finish	READY 기본 준비자세 Kibon Junbi Jase	▼ WAIST 허리 Heori	Arms off lock extended	CENTRE 중심 Jungsims	Between fists	FIST Jumeok	Off lock	0°	5 secs	↑ (fwd)	Knifehands at lower ab	1 fist from body	Low Plexus Low	LEFT foot returns (step back). Must finish at starting spot. Refer above for method.	PARALLEL 나란히 서기 Naranhi Seogi		1	1	0°	50/50

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기본준비
Gibonjunbi



손날 거들어 바깥막기
[Sonnal Geodeureo Bakkanmakgi]



편손끝 거들어 세워찌르기
[Pyonsonkkeut Geodeureo Sewojjireugi]



제비품 손날 안치기
[Jebipum Sonnal Anchigi]



옆차기
[Yeopchagi]



몸통바깥막기
[Momtong Bakkanmakgi]

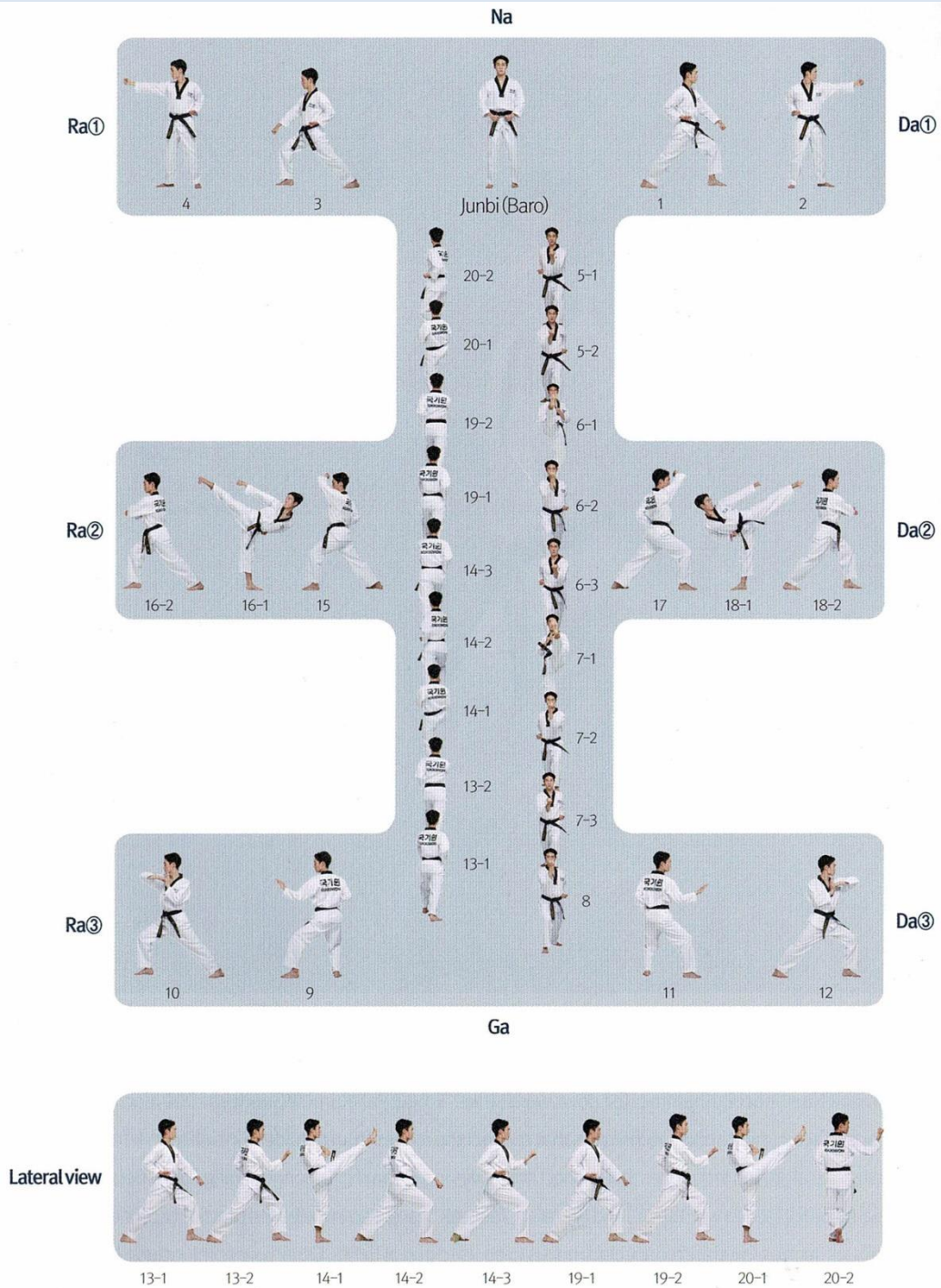


등주먹 앞치기
[Deungjumeok Apchigi]



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기본준비
Gibonjunbi



서기 - 옆서기
[Seogi - Yeopseogi]



뒤 꼬아서기
Dwikkoaseogi



메주먹 내려치기
[Mejumeok Naeryeochigi]



팔꿈치 거들어 돌려치기
[Palkkumchi Geodeureo Dollyeochigi]



메주먹 옆치며 옆차기
[Mejumeok Yeopchigi and Yeopchagi]



팔꿈치 표적치기
[Palkkumchi Pyojeokchigi]



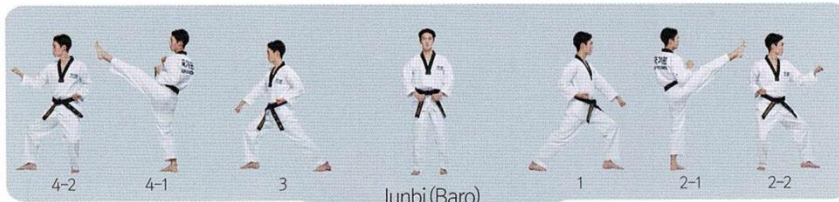
TAEGEUK 5		FINISH POSITION														STANCE	LENGTH	WIDTH	BACK FOOT	WEIGHT %
POOM	TECHNIQUE	FINISH HEIGHT	REF	FINISH LINE	REF	SHAPE	ARM	BODY	BREATH	EYES	TECH START	TECH ARM	FLOW	NOTES						
Start	READY 기본 준비자세 Kibon Junbi Jase	▼ WAIST 허리 Heori	Arms off lock extended	CENTRE 중심 Jungsim	Between fists	FIST Jumeok	Off lock	0°	5 secs	↑ (fwd)	Knifehands at lower ab	1 fist from body	Low Plexus Low	From dan jun (low), slowly make fists at myongchi (plexus) (about 3 sec). Slowly twist fists back to dan jun (about 2 sec). Always keep 1 fist away from body.	PARALLEL 나란히 서기 Naranhi Seogi	1	1	0°	50/50	
1	LOW BLOCK 아래 막기 Arae Makgi	SHOULDER 어깨 Oegae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
2	BOTTOMFIST STRIKE 배주먹 내려치기 Mejumeok Naeryeo-chigi	SHOULDER 어깨 Oegae	Bottom of fist	CENTRE 중심 Jungsim	Bottom of fist	FIST Jumeok	Off lock	Side on	Fast	↑	Fist above shoulder	Inside shoulder line	Body Face Shoulder	Use the energy coming from the lower stance to create power. The strike is straight down from well above the head. Application includes wrist release from a grab.	LEFT 왼 서기 Wen Seogi	2	0	90°	50/50	
3	LOW BLOCK 아래 막기 Arae Makgi	SHOULDER 어깨 Oegae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
4	BOTTOMFIST STRIKE 배주먹 내려치기 Mejumeok Naeryeo-chigi	SHOULDER 어깨 Oegae	Bottom of fist	CENTRE 중심 Jungsim	Bottom of fist	FIST Jumeok	Off lock	Side on	Fast	↑	Fist above shoulder	Inside shoulder line	Body Face Shoulder	Use the energy coming from the lower stance to create power. The strike is straight down from well above the head. Application includes wrist release from a grab.	RIGHT 오른 서기 Oreun Seogi	2	0	90°	50/50	
5	INNER BLOCK 안 막기 An Makgi	PLEXUS 명치 Myongchi	Wrist	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90 - 120°	30°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Body Shoulder	Start with blocking arm bent at the elbow. Shoulder points at target - start position is now behind the body. Block with wrist (do not bend the wrist).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
+	OPP INNER BLOCK 안막기 An Makgi	PLEXUS 명치 Myongchi	Wrist	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90 - 120°	30°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Body Shoulder	Start with blocking arm bent at the elbow. Shoulder points at target - start position is now behind the body. Block with wrist (do not bend the wrist).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
6	FRONT KICK 앞 차기 Ap Chagi	▲PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot Apchuk	0 - 45°	Fast	At kick	↑	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
+	BACKFIST STRIKE 등주먹 앞 차기 Deung Jumeok Apchigi	PHILTRUM 인중 Injung	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90 - 120°	30°	Fast	↑	Fist above shoulder	Inside shoulder line	Body Philtrum	Point the shoulder & elbow at target. The strike travels past the armpit, but must start from beside your face (palm faces out) - direct to target.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
+	OPP INNER BLOCK 안막기 An Makgi	PLEXUS 명치 Myongchi	Wrist	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90 - 120°	30°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Body Shoulder	Start with blocking arm bent at the elbow. Shoulder points at target - start position is now behind the body. Block with wrist (do not bend the wrist).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
7	FRONT KICK 앞 차기 Ap Chagi	▲PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot Apchuk	0 - 45°	Fast	At kick	↑	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
+	BACKFIST STRIKE 등주먹 앞 차기 Deung Jumeok Apchigi	PHILTRUM 인중 Injung	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90 - 120°	30°	Fast	↑	Fist above shoulder	Inside shoulder line	Body Philtrum	Point the shoulder & elbow at target. The strike travels past the armpit, but must start from beside your face (palm faces out) - direct to target.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
+	OPP INNER BLOCK 안막기 An Makgi	PLEXUS 명치 Myongchi	Wrist	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90 - 120°	30°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Body Shoulder	Start with blocking arm bent at the elbow. Shoulder points at target - start position is now behind the body. Block with wrist (do not bend the wrist).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
8	BACKFIST STRIKE 등주먹 앞 차기 Deung Jumeok Apchigi	PHILTRUM 인중 Injung	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90 - 120°	30°	Fast	↑	Fist above shoulder	Inside shoulder line	Body Philtrum	Point the shoulder & elbow at target. The strike travels past the armpit, but must start from beside your face (palm faces out) - direct to target.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
9	OUTER KNIFE BLOCK 손날 바깥막기 Sonnal Bakkat Magki	PLEXUS 명치 Myongchi	Knife blade heel	SHOULDER 어깨 Oegae	Knife blade heel	KNIFE Sonnal	90 - 120°	30°	Fast	↑	Knife heel @ shoulder	Outside shoulder line	Body Shoulder	Blocking arm bent at the elbow with shoulder at target. As the body moves, the knifehand will move out & the block now approaching the target diagonally down.	BACK 뒷 굽이 Dwi Gubi	3	0	90°	30/70	
10	ASSIST ELBOW STRIKE 팔꿈치 가격치기 Palkkeumchi Geodeureo	CHIN 턱 Teok	Elbow joint	CENTRE 중심 Jungsim	Elbow joint	ELBOW Palkeum	0° - 45°	45°	Fast	↑	Bottomfist on hip*	Inside shoulder line	Body Chest Chin	Block stays in place. Raise fist up to chest height first* & strike rotates roundhouse. First travels to the assist palm (fingertips straight) finishing near shoulder.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
11	OUTER KNIFE BLOCK 손날 바깥막기 Sonnal Bakkat Magki	PLEXUS 명치 Myongchi	Knife blade heel	SHOULDER 어깨 Oegae	Knife blade heel	KNIFE Sonnal	90 - 120°	30°	Fast	↑	Knife heel @ shoulder	Outside shoulder line	Body Shoulder	Blocking arm bent at the elbow with shoulder at target. As the body moves, the knifehand will move out & the block now approaching the target diagonally down.	BACK 뒷 굽이 Dwi Gubi	3	0	90°	30/70	
12	ASSIST ELBOW STRIKE 팔꿈치 가격치기 Palkkeumchi Geodeureo	CHIN 턱 Teok	Elbow joint	CENTRE 중심 Jungsim	Elbow joint	ELBOW Palkeum	0° - 45°	45°	Fast	↑	Bottomfist on hip*	Inside shoulder line	Body Hip Chest Chin	Block stays in place. Raise fist up to chest height first* & strike rotates roundhouse. First travels to the assist palm (fingertips straight) finishing near shoulder.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
13	LOW BLOCK 아래 막기 Arae Makgi	SHOULDER 어깨 Oegae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
+	OPP INNER BLOCK 안막기 An Makgi	PLEXUS 명치 Myongchi	Wrist	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90 - 120°	30°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Body Shoulder	Start with blocking arm bent at the elbow. Shoulder points at target - start position is now behind the body. Block with wrist (do not bend the wrist).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
14	FRONT KICK 앞 차기 Ap Chagi	▲PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot Apchuk	0 - 45°	Fast	At kick	↑	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
+	LOW BLOCK 아래 막기 Arae Makgi	SHOULDER 어깨 Oegae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
+	OPP INNER BLOCK 안막기 An Makgi	PLEXUS 명치 Myongchi	Wrist	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90 - 120°	30°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Body Shoulder	Start with blocking arm bent at the elbow. Shoulder points at target - start position is now behind the body. Block with wrist (do not bend the wrist).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
15	FACE BLOCK 얼굴 막기 Eogul Makgi	HEAD 머리 Meori	1 fist above forehead	CENTRE 중심 Jungsim	Wrist	FIST Jumeok	90 - 120°	30°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Elbow Head	Blocking arm must be bent at the elbow. Point the shoulder at the target. Block by twisting the wrist fast. Do not use arm strength. Keep elbow down.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
16	SIDE KICK 옆 차기 Yeop Chagi	PHILTRUM 인중 Injung	Heel of foot	CENTRE 중심 Jungsim	Heel of foot	HEEL of foot Dwikum	0 - 180°	Fast	At kick	↑	Min: foot next to opp knee	Guard below shoulder	-	* Add bottomfist strike to assist. Start like low block. Time the strike with the impact of the kick. Arm is parallel to leg. Heel on floor faces target. TBC below...	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
+	OPP ELBOW TARGET STRIKE 팔꿈치 표적차기 Palkkeumchi Pyojokchigi	PLEXUS 명치 Myongchi	Elbow joint	CENTRE 중심 Jungsim	Elbow joint	ELBOW Palkeum	90° - 45°	Fast	↑	↑	Bottomfist on hip	Inside shoulder line	Hip Body	Target is the palm of knifehand (fingers protrude). Fist is palm down. The strike travels forward. A thinner stance allows twisting.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
17	FACE BLOCK 얼굴 막기 Eogul Makgi	HEAD 머리 Meori	1 fist above forehead	CENTRE 중심 Jungsim	Wrist	FIST Jumeok	90 - 120°	30°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Elbow Head	Blocking arm must be bent at the elbow. Point the shoulder at the target. Block by twisting the wrist fast. Do not use arm strength. Keep elbow down.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
18	SIDE KICK 옆 차기 Yeop Chagi	PHILTRUM 인중 Injung	Heel of foot	CENTRE 중심 Jungsim	Heel of foot	HEEL of foot Dwikum	0 - 180°	Fast	At kick	↑	Min: foot next to opp knee	Guard below shoulder	-	* cont... Line up the nose, the middle knuckle & the kicking heel. Do not recoil bottomfist (target strike next move). Requires a lot of practice.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
+	OPP ELBOW TARGET STRIKE 팔꿈치 표적차기 Palkkeumchi Pyojokchigi	PLEXUS 명치 Myongchi	Elbow joint	CENTRE 중심 Jungsim	Elbow joint	ELBOW Palkeum	90° - 45°	Fast	↑	↑	Bottomfist on hip	Inside shoulder line	Hip Body	Target is the palm of knifehand (fingers protrude). Fist is palm down. The strike travels forward. A thinner stance allows twisting.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
19	LOW BLOCK 아래 막기 Arae Makgi	SHOULDER 어깨 Oegae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
+	OPP INNER BLOCK 안막기 An Makgi	PLEXUS 명치 Myongchi	Wrist	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90 - 120°	30°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Body Shoulder	Start with blocking arm bent at the elbow. Shoulder points at target - start position is now behind the body. Block with wrist (do not bend the wrist).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
20	FRONT KICK 앞 차기 Ap Chagi	▲PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot Apchuk	0 - 45°	Fast	At kick	↑	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential.	BACK CROSS 뒤 교차서기 Dwi Goseogi	0.5	1	FT 45°	100/70	
+	BACKFIST STRIKE 등주먹 앞 차기 Deung Jumeok Apchigi	PHILTRUM 인중 Injung	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90 - 120°	30°	SHOUT	↑	Fist above shoulder	Inside shoulder line	Body Philtrum	To backfist, do not jump (long step & stay low). Time strike with first landing. Make a diamond shape at the knees in the stance. Use the stance to quickly stop.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
Finish	READY 기본 준비자세 Kibon Junbi Jase	▼ WAIST 허리 Heori	Arms off lock extended	CENTRE 중심 Jungsim	Between fists	FIST Jumeok	Off lock	0°	5 secs	↑ (fwd)	Knifehands at lower ab	1 fist from body	Low Plexus Low	LEFT foot returns (step back). Must finish at starting spot. Refer above for method.	PARALLEL 나란히 서기 Naranhi Seogi	1	1	0°	50/50	

