

Taekwondo Ireland Dan Grade Syllabus (non exhaustive list) Version 1 2023

1st /2nd /3rd/4th/5th 6th Dan Applicants

Stances

Knowledge and correct application of all stances contained in Taeguks 1-8

and Koryo 1st Dan
and Keumgang 2nd Dan
and Taebaek 3rd Dan
and Pyongwon 4th Dan
and Sipjin 5th Dan

Blocking

Attacks/strikes

Knowledge and application of techniques from Taeguk 1-8

and Koryo 1st Dan
and Keumgang 2nd Dan
and Taebaek 3rd Dan
and Pyongwon 4th Dan
and Sipjin 5th Dan

Basic Kicking

Advanced Kicking

Proper execution of all kicks contained in Taeguk 1-8

and Koryo 1st Dan
and Keumgang 2nd Dan
and Taebaek 3rd Dan
and Pyongwon 4th Dan
and Sipjin 5th Dan

1st Dan Applicants must demonstrate knowledge of Korean terminology as applied to
Stances

Blocks

Strikes

2nd Dan and above must demonstrate a more advanced knowledge of Korean terminology as applied
to relevant parts of the body used in Taekwondo techniques.

Combination kicking static and Dynamic.

Execution of combination kicks used in sparring/competition.

Gradient Kicking combinations

Pad Kicking single and combination drills.

Poomsae

1ST DAN

Compulsory – koryo

Compulsory – Taeguk 8 – PAL JANG

Choice – any other poomsae

Applicants must demonstrate adequate execution and knowledge of application of poomsae techniques.

2nd Dan

Compulsory – Keumgang

Compulsory – Koryo

Choice – any other poomsae

Applicants must demonstrate adequate execution and knowledge of application of poomsae techniques.

3rd Dan

Compulsory – Taebaek

Compulsory – Keumgang

Choice -any other Poomsae

Applicants must demonstrate adequate execution and knowledge of application of poomsae techniques.

4th Dan

Compulsory -Pyongwon

Compulsory – Taebaek

Choice – any other Poomsae

Applicants must demonstrate adequate execution and knowledge of application of poomsae techniques.

5th Dan

Compulsory – Sipjin

Compulsory – Pyongwon

Choice – any other Poomsae

Applicants must demonstrate adequate execution and knowledge of application of poomsae techniques.

6th Dan

Compulsory – Jitae

Compulsory – Sipjin

Choice – any other poomsae

Applicants must demonstrate adequate execution and knowledge of application of poomsae techniques.

6TH Dan applicants will be judged by kukkiwon masters in Korea on submission of video.

6th Dan thesis also required.

Kyorougi

Full Contact sparring – demonstration of effective sparring and points scoring knowledge.

Self Defence:

Up to 10 techniques

One step.

Grip Release

Real life scenarios

Kyukpa

Breaking technique

Hand or foot technique.

Compulsory:

All students must wear V neck Dobok (no poomsae uniforms)

White collar for non- Dan grades

Black Collar for Dan Grades (Poom uniforms for appropriate ages).

NO coloured t shirts to be worn under dobok – white plain vest or plain t shirt only.

All students must have the following equipment

WT approved Hogu

WT approved Headguard.

Shin Pads

Groin Guard

Gumshield

Please note :

This is a black belt test and a high degree of physical fitness is required ,therefore anyone who has any medical issues should declare to the grading panel well in advance of the test.

Applicants who have injuries that would prevent them from full participation in the black belt exam are advised to wait for the next opportunity .

If you have any queries , please email info@taekwondoireland.ie.

29. Basic Taekwondo Stances

Charyot/ Moa Seogi

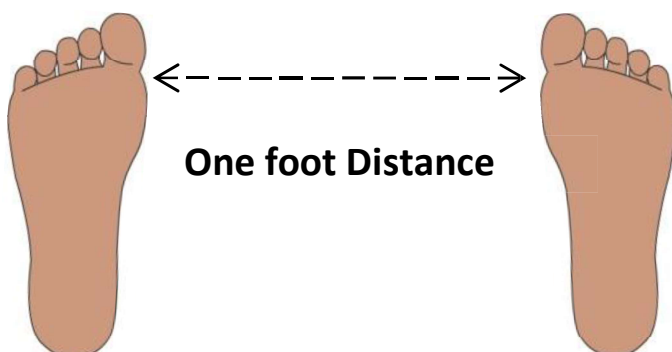
Attention Stance



Both feet touching, weight should spread equally between the feet.