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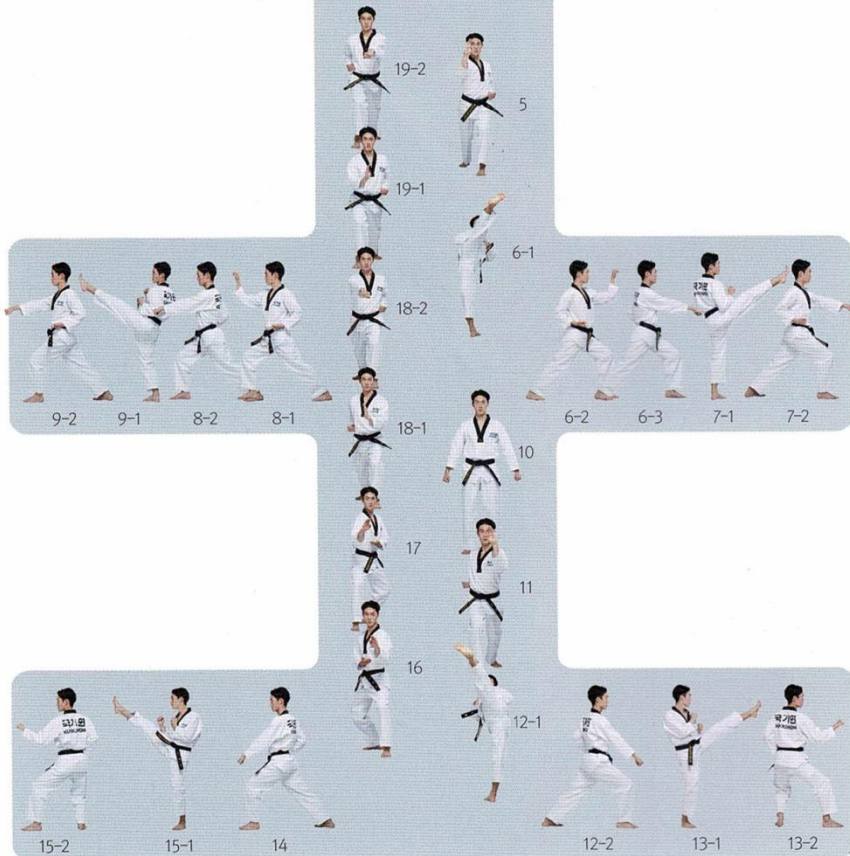
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Junbi (Baro)

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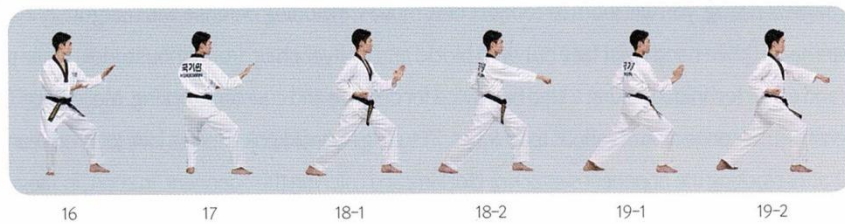
Da②

Ra③

Da③

Ga

Lateral View


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기본준비
Gibonjunbi



얼굴 손날 비틀어 바깥막기

[Olgul Sonnal Biteureo Bakkanmakgi]



얼굴 돌려차기

[Olgul Dollyeochagi]



얼굴 바깥막기

[Olgul Bakkanmakgi]



아래 헤쳐막기

[Arae Hechyeomakgi]



바탕손 안막기

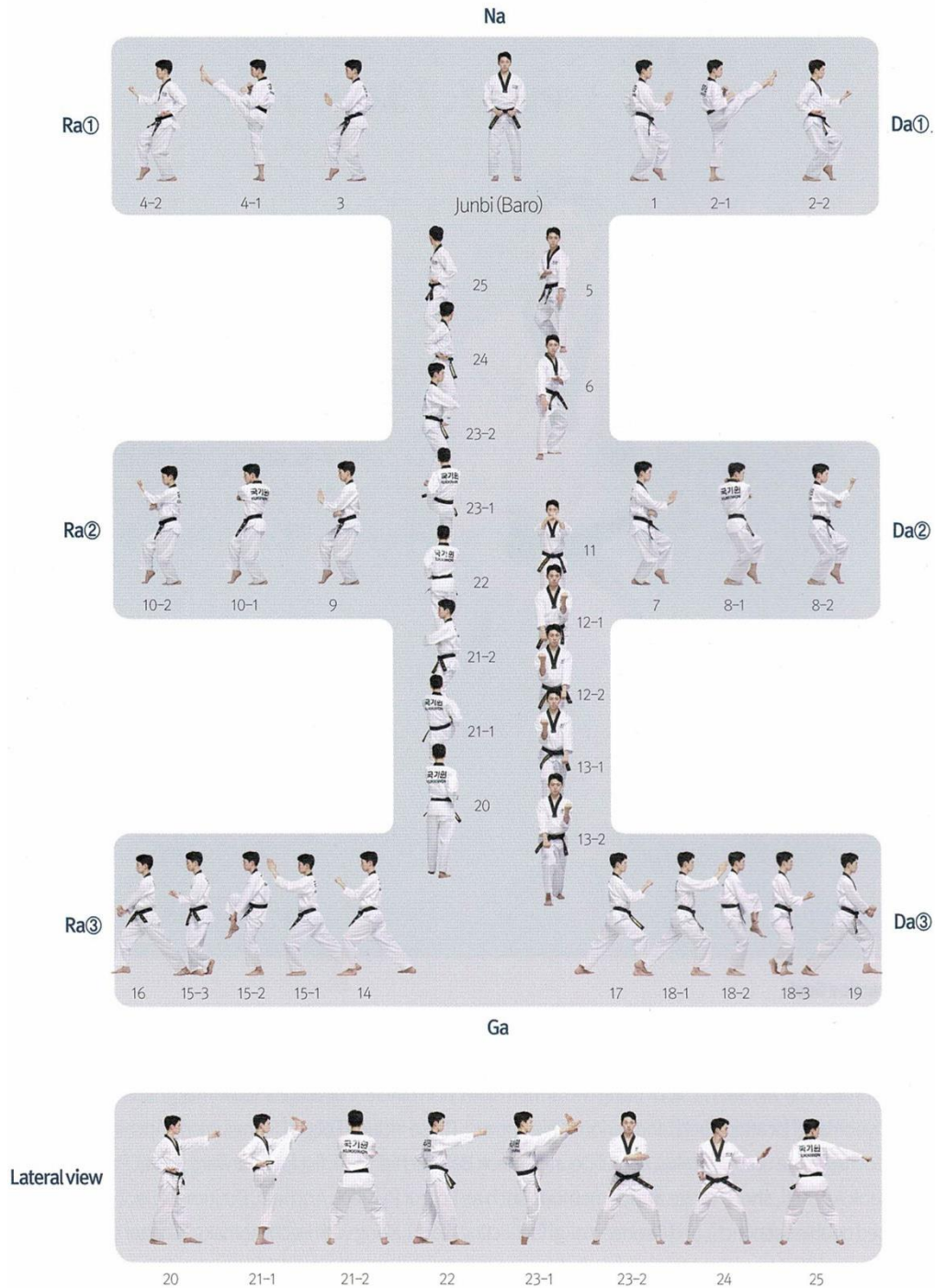
[Batangson Anmakgi]