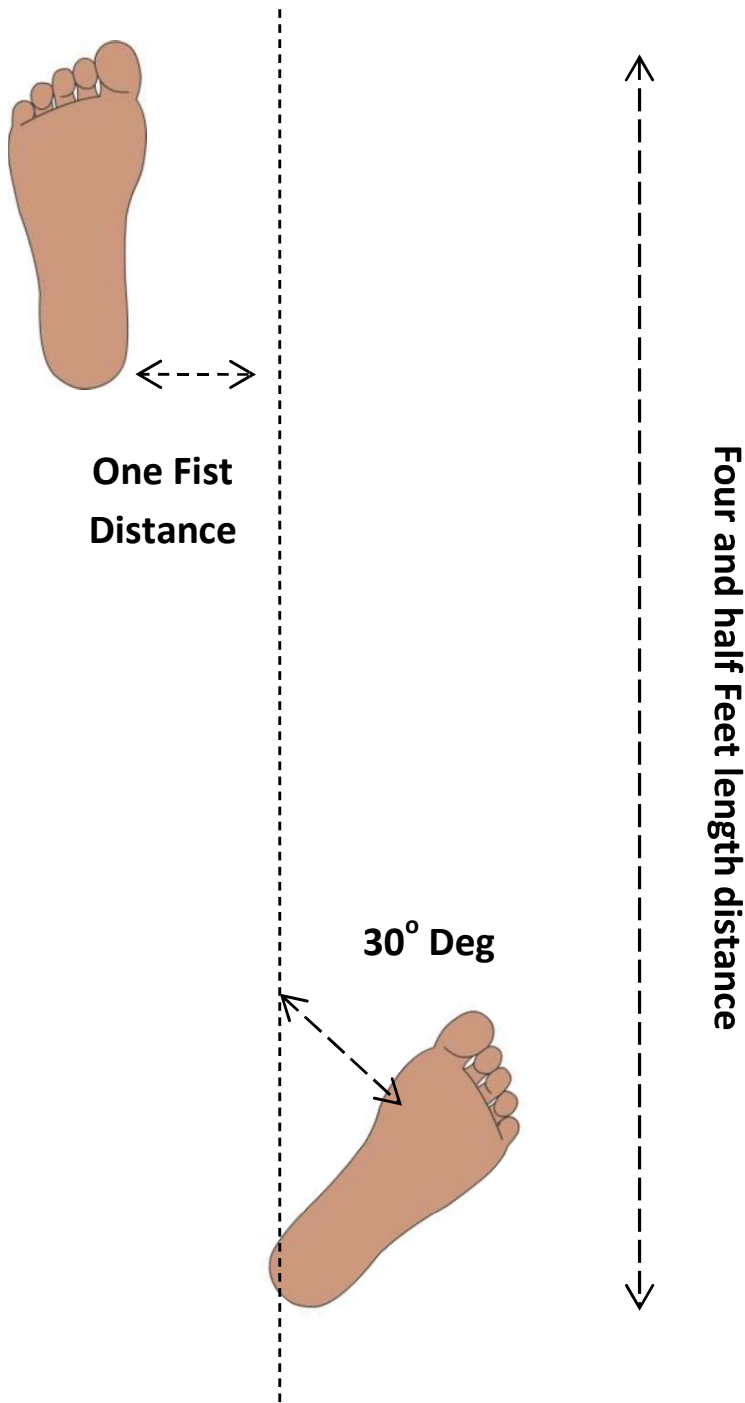
Narani Seogi

Parallel Stance



Feet should be parallel, One foot Distance between the feet. Weight spread equally

Ap Koobi Seogi

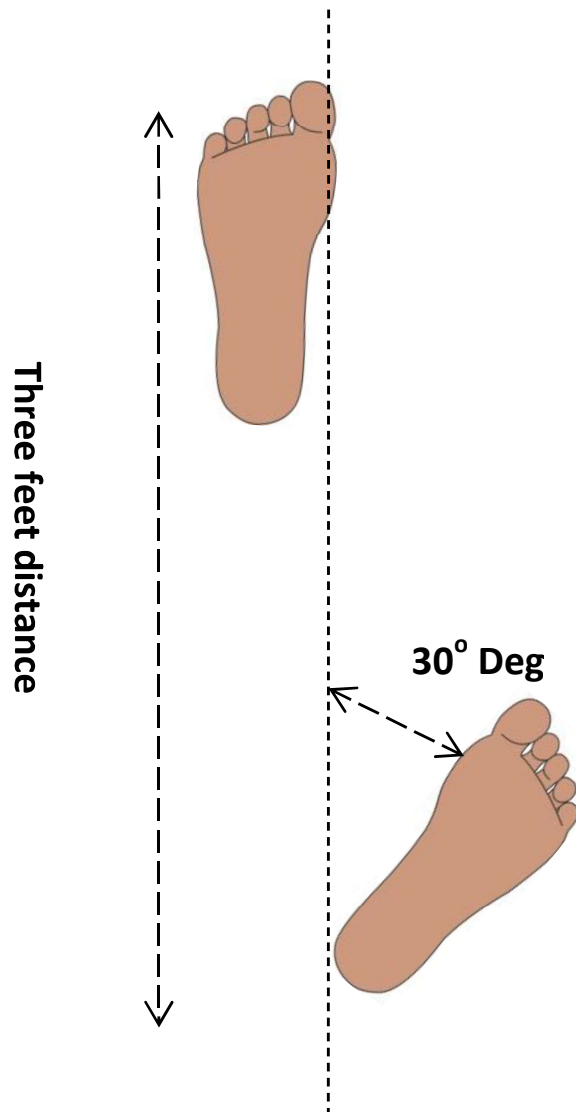


Long Stance

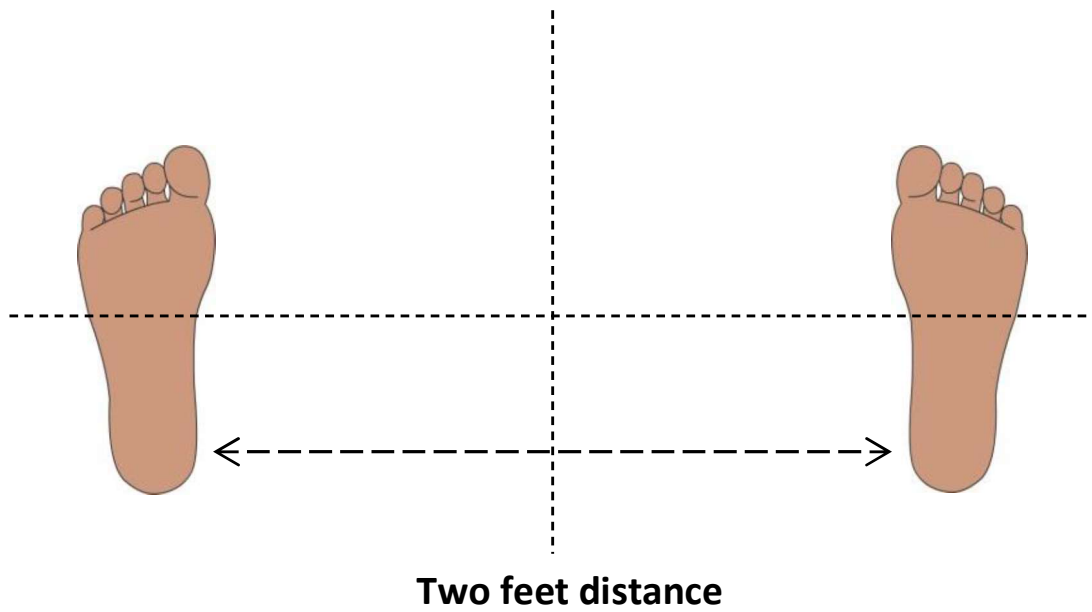
One foot distance between the feet, front foot steps forward four and half feet, front Knee is bent until you can just see the toes and the shin runs vertical between the angel and knee. Rear foot turns out at a 30° degree angle, rear leg should be straight. Balance should be divided equally between feet, weight should be forward by

70%

During a blocking technique the angle of the body should be at 30°degrees.

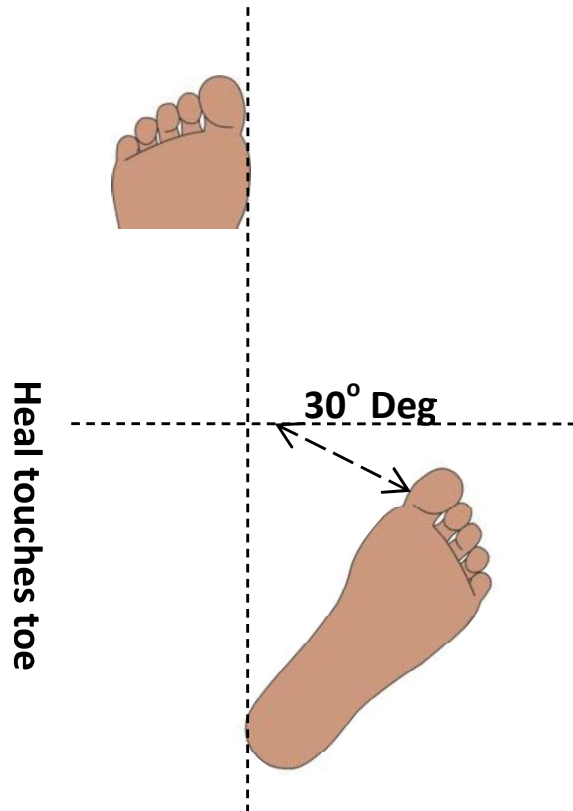


Front foot steps forward three feet length, Rear foot turns out at a 30° degree angle, and both legs should be straight. Balance and weight should be divided equally between the feet. During a blocking technique the angle of the body should be at 30°degrees



Step out the left leg by two feet distance, keep the feet parallel and bend the legs to 120° degrees. The weight and balance should be spread equally.

Beom Seogi Tiger Stance



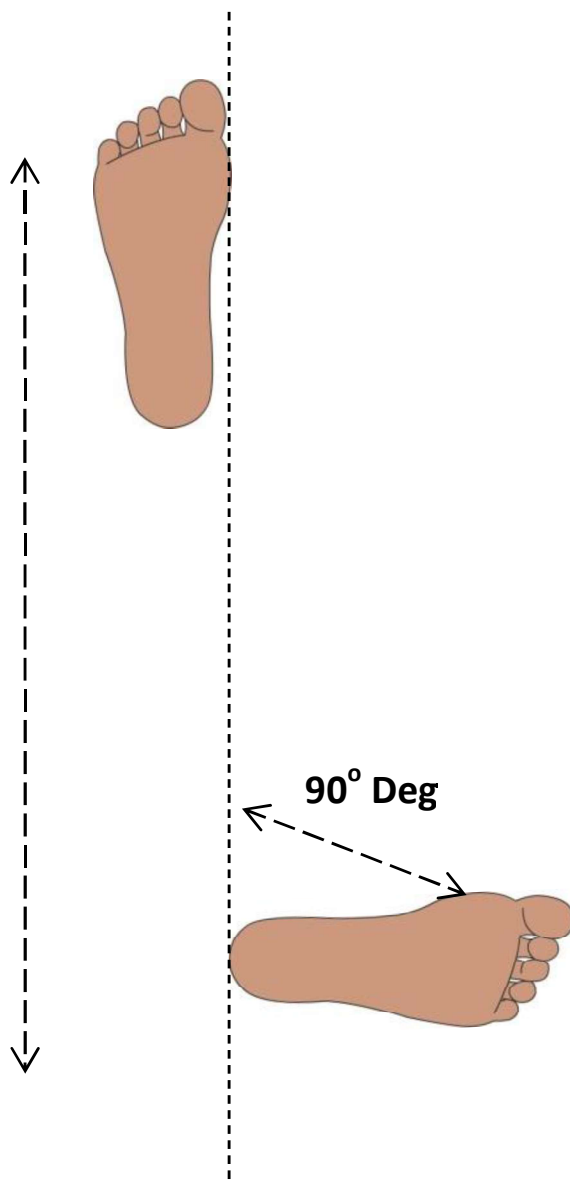
Front foot steps forward, heel to toe. Rise onto the ball of the forward foot, the rear foot turns out at a 30° degree angle. Both legs should bend and the balance and weight should be at 90% on the rear leg and 10% on the forward leg.

During a blocking technique the angle of the body should be at 30° degrees.

Dwi Koobi Seogi

Back Stance

Three feet length distance

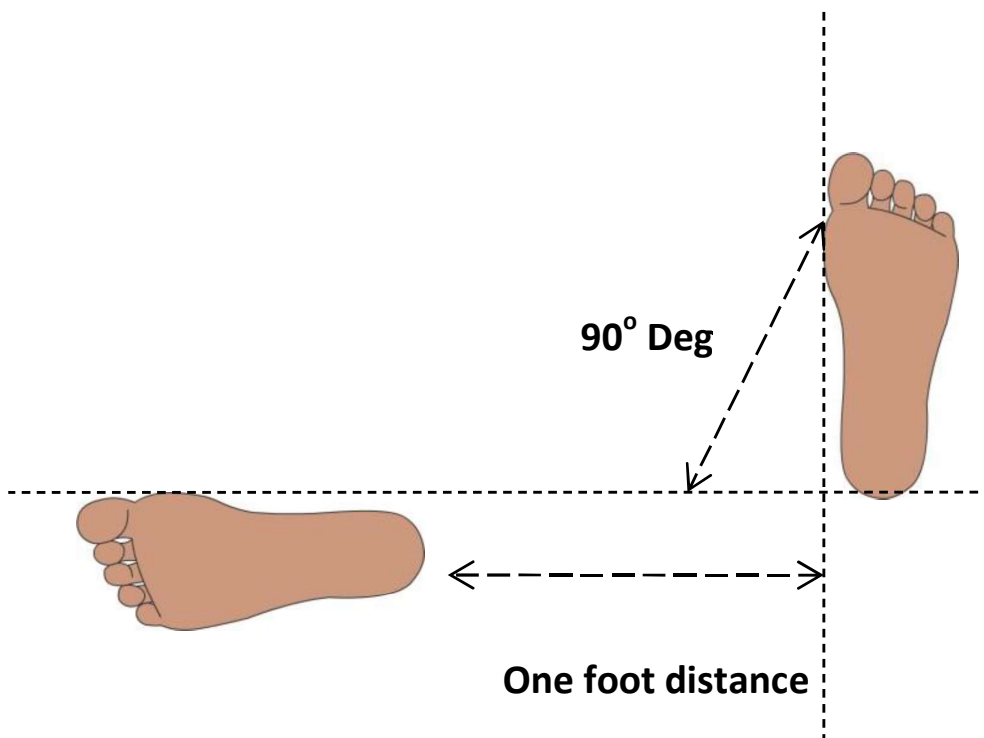


Front foot steps forward one three feet, Rear foot turns out at a 90° degree angle, and both legs should be at 120° degrees. Balance and weight should be 70% on the rear leg and 30% on the forward leg.