TAEGEUK 6		FINISH POSITION														NOTES	STANCE	LENGTH	BACK FOOT WIDTH	WEIGHT %
POOM	TECHNIQUE	FINISH HEIGHT	REF	FINISH LINE	REF	SHAPE	ARM	BODY	BREATH	EYES	TECH START	TECH ARM	FLOW							
Start	READY 기본 준비자세 Kibon Junbi Jase	▼ WAIST 허리 Heori	Arms off lock extended	CENTRE 중심 Jungsim	Between fists	FIST Jumeok	Off lock	0°	5 secs	↑ (fwd)	Knifehands at lower ab	1 fist from body	Low Plexus Low	From dan jun (low), slowly make fists at myongchi (plexus) (about 3 sec). Slowly twist fists back to dan jun (about 2 sec). Always keep 1 fist away from body.	PARALLEL 나란히 서기 Naranhi Seogi	1	1	0°	50/50	
1	LOW BLOCK 아래 막기 Arae Makgi	▲PHILTRUM 인중 Injung	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
2	FRONT KICK 앞 차기 Ap Chagi	PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot Apchuk	0	Foot 0-45°	Fast	At kick	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential. Blocking arm bent at the elbow with shoulder at target.	BACK 뒷 굽이 Dwi Gubi	3	0	90°	30/70	
+	OUTER BLOCK 바깥 막기 Bakkat Magki	PLEXUS 명치 Myongchi	Wrist	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	90 - 120°	45°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Body Shoulder	As the body moves, the fist will move out & the block now approaching the target diagonally down. Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
3	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
4	FRONT KICK 앞 차기 Ap Chagi	▲PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot Apchuk	0	Foot 0-45°	Fast	At kick	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential. Blocking arm bent at the elbow with shoulder at target.	BACK 뒷 굽이 Dwi Gubi	3	0	90°	30/70	
+	OUTER BLOCK 바깥 막기 Bakkat Magki	PLEXUS 명치 Myongchi	Wrist	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	90 - 120°	45°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Body Shoulder	As the body moves, the fist will move out & the block now approaching the target diagonally down. Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
5	TWIST OUTER BLOCK 손날 비틀어 바깥막기 Biteureo Bakkat Magki	PHILTRUM 인중 Injung	Knife blade heel	SHOULDER 어깨 Oegae	Knife blade heel	KNIFE Sonnal	90 - 120°	45°	Fast	↑	Knife heel @ shoulder	Outside shoulder line	Body Shoulder	Opposite block. Must pass by the face. Keep elbow down and bent. Twist body powerfully at end. Thinner stance aides twist and allows kicking for next move. Instep or ball of foot. Kick in a straight line (finish on centre line). Take a step forward first before turning to block & don't veer off line. Maintain head height.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
6	ROUND KICK 돌려 차기 Dollyeo Chagi	PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot Apchuk	0	180°	Fast	At kick	Min: foot next to opp knee	Guard below shoulder	-	Blocking arm bent at the elbow with shoulder at target. Block must travel past your face first.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
+	FACE OUTER BLOCK 얼굴 바깥 막기 Bakkat Magki	PHILTRUM 인중 Injung	Wrist	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	90 - 120°	30°	Fast	↑	Fist above shoulder	Outside shoulder line	Body Philtrum	Blocking arm bent at the elbow with shoulder at target. Block must travel past your face first.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
+	OPP BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
7	FRONT KICK 앞 차기 Ap Chagi	▲PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot Apchuk	0	Foot 0-45°	Fast	At kick	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential. Blocking arm bent at the elbow with shoulder at target.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
+	OPP BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
8	FACE OUTER BLOCK 얼굴 바깥 막기 Bakkat Magki	PHILTRUM 인중 Injung	Wrist	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	90 - 120°	30°	Fast	↑	Fist above shoulder	Outside shoulder line	Body Philtrum	Blocking arm bent at the elbow with shoulder at target. Block must travel past your face first.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
+	OPP BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
9	FRONT KICK 앞 차기 Ap Chagi	▲PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot Apchuk	0	Foot 0-45°	Fast	At kick	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential. Blocking arm bent at the elbow with shoulder at target.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
+	OPP BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
10	LOW WEDGE BLOCK 아래 해먹막기 Arae Hechyeomakgi	LOW 아래 Arae	Arms off lock extended	SIDE	2 fists away from leg	FIST Jumeok	Off lock	0°	5 secs	↑	Bottomfists on shoulders	Cross	Shoulder Low ab Legs	Cross to start (below shoulder) & continue to cross to lower abdomen & then separate fists. Rule: arm in front is same side foot is moving (ie left in front). Opposite block. Must pass by the face. Keep elbow down and bent. Twist body powerfully at end. Thinner stance aides twist and allows kicking for next move. Instep or ball of foot. Kick in a straight line (finish on centre line). Take a step forward first before turning to block & don't veer off line. Maintain head height.	PARALLEL 나란히 서기 Naranhi Seogi	1	1	0°	50/50	
11	TWIST OUTER BLOCK 손날 비틀어 바깥막기 Biteureo Bakkat Magki	PHILTRUM 인중 Injung	Knife blade heel	SHOULDER 어깨 Oegae	Knife blade heel	KNIFE Sonnal	90 - 120°	45°	Fast	↑	Knife heel @ shoulder	Outside shoulder line	Body Face	Opposite block. Must pass by the face. Keep elbow down and bent. Twist body powerfully at end. Thinner stance aides twist and allows kicking for next move. Instep or ball of foot. Kick in a straight line (finish on centre line). Take a step forward first before turning to block & don't veer off line. Maintain head height.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
12	ROUND KICK 돌려 차기 Dollyeo Chagi	PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot Apchuk	0	180°	SHOUT	At kick	Min: foot next to opp knee	Guard below shoulder	-	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
+	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
13	FRONT KICK 앞 차기 Ap Chagi	▲PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot Apchuk	0	Foot 0-45°	Fast	At kick	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential. Blocking arm bent at the elbow with shoulder at target.	BACK 뒷 굽이 Dwi Gubi	3	0	90°	30/70	
+	OUTER BLOCK 바깥 막기 Bakkat Magki	PLEXUS 명치 Myongchi	Wrist	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	90 - 120°	45°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Body Shoulder	As the body moves, the fist will move out & the block now approaching the target diagonally down. Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
14	LOW BLOCK 아래 막기 Arae Makgi	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on shoulder	On top of other arm	Shoulder Leg	Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
15	FRONT KICK 앞 차기 Ap Chagi	▲PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot Apchuk	0	Foot 0-45°	Fast	At kick	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential. Blocking arm bent at the elbow with shoulder at target.	BACK 뒷 굽이 Dwi Gubi	3	0	90°	30/70	
+	OUTER BLOCK 바깥 막기 Bakkat Magki	PLEXUS 명치 Myongchi	Wrist	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	90 - 120°	45°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Body Shoulder	As the body moves, the fist will move out & the block now approaching the target diagonally down. Bottomfist not higher than the shoulder line (don't touch the shoulder). Point shoulder at target (to use the body first).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
16	ASSIST KNIFE BLOCK 손날 거울이 바깥막기 Sonnal Geodeureo Magki	PLEXUS 명치 Myongchi	Knife blade heel	SHOULDER 어깨 Oegae	Knife blade heel	KNIFE Sonnal	90 - 120°	45°	Fast	↑	Knife heel @ shoulder	Outside shoulder line	Body Shoulder	At impact, assist arm is parallel with shoulders, WRIST (1 fist from body). OUTER block with assisting guard.	BACK 뒷 굽이 Dwi Gubi	3	0	90°	30/70	
17	ASSIST KNIFE BLOCK 손날 거울이 바깥막기 Sonnal Geodeureo Magki	PLEXUS 명치 Myongchi	Knife blade heel	SHOULDER 어깨 Oegae	Knife blade heel	KNIFE Sonnal	90 - 120°	45°	Fast	↑	Knife heel @ shoulder	Outside shoulder line	Body Shoulder	At impact, assist arm is parallel with shoulders, WRIST (1 fist from body). OUTER block with assisting guard.	BACK 뒷 굽이 Dwi Gubi	3	0	90°	30/70	
18	PALM INNER BLOCK 바탕손 안막기 Batangson Anmakgi	PLEXUS 명치 Myongchi	Knife blade palm heel	CENTRE 중심 Jungsim	Palm heel	PALM HEEL Batangso	90 - 120°	30°	Fast	↑	Palm heel @ shoulder	Outside shoulder line	Body Shoulder	Same performance as Inner Block. But block with heel of palm. Lock the wrist so fingers point upwards & wrist totally bent.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
+	OPP BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
19	PALM INNER BLOCK 바탕손 안막기 Batangson Anmakgi	PLEXUS 명치 Myongchi	Knife blade palm heel	CENTRE 중심 Jungsim	Palm heel	PALM HEEL Batangso	90 - 120°	30°	Fast	↑	Palm heel @ shoulder	Outside shoulder line	Body Shoulder	Same performance as Inner Block. But block with heel of palm. Lock the wrist so fingers point upwards & wrist totally bent.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
+	OPP BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
Finish	READY 기본 준비자세 Kibon Junbi Jase	▼ WAIST 허리 Heori	Arms off lock extended	CENTRE 중심 Jungsim	Between fists	FIST Jumeok	Off lock	0°	5 secs	↑ (fwd)	Knifehands at lower ab	1 fist from body	Low Plexus Low	RIGHT foot returns (step back). Must finish at starting spot. Refer above for method.	PARALLEL 나란히 서기 Naranhi Seogi	1	1	0°	50/50	

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TAEGEUK 7



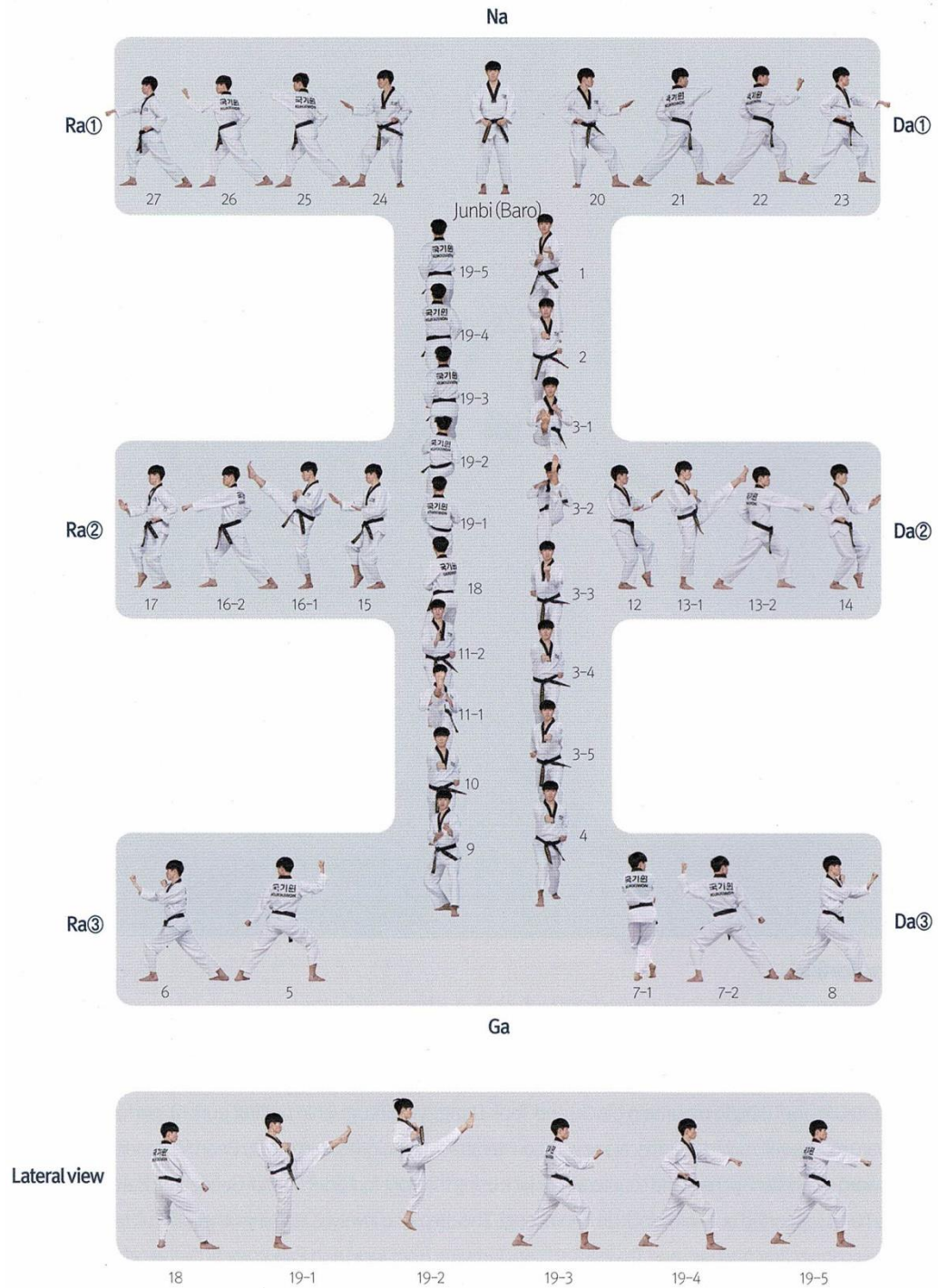
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TAEGEUK 7		FINISH POSITION																	
POOM	TECHNIQUE	FINISH HEIGHT	REF	FINISH LINE	REF	SHAPE	ARM	BODY	BREATH	EYES	TECH START	TECH ARM	FLOW	NOTES	STANCE	LENGTH	BACK FOOT WIDTH	WEIGHT %	
Start	READY 기본 준비자세 Kibon Junbi Jase	▼ WAIST 허리 Heori	Arms off lock extended	CENTRE 중심 Jungsim	Between fists	FIST Jumeok	Off lock	0°	5 secs	↑ (fwd)	Knifehands at lower ab	1 fist from body	Low Plexus Low	From dan jun (low), slowly make fists at myongchi (plexus) (about 3 sec). Slowly twist fists back to dan jun (about 2 sec). Always keep 1 fist away from body.	PARALLEL 나란히 서기 Naranhi Seogi	1	1	0°	50/50
1	OPP PALM INNER BLOCK 바람손 안막기 Batangson Anmakgi	PLEXUS 명치 Myongchi	Knife blade palm heel	CENTRE 중심 Jungsim	Palm heel	PALM HEEL Batangso	90 - 120°	30°	Fast	↑	Palm heel @ shoulder	Outside shoulder line	Shoulder Body	Same performance as Inner Block. But block with heel of palm. Lock the wrist so fingers point upwards & wrist totally bent. No gap at knees. Foot max 30°.	CAT 범 서기 Beom Seogi	2	0	30°	0/100
2	FRONT KICK 앞 차기 Ap Chagi	▲ PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot Apchuk	0	0-45°	Fast	At kick	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & kneed up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential.	CAT 범 서기 Beom Seogi	2	0	30°	0/100
+	INNER BLOCK 안 막기 An Makgi	PLEXUS 명치 Myongchi	Wrist	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90 - 120°	30°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Shoulder Body	Start with blocking arm bent at the elbow. Shoulder points at target - start position is now behind the body. Block with wrist (do not bend the wrist)	CAT 범 서기 Beom Seogi	2	0	30°	0/100
3	OPP PALM INNER BLOCK 바람손 안막기 Batangson Anmakgi	PLEXUS 명치 Myongchi	Knife blade palm heel	CENTRE 중심 Jungsim	Palm heel	PALM HEEL Batangso	90 - 120°	30°	Fast	↑	Palm heel @ shoulder	Outside shoulder line	Shoulder Body	Same performance as Inner Block. But block with heel of palm. Lock the wrist so fingers point upwards & wrist totally bent. No gap at knees. Foot max 30°.	CAT 범 서기 Beom Seogi	2	0	30°	0/100
4	FRONT KICK 앞 차기 Ap Chagi	▲ PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot Apchuk	0	0-45°	Fast	At kick	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & kneed up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential.	CAT 범 서기 Beom Seogi	2	0	30°	0/100
+	INNER BLOCK 안 막기 An Makgi	PLEXUS 명치 Myongchi	Wrist	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90 - 120°	30°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Shoulder Body	Start with blocking arm bent at the elbow. Shoulder points at target - start position is now behind the body. Block with wrist (do not bend the wrist)	CAT 범 서기 Beom Seogi	2	0	30°	0/100
5	LOW ASSIST KNIFE BLOCK 아래 손날 거품이 바깥막기 Arae Sonnal Geodeuro Magki	LOW 아래 Arae	2 fists 1knee	SHOULDER 어깨 Oegae	Knife blade heel	KNIFE Sonnal	Off lock	45°	Fast	↑	Knife heel @ shoulder	Outside shoulder line	Shoulder Leg	At impact, assist arm is parallel with shoulders, WRIST 1 fist from PLEXUS & same height as blocking elbow (1 fist from body). LOW block with assisting guard.	CAT 범 서기 Beom Seogi	3	0	90°	30/70
6	LOW ASSIST KNIFE BLOCK 아래 손날 거품이 바깥막기 Arae Sonnal Geodeuro Magki	LOW 아래 Arae	2 fists 1knee	SHOULDER 어깨 Oegae	Knife blade heel	KNIFE Sonnal	Off lock	45°	Fast	↑	Knife heel @ shoulder	Outside shoulder line	Shoulder Leg	At impact, assist arm is parallel with shoulders, WRIST 1 fist from PLEXUS & same height as blocking elbow (1 fist from body). LOW block with assisting guard.	CAT 범 서기 Beom Seogi	3	0	90°	30/70
7	OPP ASSIST PALM INNER BLOCK 바람손 거품이 안막기 Batangson Geodeuro Anmakgi	PLEXUS 명치 Myongchi	Knife blade palm heel	CENTRE 중심 Jungsim	Palm heel	PALM HEEL Batangso	90 - 120°	0°	Fast	↑	Palm heel @ shoulder	Outside shoulder line	Shoulder Body	OPPOSITE: finish elbow on top of fist (middle knuckle) & is square. Block with heel of palm. Lock the wrist so fingers point upwards & wrist totally bent.	CAT 범 서기 Beom Seogi	2	0	30°	0/100
8	ASSIST BACKFIST STRIKE 등주먹 앞치기 Deung Jumeok Apchigi	PHILTRUM 인중 Injung	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90 - 120°	0°	Fast	↑	Fist above shoulder	Inside shoulder line	Elbow Philtrum	Rotate body/arms in same direction. Elbow is the axis. Bring to the elbow first, then lift to strike from beside your face (palm faces out) - direct to target.	CAT 범 서기 Beom Seogi	2	0	30°	0/100
9	OPP ASSIST PALM INNER BLOCK 바람손 거품이 안막기 Batangson Geodeuro Anmakgi	PLEXUS 명치 Myongchi	Knife blade palm heel	CENTRE 중심 Jungsim	Palm heel	PALM HEEL Batangso	90 - 120°	0°	Fast	↑	Palm heel @ shoulder	Outside shoulder line	Shoulder Body	OPPOSITE: finish elbow on top of fist (middle knuckle) & is square. Block with heel of palm. Lock the wrist so fingers point upwards & wrist totally bent.	CAT 범 서기 Beom Seogi	2	0	30°	0/100
10	ASSIST BACKFIST STRIKE 등주먹 앞치기 Deung Jumeok Apchigi	PHILTRUM 인중 Injung	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90 - 120°	0°	Fast	↑	Fist above shoulder	Inside shoulder line	Elbow Philtrum	Rotate body/arms in same direction. Elbow is the axis. Bring to the elbow first, then lift to strike from beside your face (palm faces out) - direct to target.	CAT 범 서기 Beom Seogi	2	0	30°	0/100
11	CLOSED FIST READY 보주먹 준비 Bojumeok Junbi	PHILTRUM 인중 Injung	Top of fist	CENTRE 중심 Jungsim	Knuckles	FIST Jumeok	90 - 120°	0°	5 secs	↑ (fwd)	At lower ab	starts 1 fist from body	Low to Philtrum	Move LEFT foot. From low (danjun) wrap the fist & continue upwards on the centre line. At elbow height, the fist will be vertical. Keep elbows inside the shoulder	CAT 범 서기 Beom Seogi	1	0	0°	50/50
12	OPP SCISSORS BLOCK 가위 막기 Gawi Makgi	PLEXUS 명치 Myongchi	Wrist 2 fists/knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	90-120° Off lock	0°	Fast	↑	Bottomfist on shoulder in reverse	Cross	Inner block leads	INNER BLOCK: low - fist@shoulder - wrist@plexus. (finish both same distance from body)	CAT 범 서기 Beom Seogi	4.5	1	30°	70/30
+	SCISSORS BLOCK 가위 막기 Gawi Makgi	LOW LOW	2 fists/knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock 90-120°	0°	Fast	↑	Bottomfist on shoulder	Cross	Low block leads	LOW BLOCK: from shoulder direct to low (finish both same distance from body)	CAT 범 서기 Beom Seogi	4.5	1	30°	70/30
13	OPP SCISSORS BLOCK 가위 막기 Gawi Makgi	PLEXUS 명치 Myongchi	Wrist	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	90-120°	0°	Fast	↑	Bottomfist on shoulder in reverse	Cross	Inner block leads	INNER BLOCK: low - fist@shoulder - wrist@plexus. (finish both same distance from body)	CAT 범 서기 Beom Seogi	4.5	1	30°	70/30