During a blocking technique the angle of the body should be at 30° degrees

Wen Seogi

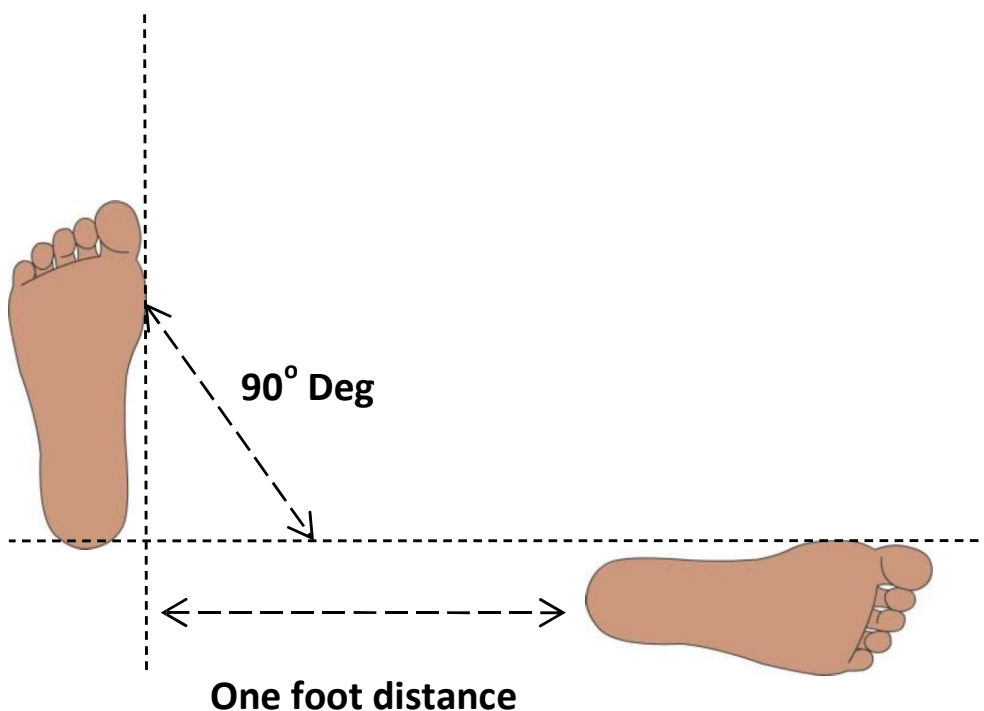
Left Stance



Left foot steps out two feet distance, out at a 90 degree angle, and both legs should be straight. Balance and weight should be divided equally between feet. During a blocking technique the angle of the body should be at 30 degrees.

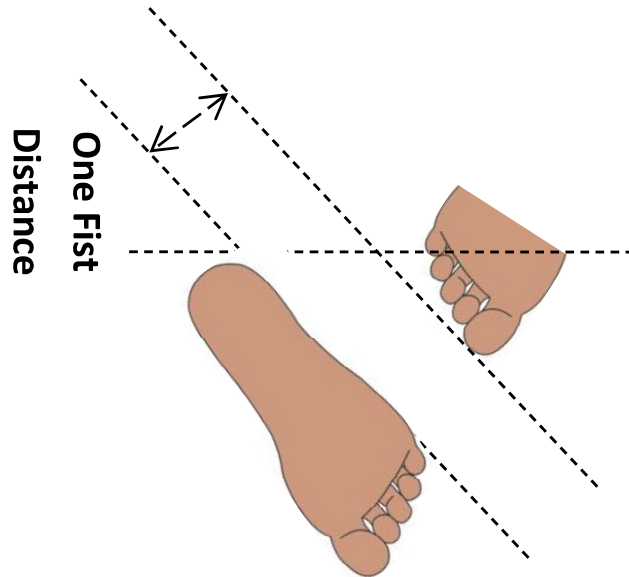
Oreun Seogi

Right Stance



Right foot steps out two feet distance, the right foot is at a 90 degree angle, and both legs should be straight. Balance and weight should be divided equally between feet. During a blocking technique the angle of the body should be at 30 degrees.

Ap Koa Seogi



Forward X Stance

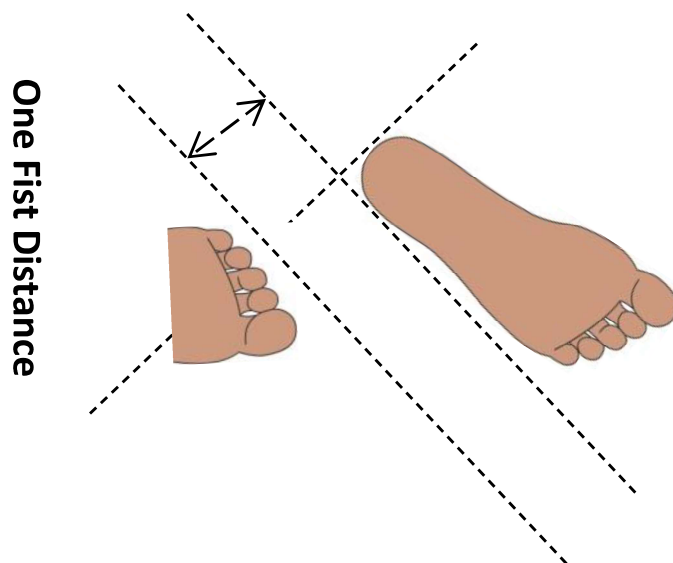
Front foot supported on the ball of the foot.

Back leg around 30 deg.

Shin of back leg touching the calf of the front leg.

Distance between feet is one fist distance

Dwi Koa Seogi



Backward X Stance

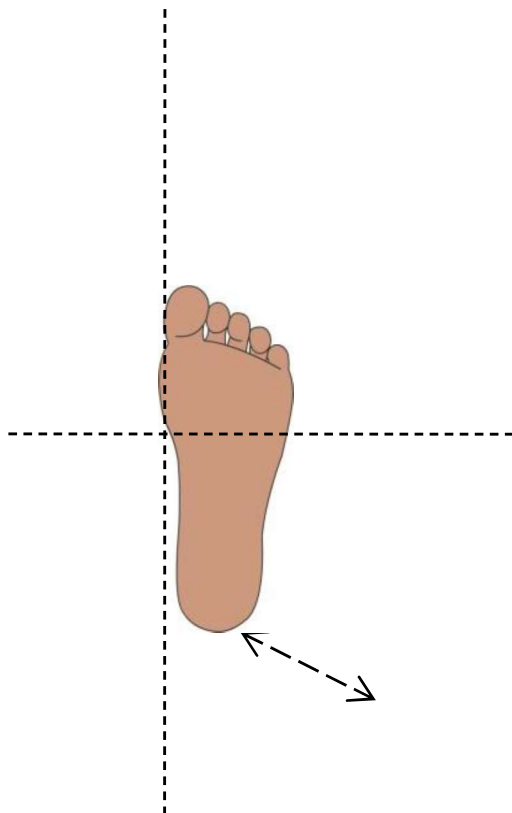
Front foot 45 deg.

Back leg supported by the of the foot.

Shin of back leg touching calf of the front leg.

Distance between feet is one fist apart.

Hakdari Seogi



Crane Stance

Standing on one leg with supported foot facing straight forward.

Knee of standing leg is bent.

Other leg is bent and raised with arc of the foot touching the side of the standing knee.

Raised foot should be facing forward.

30. Poomsae Knowledge

What is poomsae?

Poomsae is the Korean equivalent of Kata in Japanese karate.

Poomsae (pattern) is a series of fundamental movements, mainly defence and attack, set in a logical sequence to deal with one or more imaginary opponents. Patterns are an indication of a student's progress. A barometer in evaluating an individual's technique

Why do we perform Poomsae?

Poomsae are practised to improve Taekwondo techniques. When practising students develop flexibility of movement, mater body shifting, improves sparring techniques, balance and breathe control. Poomsae enable students to acquire techniques, which can not be obtained from other forms of training.

Within the Taekwondo Training syllabus there are basic, Taeguk and Dan Grade Poomsae. Each Grade has a new one to learn, practice and master before moving to the next level.

When Performing Poomsae the following points should be considered during its

Presentation

Skill

Accuracy of range/ volume of movements

Balance

Speed and power

Expression

Strength/speed/rhythm

Expression of energy, KI

A completion of Poomsae can be achieved through hard training following the 5 steps:

Pattern

The first step of training Poomsae is to learn the pattern. Concentration of spirit, eyes, and angles of movements must be emphasized in addition to the accuracy of actions.

Significance

In the next step, the emphasis must be laid on the balance, strength and weakness, low or high speed, respiration and Poomsae line. The significance of movements, connection of Poomsae and the complete Poomsae must be learned correctly.

Practical Use

One must adapt what he has learned to his practical use, finding out the practicability.

TaeGuk Poomsae

Meaning of Taeguk

Taeguk is the origin of all things in the universe.

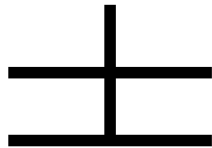
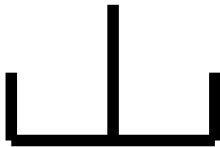
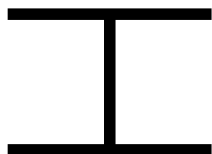
Tae - means Enormity or Vastness


Guk - means Eternity

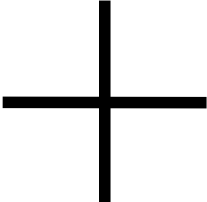

"Taeguk represents the most profound oriental philosophy from which oriental philosophical views on the world, cosmos and life are derived. Taeguk has no form, no beginning, and no ending yet everything comes from Taeguk. Taeguk is something that contains the essence of everything."

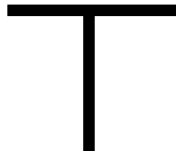


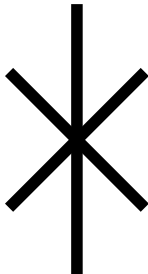
No.	Name	No. of Movements	Pattern Represents	Korean Symbol	Poomsae Line
1	TaeGuk Il Jang	18	Heaven & Light	Keon	
2	TaeGuk Ee Jang	18	Joyfulness	Tae	
3	TaeGuk Sam Jang	20	Fire & Sun	Ri	
4	TaeGuk Sah Jang	20	Thunder	Jin	
5	TaeGuk Oh Jang	20	Wind	Seon	
6	TaeGuk Yuk Jang	19	Water	Gam	
7	TaeGuk Chil Jang	25	Mountain	Gan	
8	TaeGuk Pal Jang	27	Earth	Gon	

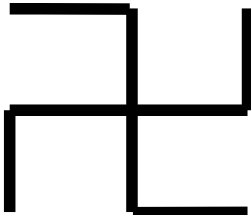
Poomsae	Symbol / Chinese characters	Poomsae Line
<p>Koryo (30 movements)</p> <p>Koryo poomsae symbolises "<i>Seonbae</i>" which means "<i>Learned man</i>" characterised by a strong martial spirit. Koryo is the name of an ancient Korean Dynasty (AD 918 to 1392). The English word Korea is derived from Koryo. Koryo's legacy to the Korean people is very significant as they successfully defeated and thus defended Korea against the attacking aggression of the Mongolian Empire, who was sweeping the known world at the time. Consequently every movement of the pattern should demonstrate the conviction shown by the Korea people in their struggle with the Mongolians</p>	<p>Learned man.</p>	
<p>Keumgang (27 movements Diamond)</p> <p>The word Keumgang means that which is too strong to be broken. The pattern is named after nature's strongest substance, diamond. Korea's most beautiful mountain is also called Keumgang and it is regarded as the centre of national spirit. The spirit of the mightiest warrior "<i>Keumgang Yoksa</i>", named by Buddha, should be shown when performing Poomsae Keumgang.</p>	<p>Mountain (Mt. Diamond)</p>	
<p>Taebeak (26 movements Mountain)</p> <p>The mythological story about the founding of Korea says that about 4,300 years ago the legendary Tangun founded the nation in Taebeak. Taebeak means "<i>Bright Mountain</i>". The line of the Poomsae is a Chinese character symbolising the bridge between Heaven and Earth, a nation founded by the order of heaven</p>	<p>Meaning Artisan. symbolising the bridge between Heaven and Earth, a nation founded by the order of heaven</p>	