+	SCISSORS BLOCK 가위 막기 Gawi Makgi	LOW LOW	2 fists/knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	0°	Fast	↑	Bottomfist on shoulder	Cross	Low block leads	LOW BLOCK: from shoulder direct to low (finish both same distance from body)	CAT 범 서기 Beom Seogi	4.5	1	30°	70/30
14	WEDGE BLOCK 바람 해먹막기 Hechyeomakgi	PLEXUS 명치 Myongchi	Wrists	SHOULDER 어깨 Oegae	Wrists 2 fists apart	FIST Jumeok	90 - 120°	0°	Fast	↑	Bottomfists on shoulders	Cross	Inner block leads	Start crossing (no higher than shoulder) on shoulders (not centre) & finish opposite shoulders. Rule: arm in front is same side foot is moving. Focus on elbows.	CAT 범 서기 Beom Seogi	4.5	1	30°	70/30
15	(GRAB) KNEE STRIKE 무릎 꿇려치기 Mureup Ollyeochigi	ANKLE PLEXUS 명치	Fists Middle knuckles	CENTRE 중심 Jungsim	Fists Middle knuckles	KNEE	Off lock	0°	Fast	↑	Open hand grips their neck	Inside shoulder line	Neck Ankle	Reach & grip the neck (palms face in = elbows in). Pull the attacker down using elbow strength & the arms straighten. Knee (instep shape) and hands act together.	CAT 범 서기 Beom Seogi	0.5	1	FT fist 45°	100/0
+	TWIN UPSET PUNCH 두주먹 쏘려치기 Dujumeok Jeolhyeo Jireugi	ANKLE PLEXUS 명치	Fists Middle knuckles	CENTRE 중심 Jungsim	Fists Middle knuckles	FISTS Jumeok	Off lock	0°	Fast	↑	Inverted fist on hip	Inside shoulder line	Direct	Punch slightly up, just above elbow height. At impact, elbows stay on the body. Twist fists at impact for power.	CAT 범 서기 Beom Seogi	4.5	1	30°	70/30
16	LOW CROSS BLOCK 엇걸이 아래 막기 Eotgeoreo Araemakgi	ANKLE PLEXUS 명치	Fists Middle knuckles	CENTRE 중심 Jungsim	Fists Middle knuckles	FISTS Jumeok	Off lock	0°	Fast	↑	Bottomfist on hip assist in position	Outside shoulder line	Body Low	Rotate body/arms in same direction. The assist arm is on top & adds strength. Back knuckles face each other. Do not straighten the arms & maintain connection.	CAT 범 서기 Beom Seogi	4.5	1	30°	70/30
17	WEDGE BLOCK 바람 해먹막기 Hechyeomakgi	PLEXUS 명치 Myongchi	Wrists	SHOULDER 어깨 Oegae	Wrists 2 fists apart	FIST Jumeok	90 - 120°	0°	Fast	↑	Bottomfists on shoulders	Cross	Inner block leads	Start crossing (no higher than shoulder) on shoulders (not centre) & finish opposite shoulders. Rule: arm in front is same side foot is moving. Focus on elbows.	CAT 범 서기 Beom Seogi	4.5	1	30°	70/30
18	(GRAB) KNEE STRIKE 무릎 꿇려치기 Mureup Ollyeochigi	ANKLE PLEXUS 명치	Fists Middle knuckles	CENTRE 중심 Jungsim	Fists Middle knuckles	KNEE	Off lock	0°	Fast	↑	Open hand grips their neck	Inside shoulder line	Neck Ankle	Reach & grip the neck (palms face in = elbows in). Pull the attacker down using elbow strength & the arms straighten. Knee (instep shape) and hands act together.	CAT 범 서기 Beom Seogi	0.5	1	FT fist 45°	100/0
+	TWIN UPSET PUNCH 두주먹 쏘려치기 Dujumeok Jeolhyeo Jireugi	ANKLE PLEXUS 명치	Fists Middle knuckles	CENTRE 중심 Jungsim	Fists Middle knuckles	FISTS Jumeok	Off lock	0°	Fast	↑	Inverted fist on hip	Inside shoulder line	Direct	Punch slightly up, just above elbow height. At impact, elbows stay on the body. Twist fists at impact for power.	CAT 범 서기 Beom Seogi	4.5	1	30°	70/30
19	LOW CROSS BLOCK 엇걸이 아래 막기 Eotgeoreo Araemakgi	ANKLE PLEXUS 명치	Fists Middle knuckles	CENTRE 중심 Jungsim	Fists Middle knuckles	FISTS Jumeok	Off lock	0°	Fast	↑	Bottomfist on hip assist in position	Outside shoulder line	Body Low	Rotate body/arms in same direction. The assist arm is on top & adds strength. Back knuckles face each other. Do not straighten the arms & maintain connection.	CAT 범 서기 Beom Seogi	4.5	1	30°	70/30
20	BACKFIST OUTER STRIKE 등주먹 바깥치기 Deungjumeok Baktschigi	CHIN 턱 Toek	Middle knuckle	SHOULDER 어깨 Oegae	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Fist no higher than chin	Inside shoulder line	Body Chin Chin	Point shoulder & elbow at target. The strike starts just above shoulder height & is no higher than chin. Finish on chin on shoulder line. Back knuckle is side on.	CAT 범 서기 Beom Seogi	3	0	30°	50/50
21	TARGET KICK 표적차기 Pyojeok Chagi	PHILTRUM 인중 Injung	Knife blade heel	CENTRE 중심 Jungsim	Knife blade heel	KNIFE Sonnal	Off lock	0°	Fast	At kick	Knife blade at philtrum	Don't move hand	-	AN CHAGI (inner kick) is used to kick the target - with the blade of the foot (not the sole). Don't drop the target knifehand. Try to straighten the leg.	CAT 범 서기 Beom Seogi	1	2.5	0°	50/50
+	ELBOW TARGET STRIKE 팔꿈치 표적차기 Palkeumchi Pyojeokchigi	PLEXUS 명치 Myongchi	Elbow joint	SHOULDER 어깨 Oegae	Elbow joint	ELBOW Palkeum	90°	0°	Fast	past target	Bottomfist on hip	Inside shoulder line	Hip Body	Strike elbow joint on palm of knifehand (fingers protrude). Fist is palm down & tucked under (not inside) the elbow. Look at virtual target (not forward)	CAT 범 서기 Beom Seogi	1	2.5	0°	50/50
22	BACKFIST OUTER STRIKE 등주먹 바깥치기 Deungjumeok Baktschigi	CHIN 턱 Toek	Middle knuckle	SHOULDER 어깨 Oegae	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Fist no higher than chin	Inside shoulder line	Body Chin Chin	* Move the front foot forward slightly. Perform same as above at Poom 20.	CAT 범 서기 Beom Seogi	4.5	1	30°	70/30
23	TARGET KICK 표적차기 Pyojeok Chagi	PHILTRUM 인중 Injung	Knife blade heel	CENTRE 중심 Jungsim	Knife blade heel	KNIFE Sonnal	Off lock	0°	Fast	At kick	Knife blade at philtrum	Don't move hand	-	AN CHAGI (Inner kick) is used to kick the target - with the blade of the foot (not the sole). Don't drop the target knifehand. Try to straighten the leg.	CAT 범 서기 Beom Seogi	1	2.5	0°	50/50
+	ELBOW TARGET STRIKE 팔꿈치 표적차기 Palkeumchi Pyojeokchigi	PLEXUS 명치 Myongchi	Elbow joint	SHOULDER 어깨 Oegae	Elbow joint	ELBOW Palkeum	90°	0°	Fast	past target	Bottomfist on hip	Inside shoulder line	Hip Body	Strike elbow joint on palm of knifehand (fingers protrude). Fist is palm down & tucked under (not inside) the elbow. Look at virtual target (not forward)	CAT 범 서기 Beom Seogi	1	2.5	0°	50/50
24	KNIFE SIDE BLOCK 손날 옆막기 Sonnal Yeopmagki	PLEXUS 명치 Myongchi	Knife blade heel	SHOULDER 어깨 Oegae	Knife blade heel	KNIFE Sonnal	90 - 120°	Side on	Fast	↑	Knife heel @ shoulder	Outside shoulder line	Shoulder Body	Use the blocking arm elbow as the axis. Keep the elbow pointed down. Rotate the arm around the elbow. Correct flow creates power.	CAT 범 서기 Beom Seogi	1	2.5	0°	50/50
25*	SIDE PUNCH 옆치르기 Yeop Jireugi	PLEXUS 명치 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	Side on	SHOUT	↑	Bottomfist on hip	Inside shoulder line	Direct	Curl fingers to grab and pull in to punch. At impact, shoulders are square, so the fist on hip is hidden (elbow points where back is facing).	CAT 범 서기 Beom Seogi	1	2.5	0°	50/50
Finish	READY 기본 준비자세 Kibon Junbi Jase	▼ WAIST 허리 Heori	Arms off lock extended	CENTRE 중심 Jungsim	Between fists	FIST Jumeok	Off lock	0°	5 secs	↑ (fwd)	Knifehands at lower ab	1 fist from body	Low Plexus Low	LEFT foot returns (step back). Must finish at starting spot. Refer above for method.	PARALLEL 나란히 서기 Naranhi Seogi	1	1	0°	50/50