<p>Pyongwon (21 movements Plain)</p> <p>The word Pyongwon means plain. A plain is the source of life for all creatures. The Poomsae Pyongwon is based on the idea of peace and struggle resulting from the principles of origin and use. The line of the pattern represents the origin and transformation of the plain.</p>	<p>Meaning One.</p>	
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<p>Sipjin (28 movements Decimal)</p> <p>The name Sipjin is derived from the number ten and longevity. It advocates there are 10 creatures of long life, namely, sun, moon, mountain, water, stone, pine tree, herb of eternal youth, tortoise, deer and crane. The line of the poomsae is the Chinese symbol meaning 10, signifying the infinite numbering of the decimal system and ceaseless development. Stability is sought in every movement of this poomsae.</p>	<p>Meaning Ten.</p>	
<p>Jitae (28 movements)</p> <p>The word "Jitae" 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 human life, such as kicking, trading and jumping on the ground. Therefore, the poomsae symbolizes various aspects occurring in the course of human being's struggle for existence. The new techniques introduced in this poomsae are han-son-nal-olgulmakki, keumkang-momtong-jireugi, and mejumeok-yop-pyojeok-chigi only, and the poomsae line signified a man standing on earth to spring up toward the heaven.</p>	<p>Korean vowel, sounding "oh" poomsae line signified a man standing on earth to spring up toward the heaven.</p>	

<p>Chonkwon (26 movements the Heaven's Great Mighty)</p> <p>The word "<i>Chonkwon</i>" means the 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. Human beings have used the name of Heaven for all principal earthly shapes and meanings because they felt afraid of the Heaven's mighty. Over 4,000 years ago, the founder of the Korean people, "<i>Hwanin</i>" meant the heavenly King. He settled down in the "<i>heavenly</i>" town as the capital near the heavenly sea and heavenly mountain, where the Han people as the heavenly race gave birth to the proper through and action from which Taekwondo was originated. The poomsae Chonkwon is based on such sublime history and thoughts.</p> <p>The new techniques introduced in this poomsae are nalgae-pyogi (wing opening), bam-jumeok-sosumchigi (knuckle protruding fist springing chigi), hwidullo-makki (swinging makki), hwidullojabadangkigi (swinging and drawing), keumgangyop-jireugi, taesan-milgi, etc., and a crouched walking manner.</p> <p>The characteristics of movements are large actions and arm sections forming gentle curves, thus symbolizing the greatness of Chonkwon thought. The poomsae line "T" symbolizes a man coming down from the heaven, submitting to the will of Heaven, being endowed power by the Heaven and worshiping the Heaven, which means the oneness between the Heaven and a human being.</p>	<p>Korean vowel, sounding "wu"</p> <p>The oneness between the Heaven and a human being.</p>	
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<p>Hansu (<i>27 movements Water</i>)</p> <p>The word "<i>Hansu</i>" means water is the source of substance preserving the life and growing all the creatures. Hansu symbolizes birth of a life and growth, strength & weakness, magnanimity & harmony, and adaptability. Especially, "<i>han</i>" has the various meanings, namely, the name of a country, numerousness, largeness, evenness, length and even the heaven and the root of evening, among others. Above all, the above significances, is the background of organizing this poomsae.</p> <p>The new techniques introduced in this poomsae are sonnal-deung-momtong-hecho-makki, me-jumeok-yangyopkuri (both flanks)-chigi, kodureo-khaljaebi, an-palmokarae- pyojeok-makki, son-nal-keumgang-makki, etc., and also modum-bal as a stance.</p> <p>Actions should be practiced softly like water but continuously like a drop of water gathering to make an ocean. The poomsae line symbolizes the Chinese letter that means water.</p>	<p>Meaning Water.</p>	
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<p>Meaning of Ilyeo (<i>23 movements Oneness</i>)</p> <p>Ilyeo means the thought of a great Buddhist priest of Silla Dynasty, Saint Wonhyo, which is characterized by the philosophy of oneness of mind [spirit] and body [material]. It teaches that a point, a line or a circle ends up all in one. Therefore, the poomsae Ilyeo represents the harmonization of spirit and body, which is the essence of martial art, after a long training of various types of techniques and spiritual cultivation for completion of Taekwondo practice.</p> <p>The new techniques introduced in this poomsae are son-nal-olgul-makki, wesanteul-yop-chagi, du-son-pyo (two opened hands)-bitureojabadangkigi (twisting and pulling), twio- yopchagi and the first stance of ogeum (knee back)hakdari-seogi. Jumbi-seogi is the bo-jumeokmoa-seogi (wrapped-up fist moa-seogi), in which, as the last step of poomsae training, two wrappedup fists are placed in front of the chin, which has the significance of unification and moderation, so that the spiritual energy can flow freely into the body as well as the two hands. The line of poomsae symbolizes the Buddhist mark (swastika), in commemoration of saint Wonhyo, which means a state of perfect selflessness in Buddhism where origin, substance and service come into congruity.</p>	<p>Symbolizes the Buddhist mark Reversed Swastika sign, which means a state of perfect selflessness in Buddhism.</p>	
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31. Korean Terminology

SEOGI (Stance)

1. Naranhi seogi	Parallel stance
2. Ap seogi	Walking stance
3. Ap kubi	Forward stance
4. Dwitkubi	Back stance
5. Oreun / Wen seogi	Right / left stance
6. Kkoa seogi	Crossed stance
1. Dwikkoa seogi	Back crossed stance
2. Apkkoa seogi	Forward crossed stance
7. Beom seogi	Tiger stance
8. Moa seogi	Closed stance
9. Juchum seogi	Riding stance
10. Hakdari seogi	Crane stance
11. Kyotdari seogi	Assisting stance
12. Ogeum seogi	Crossed crane stance

MAKKI (BLOCK)