[HTTPS://WWW.SUNBAE.NET/MEMBER-AREA/TAEKWONDO-POOMSAE-TEXT-BOOK](https://www.sunbae.net/member-area/taekwondo-poomsae-text-book)

TAEGEUK 8



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기본준비
Gibonjunbi



거들어 바깥막기

[Geodeureo bakkanmakgi]



두 발 당성 앞차기

[Dubal Dangseong Apchagi]



외산틀막기

[Oesanteulmakgi]



당겨 지르기

[Danggyeo Jireugi]



거들어 아래막기

[Geodeureo Araemakgi]



뛰어차기

[Ttwieochagi]



팔꿈치 돌려치기

[Palkkumchi Dollyeochigi]



TAEGEUK 8		FINISH POSITION														NOTES	STANCE	LENGTH	WIDTH	BACK FOOT	WEIGHT %
ROOM	TECHNIQUE	FINISH HEIGHT	REF	FINISH LINE	REF	SHAPE	ARM	BOOY	BREATH	EYES	TECH START	TECH ARM	FLOW								
Start	READY 기본 준비자세 Kibon Junbi Jase	▼ WAIST 허리	Arms off lock extended	CENTRE 중심 SHOULDER	Between fists	FIST Jumeok	Off lock	0°	5 secs	↑ (fwd)	Knifehands at lower ab	1 fist from body	Low Plexus Low	From dan jun (low), slowly make fists at myongchi (plexus) (about 3 sec). Slowly twist fists back to dan jun (about 2 sec). Always keep 1 fist away from body.	PARALLEL 나란히 서기 Naranhi Seogi	1	1	0°	50/50		
1	ASSIST BLOCK 가운데 바깥막기 Geodeureo Magki	PLEXUS 영치	Wrist	어깨 Oegae	Wrist	FIST Jumeok	90° 120°	45°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Body	At impact, assist arm is parallel with shoulders, WRIST 1 fist from PLEXUS & same height as blocking elbow (1 fist from body). OUTER block with assisting guard.	BACK 뒷 굽이 Dwl Gubi	3	0	90°	30/70		
2	OPP BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 영치	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	*Front foot must move forward (not across) & only half a step. Must pull back to hip to punch.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
3	CONTINUOUS FRONT KICK 복합 앞쪽 연속 차기 Dubal Dangsaeong Ap Chagi	PHILTRUM ▲ BODY	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot	0	In air	Fast	At kick	Min: foot next to opp knee	Guard below shoulder	-	Continuous kicking. Use the timing and extension of the first kick at BODY to reduce gravity & float & kick in the air (highest kick possible). Must extend on both. Dubal Dangsaeong: 1st kick with right - only at BODY height. Do not kick short (or you cannot float forward & it becomes a jump). Foot shape is essential. Dubal Dangsaeong: 2nd kick with LEFT at maximum height. Kick early whilst you have upward momentum. Must kick whilst in the air & shout at impact!							
+	RUN FRONT KICK 앞 차기 Ap Chagi	MAXIMUM HEIGHT	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot	0	In air	SHOUT	At kick	Min: foot next to opp knee	Guard below shoulder	-	Timing: block as your foot lands with shoulder at 30° (so no unnecessary movement when punching next). Landing point: right foot is 1 step fwd from last move. DOUBLE PUNCH: target same spot each time. The previous block shoulder angle must be 30°, so the punch is immediate (without pulling back). Same applies to the shoulder angle after the first punch (30°). The front stance must be timed/finished on the inner Block - then punch. Do not rush, be smooth. First on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
+	INNER BLOCK 안 막기 An Magki	PLEXUS 영치	Wrist	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90° 120°	30°	Fast	↑	Wrist @ shoulder	Body shoulder line	Body	*STANCE: both feet at 30°, heels on same line. LOW BLOCK: from shoulder direct to low. OPPOSITE: stance to move slightly from last position. Start at plexus height. Fists pass midway at 4 secs. Pull to shoulder (no touching). No tension at end. Cross Stance when moving. Keep head same level. Step in FRONT of the other foot. It is a small stance + small step. Make diamond shape at the knees. OUTER: low to shoulder & past face (arm angle 90°)	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
+	OPP BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 영치	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	First on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
+	BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 영치	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	First on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
4	MOUNTAIN BLOCK 외산돌막기 Wesanteumagi	PHILTRUM	Wrist	SHOULDER	Wrist	FIST Jumeok	Off lock 90°	0°	Fast	past low block	Bottomfist on shoulder	Cross	-	*STANCE: both feet at 30°, heels on same line. LOW BLOCK: from shoulder direct to low. OPPOSITE: stance to move slightly from last position. Start at plexus height. Fists pass midway at 4 secs. Pull to shoulder (no touching). No tension at end. Cross Stance when moving. Keep head same level. Step in FRONT of the other foot. It is a small stance + small step. Make diamond shape at the knees. OUTER: low to shoulder & past face (arm angle 90°)	FRONT (MTN) 앞고아서기 Ap Gosseogi	4.5	0*	45°	70/30		
5	PULL IN UPSET PUNCH 당겨 막 치르기 Danggyeo Jireugi	LOW CHIN	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90°	0°	8 secs	↑	*Fist @ PLEXUS line	Inside shoulder line	Direct	Cross Stance when moving. Keep head same level. Step in FRONT of the other foot. It is a small stance + small step. Make diamond shape at the knees. OUTER: low to shoulder & past face (arm angle 90°)	FRONT CROSS 앞고아서기 Ap Gosseogi	4.5	1	30°	70/30		
7	MOUNTAIN BLOCK 외산돌막기 Wesanteumagi	PHILTRUM	Wrist	SHOULDER	Wrist	FIST Jumeok	Off lock 90°	0°	Fast	past low block	Bottomfist on shoulder	Cross	-	*STANCE: both feet at 30°, heels on same line. LOW BLOCK: from shoulder direct to low. OPPOSITE: stance to move slightly from last position. Start at plexus height. Fists pass midway at 4 secs. Pull to shoulder (no touching). No tension at end.	FRONT (MTN) 앞고아서기 Ap Gosseogi	4.5	0*	45°	70/30		
8	PULL IN UPSET PUNCH 당겨 막 치르기 Danggyeo Jireugi	LOW CHIN	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90°	0°	8 secs	↑	*Fist @ PLEXUS line	Inside shoulder line	Direct	Cross Stance when moving. Keep head same level. Step in FRONT of the other foot. It is a small stance + small step. Make diamond shape at the knees. OUTER: low to shoulder & past face (arm angle 90°)	FRONT CROSS 앞고아서기 Ap Gosseogi	4.5	1	30°	70/30		
9	ASSIST KNIFE BLOCK 손바깥 막기 Sonnal Geodeureo Magki	PLEXUS 영치	Knife blade heel	SHOULDER 어깨 Oegae	Knife blade heel	KNIFE Sonnal	90° 120°	45°	Fast	↑	Knife heel @ shoulder	Outside shoulder line	Body	At impact, assist arm is parallel with shoulders, WRIST 1 fist from PLEXUS & same height as blocking elbow (1 fist from body). OUTER block with assisting guard.	BACK 뒷 굽이 Dwl Gubi	3	0	90°	30/70		
10	OPP BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 영치	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	*Front foot must move forward (not across) & only half a step. Must pull back to hip to punch.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
11	FRONT KICK 앞 차기 Ap Chagi	▲ PHILTRUM	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot	0	0-45°	Fast	At kick	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential.							
+	PALM INNER BLOCK 바탕손 안막기 Batangson Anmagki	PLEXUS 영치	Knife blade palm heel	CENTRE 중심 Jungsim	Palm heel	PALM HEEL Batangso	90° 120°	30°	Fast	↑	Palm heel @ shoulder	Body shoulder line	Body	*STANCE action is step back with right, step back with left & finally draw the right foot into Cat Stance. The block is timed with the drawn foot.	CAT 범 서기 Beom Seogi	2	0	30°	0/100		
12	ASSIST KNIFE BLOCK 손바깥 막기 Sonnal Geodeureo Magki	PLEXUS 영치	Knife blade heel	SHOULDER 어깨 Oegae	Knife blade heel	KNIFE Sonnal	90° 120°	30°	Fast	↑	Knife heel @ shoulder	Outside shoulder line	Body	At impact, assist arm is parallel with shoulders, WRIST 1 fist from PLEXUS & same height as blocking elbow (1 fist from body). OUTER block with assisting guard.	CAT 범 서기 Beom Seogi	2	0	30°	0/100		
13	LEAD FRONT KICK 앞 차기 Ap Chagi	▲ PHILTRUM	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot	0	0-45°	Fast	At kick	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential.							
+	OPP BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 영치	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	First on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
14	PALM INNER BLOCK 바탕손 안막기 Batangson Anmagki	PLEXUS 영치	Knife blade palm heel	CENTRE 중심 Jungsim	Palm heel	PALM HEEL Batangso	90° 120°	30°	Fast	↑	Palm heel @ shoulder	Body shoulder line	Body	Same performance as Inner Block. But block with heel of wrist totally bent.	CAT 범 서기 Beom Seogi	2	0	30°	0/100		
15	ASSIST KNIFE BLOCK 손바깥 막기 Sonnal Geodeureo Magki	PLEXUS 영치	Knife blade heel	SHOULDER 어깨 Oegae	Knife blade heel	KNIFE Sonnal	90° 120°	30°	Fast	↑	Knife heel @ shoulder	Outside shoulder line	Body	At impact, assist arm is parallel with shoulders, WRIST 1 fist from PLEXUS & same height as blocking elbow (1 fist from body). OUTER block with assisting guard.	CAT 범 서기 Beom Seogi	2	0	30°	0/100		
16	LEAD FRONT KICK 앞 차기 Ap Chagi	▲ PHILTRUM	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot	0	0-45°	Fast	At kick	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential.							
+	OPP BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 영치	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	First on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
17	PALM INNER BLOCK 바탕손 안막기 Batangson Anmagki	PLEXUS 영치	Knife blade palm heel	CENTRE 중심 Jungsim	Palm heel	PALM HEEL Batangso	90° 120°	30°	Fast	↑	Palm heel @ shoulder	Body shoulder line	Body	Same performance as Inner Block. But block with heel of wrist totally bent.	CAT 범 서기 Beom Seogi	2	0	30°	0/100		
18	LOW ASSIST BLOCK 가운데 아래막기 Geodeureo Araemagi	LOW ARAE	2 fists 1 knee	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	Off lock	45°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Body	At impact, assist arm is parallel with shoulders, WRIST 1 fist from PLEXUS & same height as blocking elbow (1 fist from body). LOW block with assisting guard.	BACK 뒷 굽이 Dwl Gubi	3	0	90°	30/70		
19	FRONT KICK 앞 차기 Ap Chagi	▲ PHILTRUM	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot	0	0-45°	Fast	At kick	Min: foot next to opp knee	Guard below shoulder	-	Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential.							
+	JUMP FRONT KICK 뛰어 앞 차기 Dwio Chagi	▲ PHILTRUM	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot	0	In air	SHOUT	At kick	Opposite knee on chest	Guard below shoulder	Knees scissor	Knee stays up after the first kick (don't drop). Jump & kick forward with maximum height & SHOUT. Timing required on the landing with inner block.							
+	INNER BLOCK 안 막기 An Magki	PLEXUS 영치	Wrist	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90° 120°	30°	Fast	↑	Wrist @ shoulder	Body shoulder line	Body	Start with blocking arm bent at the elbow. Shoulder points at target - start position is now behind the body. Block with wrist (do not bend the wrist)	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
+	OPP BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 영치	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	First on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
+	BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 영치	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	First on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).							
20	OUTER KNIFE BLOCK 손바깥 막기 Sonnal Bakkat Magki	PLEXUS 영치	Knife blade heel	SHOULDER 어깨 Oegae	Knife blade heel	KNIFE Sonnal	90° 120°	30°	Fast	↑	Knife heel @ shoulder	Outside shoulder line	Body	Blocking arm bent at the elbow with shoulder at target. As the body moves, the knifehand will move out & the block now approaching the target diagonally down.	BACK 뒷 굽이 Dwl Gubi	3	0	90°	30/70		
21	OPP ELBOW STRIKE 팔꿈치 돌려차기 Palkkeumchi Dollyeochagi	CHIN	Elbow joint	CENTRE 중심 Jungsim	Elbow joint	ELBOW Palkkeum	0°-45°	45°	Fast	↑	Bottomfist on hip*	Inside shoulder line	Hip Body	Stance moves forward (not side) - allows twist. Raise fist up under the shoulder height first* & strike rotates roundhouse. Strike no higher than bottom of chin.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
22	OPP BACKFIST STRIKE 등주먹 앞 차기 Deung Jumeok Apchigi	PHILTRUM	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90° 120°	45°	Fast	↑	Fist above shoulder	Body shoulder line	Body	Twisting the body with the Elbow Strike allows the Back fist to have force (rebound) - use only one hand. Breathe independently for Elbow, Backfist & Punch. The punch follows the combination of Elbow & Backfist. The shoulder is already in position - no need to pull back.							
23	BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 영치	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	First on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).							
24	OUTER KNIFE BLOCK 손바깥 막기 Sonnal Bakkat Magki	PLEXUS 영치	Knife blade heel	SHOULDER 어깨 Oegae	Knife blade heel	KNIFE Sonnal	90° 120°	30°	Fast	↑	Knife heel @ shoulder	Outside shoulder line	Body	Blocking arm bent at the elbow with shoulder at target. As the body moves, the knifehand will move out & the block now approaching the target diagonally down.	BACK 뒷 굽이 Dwl Gubi	3	0	90°	30/70		
25	OPP ELBOW STRIKE 팔꿈치 돌려차기 Palkkeumchi Dollyeochagi	CHIN	Elbow joint	CENTRE 중심 Jungsim	Elbow joint	ELBOW Palkkeum	0°-45°	45°	Fast	↑	Bottomfist on hip*	Inside shoulder line	Hip Body	Stance moves forward (not side) - allows twist. Raise fist up under the shoulder height first* & strike rotates roundhouse. Strike no higher than bottom of chin.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30		
26	OPP BACKFIST STRIKE 등주먹 앞 차기 Deung Jumeok Apchigi	PHILTRUM	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90° 120°	45°	Fast	↑	Fist above shoulder	Body shoulder line	Body	Twisting the body with the Elbow Strike allows the Back fist to have force (rebound) - use only one hand. Breathe independently for Elbow, Backfist & Punch. The punch follows the combination of Elbow & Backfist. The shoulder is already in position - no need to pull back.							
27	BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 영치	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	First on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).							
Finish	READY 기본 준비자세 Kibon Junbi Jase	▼ WAIST 허리	Arms off lock extended	CENTRE 중심 SHOULDER	Between fists	FIST Jumeok	Off lock	0°	5 secs	↑ (fwd)	Knifehands at lower ab	1 fist from body	Low Plexus Low	LEFT foot returns (step back). Must finish at starting spot. Refer above for method.	PARALLEL 나란히 서기 Naranhi Seogi	1	1	0°	50/50		

JIDOKWAN HISTORY — BASIC KORYO POOMSAE

Prior to the formation of the Tae Soo Do Association (1961), later named Korean Taekwondo Association (KTA) in 1965, there were 9 main Kwans of Taekwondo in Korea: Odokwan, Jidokwan, Chungdokwan, Jungdokwan, Moodukkwon, Kangdukkwan, Songmookwan, Hanmookwan and Changmookwan. Jidokwan was recognised as one of the larger and stronger Kwans, students from civilian society rather than from military service. This is Grandmaster Sung Soo Lee's Kwan.



At the end of WWII, the Japanese occupation of Korea also ended and the practice of Korean martial arts was revitalised. On 2 February 1946, Jidokwan was originally established as Chosun Yun Moo Kwan by the founder Master Sang Sub Chun. In the midst of the Korean war (approx 1953), Master Chun disappeared (presumed lost to the war) and the Kwan was renamed Jidokwan. Later, all the Kwans unified in 1961 to form the Tae Soo Do Association. In 1965, this was renamed the Korean Taekwondo Association and still exists today as Korea's representative Taekwondo association. Even though the Kwans unified, including Jidokwan, it was still privately maintained by its members. The Presidents of Jidokwan in order of service are: Sang Sub Chun (founder), Gae Byung Yoon (1st), Chong Woo Lee (2nd & 4th), Young Ki Pae (3rd) and Seung Wan Lee (5th). Sung Soo Lee (9th Dan), who was a student of Chong Woo Lee, is the President of Jidokwan in Australia.

Jidokwan is represented by two circles inside a larger third circle. The smaller symbol represents man, the second circle represents heaven and the larger circle represents the universe. Alternatively, this forms the creed of Jidokwan: **for yourself, for the club and for the nation**. The largest circle representing the universe or the nation has eight points located on the outside of the circle. These represent the tenets of Jidokwan: See rightly, Feel rightly, Think rightly, Speak rightly, Command rightly, Serve rightly, Have ability, Conduct with justice. Similarly, there are eight points (see meaning of Taegeuk), the cardinal and intercardinal points of the compass. The flower in the logo is a lily pad. Flowers symbolise peace, nobility and tranquillity (happiness). The lily pad symbolises life, health, honour, service and luck. The literal meaning of Jidokwan: Kwan = School Ji = wisdom do = way of.



Watch Now

BASIC KORYO		FINISH POSITION										EYES	TECH START	TECH ARM	FLOW	NOTES	STANCE	LENGTH	BACK FOOT WIDTH	WEIGHT %
POOM	TECHNIQUE	FINISH HEIGHT	REF	FINISH LINE	REF	SHAPE	ARM	BODY	BREATH											
Start	READY 기본 준비자세 Kibon Junbi Jase	▼ WAIST 허리 Heori	Arms off lock extended	CENTRE 중심 Jungsim	Between fists	FIST Jumeok	Off lock	0°	5 secs	↑ (fwd)	Knifehands at lower ab	1 fist from body	Low Plexus Low	From dan jun (low), slowly make fists at myongchi (plexus) (about 3 sec). Slowly twist fists back to dan jun (about 2 sec). Always keep 1 fist away from body.	PARALLEL 나란히 서기 Naranhi Seogi	1	1	0°	50/50	
1	ASSIST KNIFE BLOCK 손날 거들어 바깥막기 Sonnal Geodeureo Magki	PLEXUS 영지 Myongchi	Knife blade heel	SHOULDER 어깨 Oegae	Knife blade heel	KNIFE Sonnal	90 - 120°	45°	Fast	↑	Knife heel @ shoulder	Outside shoulder line	Shoulder Body	At impact, assist arm is parallel with shoulders, WRIST 1 fist from PLEXUS & same height as blocking elbow (1 fist from body). OUTER block with assisting guard.	BACK 뒷 굽이 Dwl Gubi	3	0	90°	30/70	
2	OPP FLAT FIST 편주먹 Pyeon Jumeok	CHIN 턱 Toek	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FLAT FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Shape of strike: fingers folded tight & flat in line with back of hand to make "long knuckles".	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
3	SIDE KICK 옆 차기 Yeop Chagi	PHILTRUM 인중 Injung	Heel of foot	CENTRE 중심 Jungsim	Heel of foot	HEEL of foot Dwikkum	0	180°	Fast	At kick	Min: foot next to opp knee	Guard below shoulder line	-	Shoulder points past heel. Knee rotates in small circle & stays up on recoil & points slightly up (impact). Kick only with the heel. Footshape is essential for control. Rotate body/arms in same direction (from right). The assist arm on top (adds strength). Back knuckles face & do not straighten the arms & maintain connection.	HORSE 서기 Seogi	1	2.5	0°	50/50	
+	LOW CROSS BLOCK 엇걸어 아래 막기 Eotgeoreo Araemagki	LOW 아래 Arae	2 fists ↑knee	CENTRE 중심 Jungsim	Wrist	FIST Jumeok	Off lock	0° +	Fast	↑	Bottomfist on hip assist in position	Outside shoulder line	Body Low	Blocking arm must be bent at the elbow. Point the shoulder at the target. Block by twisting the wrist fast. Do not use arm strength. Keep elbow down.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
4	FACE BLOCK 얼굴 막기 Eogul Makgi	HEAD 머리 Meori	1 fist above forehead	CENTRE 중심 Jungsim	Wrist	FIST Jumeok	90 - 120°	30°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Elbow Shoulder Head	Blocking arm must be bent at the elbow. Point the shoulder at the target. Block by twisting the wrist fast. Do not use arm strength. Keep elbow down.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
5*	FLAT FIST 편주먹 Pyeon Jumeok	CHIN 턱 Toek	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FLAT FIST Jumeok	Off lock	30°	SHOUT	↑	Bottomfist on hip	Inside shoulder line	Direct	Shape of strike: fingers folded tight & flat in line with back of hand to make "long knuckles".	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
6	OUTER KNIFE BLOCK 손날 바깥막기 Sonnal Bakkat Magki	PLEXUS 영지 Myongchi	Knife blade heel	SHOULDER 어깨 Oegae	Knife blade heel	KNIFE Sonnal	90 - 120°	30°	Fast	↑	Knife heel @ shoulder	Outside shoulder line	Shoulder Body	Blocking arm bent at the elbow with shoulder at target. As the body moves, the knifehand will move out & the block now approaching the target diagonally down. Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	BACK 뒷 굽이 Dwl Gubi	3	0	90°	30/70	
7	OPP BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 영지 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Start crossing (no higher than shoulder) on shoulders (not centre) & finish opposite shoulders. Rule: arm in front is same side foot is moving. Focus on elbows. Reach & grip the neck (palms face in = elbows in). Pull the attacker down using elbow strength & the arms straighten. Knee (instep shape) and hands act together. Rotate body/arms in same direction (from right). The assist arm on top (adds strength). Back knuckles face & do not straighten the arms & maintain connection.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
8	KNIFE WEDGE BLOCK 손날 바깥 횡막기 Sonnal Hechyeomakgi	PLEXUS 영지 Myongchi	Knife blade heel	SHOULDER 어깨 Oegae	Hell of Blade 2 fists	KNIFE Sonnal	90 - 120°	0°	Fast	↑	Knif blades on shoulders	Cross	RIGHT arm in front	Start crossing (no higher than shoulder) on shoulders (not centre) & finish opposite shoulders. Rule: arm in front is same side foot is moving. Focus on elbows. Reach & grip the neck (palms face in = elbows in). Pull the attacker down using elbow strength & the arms straighten. Knee (instep shape) and hands act together. Rotate body/arms in same direction (from right). The assist arm on top (adds strength). Back knuckles face & do not straighten the arms & maintain connection.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
9	GRAB KNEE STRIKE 무릎 올려치기 Mureup Olyeocheigi	ANKLE 발목 Balmok	Fists	CENTRE 중심 Jungsim	Fists	KNEE -	Off lock	0°	Fast	↑	Open hand grips their neck	Inside shoulder line	Neck Ankle	Start crossing (no higher than shoulder) on shoulders (not centre) & finish opposite shoulders. Rule: arm in front is same side foot is moving. Focus on elbows. Strike elbow joint on palm of knifehand (fingers protrude). Fist is palm down & tucked under (not inside) the elbow. Look at virtual target (not forward) Start from the Target Elbow Strike in a direct line to the low block position. Perform sharply after the Target Elbow Strike & change eye direction.	FRONT CROSS 앞고아서기 Ap Goaseogi	0.5	1	BK 45°	100/0	
+	LOW CROSS BLOCK 엇걸어 아래 막기 Eotgeoreo Araemagki	LOW 아래 Arae	2 fists ↑knee	CENTRE 중심 Jungsim	Wrist	FIST Jumeok	Off lock	0° +	Fast	↑	Bottomfist on hip assist in position	Outside shoulder line	Body Low	Start crossing (no higher than shoulder) on shoulders (not centre) & finish opposite shoulders. Rule: arm in front is same side foot is moving. Focus on elbows. Strike elbow joint on palm of knifehand (fingers protrude). Fist is palm down & tucked under (not inside) the elbow. Look at virtual target (not forward) Start from the Target Elbow Strike in a direct line to the low block position. Perform sharply after the Target Elbow Strike & change eye direction.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
10	INNER WEDGE BLOCK 바깥 횡막기 Hechyeomakgi	PLEXUS 영지 Myongchi	Wrist	SHOULDER 어깨 Oegae	Wrist 2 fists apart	FIST Jumeok	90 - 120°	0°	Fast	↑	Bottomfists on shoulders	Cross	LEFT arm in front	Start crossing (no higher than shoulder) on shoulders (not centre) & finish opposite shoulders. Rule: arm in front is same side foot is moving. Focus on elbows. Strike elbow joint on palm of knifehand (fingers protrude). Fist is palm down & tucked under (not inside) the elbow. Look at virtual target (not forward) Start from the Target Elbow Strike in a direct line to the low block position. Perform sharply after the Target Elbow Strike & change eye direction.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
11	ELBOW TARGET STRIKE 팔꿈치 포격치기 Palkeumchi Pyojeokchigi	PLEXUS 영지 Myongchi	Elbow joint	SHOULDER 어깨 Oegae	Elbow joint	ELBOW Palkeum	90°	0°	Fast	past target	Bottomfist on hip	Inside shoulder line	Hip Body	Strike elbow joint on palm of knifehand (fingers protrude). Fist is palm down & tucked under (not inside) the elbow. Look at virtual target (not forward) Start from the Target Elbow Strike in a direct line to the low block position. Perform sharply after the Target Elbow Strike & change eye direction.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
12	LOW KNIFE SIDE BLOCK 손날 아래 옆막기 Sonnal Arae Yeopmagki	LOW 아래 Arae	2 fists ↑knee	SHOULDER 어깨 Oegae	Knife blade heel	KNIFE Sonnal	Off lock	Side on	Fast	↑	Knife heel @ shoulder	On top of other arm	Shoulder Leg	Blocking arm bent at the elbow with shoulder at target. As the body moves, the knifehand will move out & the block now approaching the target diagonally down. Start with blocking arm bent at the elbow. Shoulder points at target - start position is now behind the body. Block with wrist (do not bend the wrist).	BACK 뒷 굽이 Dwl Gubi	3	0	90°	30/70	
13	OUTER KNIFE BLOCK 손날 바깥막기 Sonnal Bakkat Magki	PLEXUS 영지 Myongchi	Knife blade heel	SHOULDER 어깨 Oegae	Knife blade heel	KNIFE Sonnal	90 - 120°	30°	Fast	↑	Knife heel @ shoulder	Outside shoulder line	Shoulder Body	Blocking arm bent at the elbow with shoulder at target. As the body moves, the knifehand will move out & the block now approaching the target diagonally down. Start with blocking arm bent at the elbow. Shoulder points at target - start position is now behind the body. Block with wrist (do not bend the wrist).	BACK 뒷 굽이 Dwl Gubi	3	0	90°	30/70	
14	INNER BLOCK 안 막기 An Makgi	PLEXUS 영지 Myongchi	Wrist	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90 - 120°	30°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Shoulder Body	Blocking arm bent at the elbow with shoulder at target. As the body moves, the knifehand will move out & the block now approaching the target diagonally down. Start with blocking arm bent at the elbow. Shoulder points at target - start position is now behind the body. Block with wrist (do not bend the wrist).	BACK 뒷 굽이 Dwl Gubi	3	0	90°	30/70	
15	INNER BLOCK 안 막기 An Makgi	PLEXUS 영지 Myongchi	Wrist	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	90 - 120°	30°	Fast	↑	Wrist @ shoulder	Outside shoulder line	Shoulder Body	Blocking arm bent at the elbow with shoulder at target. As the body moves, the knifehand will move out & the block now approaching the target diagonally down. Start with blocking arm bent at the elbow. Shoulder points at target - start position is now behind the body. Block with wrist (do not bend the wrist).	BACK 뒷 굽이 Dwl Gubi	3	0	90°	30/70	
16	INNER OUTER BLOCK 안팎쪽 바깥 막기 Anpalmok Bakkat Magki	PLEXUS 영지 Myongchi	Wrist	SHOULDER 어깨 Oegae	Wrist	FIST Jumeok	90 - 120°	30°	Fast	↑	FIST @ shoulder	Outside shoulder line	Shoulder Body	The flow travels with the fist under to the elbow to just under the shoulder height in an arc. Lower than other outer blocks. Elbow is the axis. Your block wrist has been grabbed. Use the knife edge & fingertips (palm down) & peel off the grip. Slide your knifehand up the blocking wrist.	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
17	RELEASE THE GRIP	-	-	-	-	KNIFE Sonnal	-	-	5 secs	↑	-	-	-	* The strike follows the last move where the release is attacked with the fingertips to peel off the grip. Strike from there - do not pull back. Palm down at impact. Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential. Guard inside the body area. Kick whilst in the air. Achieve maximum height with body and kick. The direction of the kick is still forward.	-	-	-	-		
+	SPEAR STRIKE 관손검 세워치르기 Pyeonsonkkeut Sewojjireugi	PLEXUS 영지 Myongchi	Middle finger	CENTRE 중심 Jungsim	Middle finger	KNIFE Sonnal	Off lock	30°	Fast	↑	*	Inside shoulder line	Direct	* The strike follows the last move where the release is attacked with the fingertips to peel off the grip. Strike from there - do not pull back. Palm down at impact. Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential. Guard inside the body area. Kick whilst in the air. Achieve maximum height with body and kick. The direction of the kick is still forward.	-	-	-	-		
18	FRONT KICK 앞 차기 Ap Chagi	PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot Apchuk	0	0 - 45°	Fast	At kick	Min: foot next to opp knee	Guard below shoulder line	-	Knee well folded at start & knee up on recoil. Kick only with the ball (point foot). Kick forward (not up). Extend the leg (hold the shape). Footshape is essential. Guard inside the body area. Kick whilst in the air. Achieve maximum height with body and kick. The direction of the kick is still forward.	-	-	-	-		
+	JUMP FRONT KICK 뛰어 차기 Dwileo Chagi	PHILTRUM 인중 Injung	Ball of foot	CENTRE 중심 Jungsim	Ball of foot	BALL of foot Apchuk	0	In air	Fast	At kick	Opposite knee on chest	Guard below shoulder line	Knees scissor	Back foot lands one step (3 feet) from last stance.	-	-	-	-		
+	BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 영지 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	Fast	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
+	OPP BODY PUNCH 몸통 치르기 Montong Jireugi	PLEXUS 영지 Myongchi	Middle knuckle	CENTRE 중심 Jungsim	Middle knuckle	FIST Jumeok	Off lock	30°	SHOUT	↑	Bottomfist on hip	Inside shoulder line	Direct	Fist on hip is 1 fist below plexus (elbow height of dangling arm). To point the shoulder at target, reach out with the opposite arm (instead of pulling back).	FRONT 앞 굽이 Ap Gubi	4.5	1	30°	70/30	
Finish	READY 기본 준비자세 Kibon Junbi Jase	▼ WAIST 허리 Heori	Arms off lock extended	CENTRE 중심 Jungsim	Between fists	FIST Jumeok	Off lock	0°	5 secs	↑ (fwd)	Knifehands at lower ab	1 fist from body	Low Plexus Low	LEFT foot returns (step back). Must finish at starting spot. Refer above for method.	PARALLEL 나란히 서기 Naranhi Seogi	1	1	0°	50/50	