1. Arae makki	Low block
2. Momtong makki	Middle block
3. Momtong anmakki	Middle block
4. Olgul makki	High block
5. Momtong bakkat makki	Outer middle block
6. Sonnal makki	Knife hand middle block
7. Sonnal arae makki	Knife hand low block
8. Hansonnal makki	Single knife hand block
9. Hannsonal olgul bitureo makki	Single knife hand high twist block
10. Hannsonal arae makki	Single knife hand low block
11. Olgul bakkatmakki	High outer block
12. Batangson momtong makki	Palm hand middle block
13. Batangson momtong an makki	Palm hand middle block
14. Batangson momtong keodureo an makki	Supported palm hand middle block
15. Kawi makki	Scissors block
16. Momtong hecho makki	Double outer middle block
17. Anpalmok momtong hecho makki	Double inside forearm middle block
18. Otkoreo arae makki	X low block
19. Kodureo bakkat makki	Supported outer middle block
20. Wesanteul makki	Single mountain block
21. Kodureo arae makki	Supported low block
22. Batangson nullo makki	Palm pressing block
23. Keumgang momtong makk	Diamond middle block

JIREUGI (PUNCHING)

- | | |
|----------------------------------|------------------------|
| 1. Baro jireugi / Bandae Jireugi | Punch |
| 2. Jecho jireugi | Uppercut |
| 3. Dujumeok jecho jireugi | Double middle uppercut |
| 4. Dankyo teok jireugi | Pulling uppercut |
| 5. Olgul jireugi | High punch |
| 6. Yop jireugi | Side punch |
| 7. Momtong dubeon jireugi | Double middle punch |

CHAGI (KICKING)

- | | |
|---------------------------------|-----------------------------------|
| 1. Ap chagi | Front kick |
| 2. Dollyo chagi | Roundhouse kick |
| 3. Yop chagi | Side Kick |
| 4. Yopchago palkup pyojeokchigi | Side kick and elbow target strike |
| 5. Pyojeok chagi | Target kick |
| 6. Dubal dangsang ap chagi | Double front kick |
| 7. Momdollyo yop chagi | Turning side kick |

CHIGI (STRIKE)

- | | |
|-------------------------------|------------------------------|
| 1. Ap chigi | Front strike |
| 2. Olgul bakkat chigi | High outer strike |
| 3. Deungjumeok bakkat chigi | Back fist outer strike |
| 4. Deungjumeok ap chigi | Back fist front strike |
| 5. Deungjumeok olgul ap chigi | High back fist front strike |
| 6. Palkup dollyo chigi | Elbow hook |
| 7. Palkup yop chigi | Elbow strike (Koryo) |
| 8. Hansonnal mok chigi | Knife hand neck strike |
| 9. Sonnal Bakkat chigi | Knife hand outer neck strike |
| 10. Jebipoom mok chigi | Swallow neck strike |
| 11. Mejumeok naeryo chigi | Hammer strike |
| 12. Mureup chigi | Knee strike |
| 13. Palkup pyojeok chigi | Target elbow strike |

TZIREUGI (THRUSTING)

- | | |
|----------------------------------|------------------------|
| 1. Pyonsonkeut sewo tzireugi | Erected spear hand |
| 2. Pyonsonkeut upeo tzireug | Spear hand |
| 3. Pyonsonkkeut jeochon tzireugi | Turned over spear hand |

GENERAL TERMS

- | | |
|----------------|-----------------|
| 1. Charyot | Attention |
| 2. Kyong Ye | Bow |
| 3. Junbi | Ready |
| 4. Shijak | Start |
| 5. Geuman | Stop |
| 6. Dwiro Dorra | Turn around |
| 7. Baro | Return to start |
| 8. Shi Yo | Relax |
| 9. Haessan | Dismiss |
| 10. Dojang | Training hall |
| 11. Dobok | Uniform |
| 12. Tee | Belt |
| 13. Sabeaumin | Instructor |
| 14. Kook gie | National Flag |
| 15. Poomsae | Pattern/forms |
| 16. Kyukpa | Destruction |
| 17. Oreun | Right |
| 18. Wen | Left |
| 19. Seogi | Stance |
| 20. Makki | Block |
| 21. Jirugi | Punch |
| 22. Chigi | Strike |
| 23. Chirugi | Thrust |
| 24. Chagi | Kick |
| 25. Injun | High Target |
| 26. Myongchi | Middle target |

COMPETITION TERMS

- | | |
|----------------|-----------------|
| 1. Ho Goo | Body Protector |
| 2. Ja Wang Woo | Face about |
| 3. Deuk Jum | Point |
| 4. Kyong Go | Warning |
| 5. GamJum | Deduction point |
| 6. Kalyo | Break |
| 7. Key Sork | Continue |
| 8. Shigan | Time |

PARTS OF THE HAND

1. Son	Hand
2. Jeomok	Fist
3. Sonnal	Knife hand
4. Sonnal Deung	Reverse Knife hand
5. Pyeonsonkeut	Finger tip
6. Agwison	Arc hand
7. Ap Jeomok	Fore fist
8. Deung Jeomok	Back fist
9. Mei Jeomok	Hammer fist
10. Bam Jeomeok	Single knuckle fist
11. Bo Jeomok	Covered fist

PARTS OF THE FOOT

1. Bai	Foot
2. Apchook	Ball of the foot
3. Binal	Outside of the foot
4. Dwichook	Bottom of the heel
5. Dwicumchi	Back of the heel
6. Baldeung	Top of the foot
7. Balnaldeung	Inside edge of the foot
8. Balbadak	Bottom of the foot

PARTS OF THE BODY

1. Pal	Arm
2. Eogool	Face (high section)
3. Momtong	Body (middle section)
4. Arae	Groin (Low section)
5. An Palmok	Inner forearm
6. Balkat	Outer forearm
7. Palkoop	Elbow
8. Dari	Leg
9. Meorup	Knee
10. Son	Hand
11. Bal	Foot
12. Meo Ri	Head
13. Mok	Neck
14. Teok	Chin
15. Ko	Nose
16. Noon	Eye
17. Ip	Mouth

READY POSITION (JUNBI)

- | | |
|--------------------|--|
| 1. Gibon Junbi | Basic Ready Position |
| 2. Kyopson Junbi | Left hand over right (Pyongwon Poomsae) |
| 3. Tongmilgi Junbi | Koyro Poomsae |
| 4. Bo Jumeok Junbi | Covered fist (Poomsae 7 Jang/ Ilyeo Poomsae) |
| 5. Kyorugi Junbi | Sparring stance ready |

32. BASIC MOVEMENT (14)

- | | |
|-----------------------------------|--|
| 1. Joon bi | Ready stance |
| 2. Juchum seogi momtong jireugi | Riding stance with middle punch |
| 3. Ap kubi arae makki | Forward stance with low block |
| 4. Ap kubi momtong bandae jireugi | Forward stance with punch |
| 5. Ap kubi ap chagi | Forward stance and front kick |
| 6. Dwitkubi momtong bakkat makki | Back stance with outer middle block |
| 7. Ap kubi deungjumeok ap chigi | Forward stance with back fist front strike |
| 8. Ap kubi yop chagi | Forward stance and side kick |
| 9. Dwitkubi momtong makki | Back stance with middle block |
| 10. Dwitkubi sonnal makki | Back stance with knife hand middle block |
| 11. Ap kubi dollyo chagi | Forward stance and roundhouse kick |
| 12. Ap kubi olgul makki | Forward stance with high block |
| 13. Ap kubi hansonnal mok chigi | Forward stance with knife hand neck strike |
| 14. Dwitkubi momtong baro jireugi | Back stance with punch |

33. Coordinators Terminology




Coordinators Terminology and Hand Signals


Verbal Commands		Hand Signals	Explanation
1	Chool-jeon	Left Hand	Call of contestant to enter the court
2	Cha-ryeot	Left Hand	Attention
3	Kyeong-rye	Left Hand	Bow
4	Joon-bi	Right hand	Ready
5	Shi-jak	Right hand	Start
	End of Poomsae 1		
6	Ba-ro		Return to ready position
7	Shi yo.		Take a rest
8	Tuae-jahng	Left Hand	Call contestant to leave the court (3060 seconds)
9	Pyo-chul	Right hand	Declaration of scores
10	Chool-jeon	Left Hand	Call of contestant to enter the court
11	Cha-ryeot	Left Hand	Attention
12	Joon-bi	Right hand	Ready
13	Shi-jak	Right hand	Start
	End of Poomsae 2		
14	Ba-ro		Return to ready position
15	Shi yo.		Take a rest
16	Pyo-chul	Right hand	Declaration of scores
17	Cha-ryeot	Left Hand	Attention
18	Kyeong-rye	Left Hand	Bow
19	Tuae-jahng	Left Hand	Call of contestant to leave the court
18	Pyo-chul	Left Hand	Call the contestant to leave the court

Stomps and Shouts

Poomsae	Shouts	Technique	Stomps	Stance
1 <u>Taegeuk Il Jang</u>	1	Last Punch Movement 18	0	<u>Ap Seogi</u>
2 <u>Taegeuk E Jang</u>	1	Last Punch Movement 18	0	<u>Ap Seogi</u>
3 <u>Taegeuk Sam Jang</u>	1	Last Punch Movement 20	0	<u>Ap Seogi</u>
4 <u>Taegeuk Sa Jang</u>	1	Last Punch Movement 20	0	<u>Apkubi Seogi</u>
5 <u>Taegeuk Oh Jang</u>	1	Back fist Movement 20	1	<u>Dwitkoa Seogi</u>
6 <u>Taegeuk Yuk Jang</u>	1	2 nd Turn Kick Movement 12	0	While kicking
7 <u>Taegeuk Chil Jang</u>	1	Last side punch Movement 25	0	<u>Juchum Seogi</u>
8 <u>Taegeuk Pal Jang</u>	2	2 nd Kicks in double kicks Movement 3 & 19	0	While kicking
9 <u>Koryu</u>	2	Arc Thrust techniques Movements 11 & 30	0	<u>Apkubi Seogi</u>
10 <u>Keumgang</u>	2	1 st Stomp & 3 rd Stomp Movements 11 & 21	2	<u>Juchum Seogi</u>
11 <u>Taebak</u>	2	Punching techniques Movement 8 & 22	0	<u>Apkubi Seogi</u>
12 <u>Pyongwon</u>	2	1 st Back fist strike of each set Movement 9 & 17	2	<u>Juchum Seogi</u>
13 <u>Sipjin</u>	3	Side punches & Back fist Movements 5, 10 & 23	1	<u>Juchum Seogi</u> & <u>Dwitkoa Seogi</u>
14 <u>Jitae</u>	2	Hammer punch into palm & Punch	0	<u>Juchum Seogi</u> & <u>Apkubi Seogi</u>
15 <u>Chonkwon</u>	1	Side Kick Movement 8	0	While kicking
16 <u>Hansu</u>	2	Back fist (2 times) Movement 16 & 25	2	<u>Dwitkoa Seogi</u>
17 <u>Ilyeo</u>	2	Wen and Oreyun <u>Pyonsongkeut</u> Movements 6 & 13	0	

8 Second Tension Movement		
		
Poomsae	Stance	Technique
8 Taegeuk Pal Jang	Apkubi	Dangkyo Teokjireugi
9 Koryo	Moa Seogi	Mejumeok Arae Pyojeokchigi
10 Keumgang	Hakdani Seogi	Keumgang Makki
14 Jitae	Apkubi Dwukubi Apkubi	Olgu makki Followed by Montong Baro Jireugi Montong Bakkat makki Olgu makki
15 Chonkwon	Apkubi	From Sonal Makki slowly grabbing wrist action pulling and slow montong Baro Jireugi 3 second - 5 second

[+]

		
5 Second Tension Movement		
Poomsae	Stance	Technique
6 Taegeuk Yuk Jang	Naranhi Seogi	Arae Hechomakki
7 Taegeuk Chil Jang	Moa Seogi	Bojumeok
9 Koryo	Naranhi Seogi	Tongmigi
10 Keumgang	Naranhi Seogi	Arae Hechomakki
12 Pyongwon	Naranhi Seogi	Sonnal Arae Hechmakki
13 Sipjin	Dwukubi-Apkubi Apkubi Juchum Seogi Juchum Seogi into straight legs	Fist Open Twisting inward Pyonsonkkeut Bawimigi Sonnal Arae Hechmakki Arae Hechomakki
15 Chonkwon	Moa Seogi Dwukubi Beom Seogi	Nalgaepyogi Sonal Wesanteulmakki Taesanmigi