[HTTPS://WWW.SUNBAE.NET/MEMBER-AREA/TAEKWONDO-POOMSAE-TEXT-BOOK](https://www.sunbae.net/member-area/taekwondo-poomsae-text-book)

HAPKIDO GRADING SYLLABUS

RANK	TAN JUN	LEG RAISE	4 DIR	ROLL & FALL	BASICS & KICKS	1 STEP & STRIKE SPAR	SPAR	WEAPON	HOSHINSHUL (SELF DEFENCE)
10-9	✓	✓	✓		✓	RANDOM	✓		(5) OUTSIDE WRIST - RELEASE (5) DOUBLE (EACH) HAND - RELEASE (3) INSIDE WRIST - RELEASE
9-8	✓	✓	✓	OPT	✓	RANDOM	✓		(7) OUTSIDE WRIST - HITTING (5) DOUBLE (EACH) HAND - HITTING
8-7	✓	✓	✓	OPT	✓	RANDOM	✓		(10) ATTACKING JOINT
7-6	✓	✓	✓	OPT	✓	RANDOM	✓		(10) INSIDE WRIST - HITTING, JOINT & THROWING
6-5	✓	✓	✓	OPT	✓	RANDOM	✓		(10) ONE STEP (BACK STANCE PUNCH) - HITTING
5-4	✓	✓	✓	OPT	✓	RANDOM	✓		(10) OUTSIDE WRIST - JOINT (5) AGAINST AGGRESSIVE CATCH - JOINT & HITTING
4-3	✓	✓	✓	OPT	✓	RANDOM	✓		(11) FRONT SLEEVE, ARM, SHOULDER - JOINT (5) OUTSIDE WRIST - JOINT THROWING
3-2	✓	✓	✓	OPT	✓	RANDOM	✓		(4) NECKBAND SINGLE HAND - JOINT (6) NECKBAND DOUBLE (EACH) HAND - JOINT (11) BELT - JOINT TOP (6) UNDER (5) (9) REAR NECKBAND, SHOULDER, ELBOW & WRIST - JOINT
2-1	✓	✓	✓	OPT	✓	RANDOM	✓		(15) DOUBLE (EACH) HAND - JOINT (5) DOUBLE (EACH) HAND - JOINT THROWING (5) SINGLE WRIST WITH BOTH HANDS - HITTING & JOINT
1-BLACK	✓	✓	✓	✓	✓	SELF-DEV (3 EACH)	✓	SWORD POOMSAE	(10) ATTACKING JOINT (FIXING/PINNING) (10) ONE STEP (BACK STANCE FACE PUNCH) - JOINT
BLACK-1	✓	✓	✓	✓		SELF-DEV (3 EACH)	✓	SWORD 1 STEP (FIXED)	(10) ONE STEP (BACK STANCE FACE PUNCH) - JOINT (11) POLICE LOCK - JOINT (6) ATTACKING THROWING - JOINT
1-2 DAN	✓	✓		✓		SELF-DEV (3 EACH)	✓	SWORD 1 STEP (RANDOM)	(11) SITTING - JOINT
2-3 DAN	✓	✓		+ FLIP		SELF-DEV (3 EACH)	✓	SWORD (ALL)	(5) BODY (FRONT & BEHIND) (5) BODY (FRONT & BEHIND)
3-4 DAN	✓	✓				SELF-DEV (3 EACH)	✓	OTHER	(12) KNIFE DEFENCE - JOINT (X) ATTACKING NECK - SUBMISSION
4-5 DAN	EXAMINER DISCRETION								
5-6 DAN	MASTER LEVEL (6 DAN) - EXAMINER DISCRETION								

SYLLABUS EXPLANATIONS

<p>TAN JUN BREATHING KI HAND - FRONT, UP, DOWN, SIDE CONTROL LENGTH OF BREATH WITH ACTION FOCUS POWER ON ABDOMEN</p> <p>FOUR DIRECTION DOUBLE KNIFEHAND BLOCK (GUARD) INNER KNIFEHAND STRIKE PUNCH & GUARD KICK & PUNCH & GUARD STANCE VARIATION (SHORT/LONG) OTHER VARIATIONS</p>	<p>ONE STEP SPARRING LOW & HIGH KICKS BLOCKING, CATCHING, GRABBING & THROWS FINISH WITH TAKEDOWN & PINNING FINISH WITHIN 4 SECS</p> <p>STRIKE SPARRING BACK STANCE WITH GUARD PROGRESSIVE BLOCKING & HITTING FINISH WITH JOINT ATTACK/TAKEDOWN</p> <p>WEAPONS SWORD, CANE, LONG POLE, STICK</p>	<p>SPARRING CATCHING, GRABBING & THROWING TRIPPING & PINNING LOW KICKS & SPINNING STRIKES. RELEASE AFTER 2 SECS IF NOT SUCCESSFUL NO WRESTLING</p> <p>BASICS & KICKS HAPKIDO SPECIFIC BASICS HAPKIDO SPECIFIC KICKS LOW KICKS TO HEAVY PAD</p>
* 3-4 DAN: MUST VISIT KHF TO COMPLETE 4 DAN TEST.		

KUMDO GRADING SYLLABUS

BELT	PATTERN	CUT (PATTERN)	SHEATHE	HEAD STRIKE	PUSH UPS	ADV	SPAR 1 STEP	SPAR
10-9	(OPT)		CHAK-KUM 1	30	5		#1 (3)	SINGLE ATTACKS
9-8	1	1	CHAK-KUM 1	30	5		#1 (3)	DEFENCE & ATTACK
8-7	1-2	1-6	CHAK-KUM 1-2	30	5		#1 (3)	1 ROUND
7-6	1-3	1-6	CHAK-KUM 1-3	60	10	1 STEP RANDOM	#1 (3) #2 (7)	2 ROUNDS
6-5	1-4	1-6	CHAK-KUM 1-4 (10 x #4)	60	10	1 STEP RANDOM	#1 (3) #2 (7)	2 ROUNDS
5-4	1-5	1-6	CHAK-KUM 1-5	60	10	1 STEP RANDOM	#1 (3) #2 (7)	2 ROUNDS
4-3	1-6	1-12	CHAK-KUM 1-6	90	15	1 STEP RANDOM	#1 (3) #2 (7) #3 (3)	3 ROUNDS
3-2	1-7	1-12	CHAK-KUM 1-7	90	15	1 STEP RANDOM	#1 (3) #2 (7) #3 (3)	3 ROUNDS
2-1	1-8	1-12	CHAK-KUM 1-8	90	15	1 STEP RANDOM	#1 (3) #2 (7) #3 (3)	3 ROUNDS
1-BO	1-10	1-12	CHAK-KUM 1-10	90	30	BALL CANDLE MAT 1-4	#1 (3) #2 (7) #3 (3)	AGAINST 2
BO-1	1-12	1-12	CHAK-KUM 1-12	90	30	BALL CANDLE MAT 1-6	#1 (3) #2 (7) #3 (3)	AGAINST 2
1-2	SHIM SANG	-	-	-	-	MAT 7-8	1 STEP RANDOM	AGAINST 2
2-3	OHANG 1-5	-	-	-	-	MAT 9-11	1 STEP RANDOM	AGAINST 2
3-4	YEDO	-	-	-	-	MAT 12 MAT ADV	1 STEP RANDOM	AGAINST 2

KUMDO TERMS

KOREAN TERMS		
Meaning	Hangeul	Hangeul to English
GENERAL TERMS		
Attention	차렷	chalyeot
Bow	경례	gyeonglye
Ready	준비	jumbi
Stop	그만	geuman
Return to ready	바로	baro
Thank you	감사 합니다	gamsahapnida
Hello	안녕하십니까	annyeonghasibnikka
Grandmaster	총 관장님	chong gwanjangnim
Master	관장님	gwanjangnim
Instructor	사범님	sabeomnim
Assistant	부사범님	bu sabeomnim
Count 1-10	하나, 둘, 셋, 넷, 다섯, 여섯, 일곱, 여덟, 아홉, 열	hana, deul, set, net, daseot, yeoseot, ilgup, yeodeol, ahop, yeol
Count 1-10	일, 이, 삼, 사, 오, 육, 칠, 팔, 구, 십	il, i, sam, sa, o, yuk, chil, pal, gu, sib
Sword	검	geom
Sword down	검 내려놓으세요	geom naelyeonoh-euseyo
Pick up sword	검 드세요	geom deuseyo
Wear sword	검 착용	geom chakyong
Remove sword	검 해체	geom haechae
Draw sword	발검	balgeom
Sheathe sword	착검	chaggeom
Aim centre	견적	gyeonjeog
Horse stance	기마세	gimase
Straight cut	정면 베기	jeongmyeonbegi
Left-right cut	좌우 베기	jwau begi
Straight-left-right cut	삼단 베기	samdanbegi
Horizontal cut	횡단 베기	hoengdanbegi
Continuous six cut	육연속 베기	yug-yeonsog begi
Multiple cut	광자 베기	gwangja begi
Long stance (aim)	대도세 (견적)	daedose, gyeonjeog
Change (posture) stance	자세 바껴서	jase bakkwoseo
Rooster stance		
Tiger stance	범세	beomse
Spin	회전	hoejeon
Short stance (aim)	자연세, 견적	jayeonse, gyeonjeog
Forward-back-left-right	앞으로, 뒤로, 왼쪽으로, 오른쪽으로	ap-eulo, dwilo, oenijog-eulo, oleunijog-eulo
Two continuous cuts	이연속 베기	iyonsog begi
Four continuous cuts	사연속 베기	sayeonsog begi
Low stance (aim)	소도세, 견적	sodose, gyeonjeog
Sky stance (low strike)	조천세, 하단공격	jocheonse, hadangong-gyeog
Head strike	머리치기	meolichigi
Rest stance	쉬어세	swieose
Low defence stance		
SWORDS		
Wood sword	목검	moggeom
Bamboo sword	죽검	juggeom
Practice (blunt) sword	가검	gageom
Sparring sword	격검	gyeoggeom
Sharp sword	진검	jingeom
3-sided sword	삼각도	samgagdo
6-sided sword	육각도	yuggagdo

BLUE TEXT (CLICK) = HEAR IT ON GOOGLE TRANSLATOR