

Poomse Taebaek

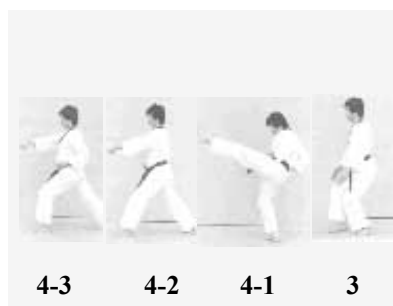


Taebaek is the name of a mountain with the meaning of "bright mountain" Where Tangun, the founder of the nation of Korean people, reined the country, and the bright mountain symbolizes sacredness of soul and Tangun's thought of "hongik ingan"(humanitarian ideal). There are numerous sites known as Taebaek, but Mt Paektu, which has been typically known as the cradle of Korean people, is the poomsae are sonnal area hecho-makki, sonnal opeo-japki (grabbing), japhin sonmeok-ppaegi(pulling out the caught wrist), Keumgang momtong-makki, deungjumeok olgul bakkat-chigi, doltzeogwi(hinge), etc. The line of poomsae is like a Chinese letter, which symbolizes the bridge between the Heaven and the earth, signifying human beings founded a nation by the Heaven's order. The poomsae movements are largely composed of momtong-makkis and chigis.

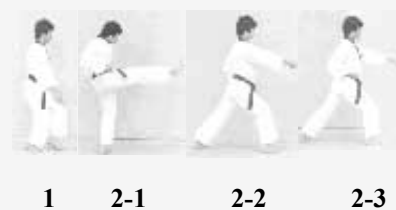
POOMSE TAEBAEK'S POOMSE-LINE

Na

Ra1



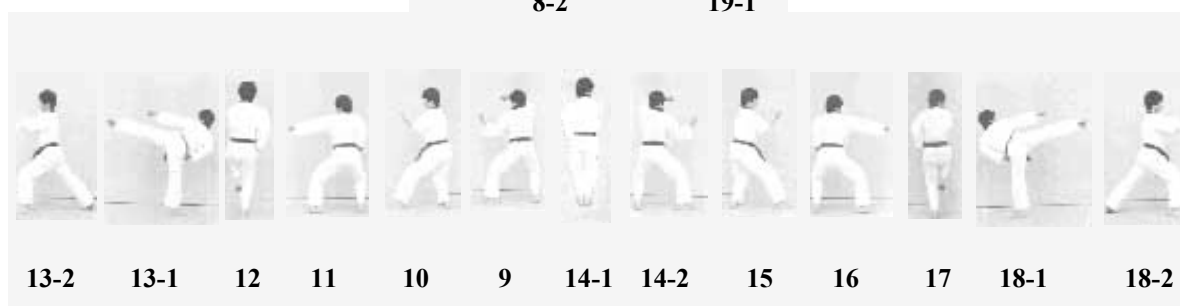
Joonbi



Da1



Ra2



Da2

Ga

Side
view



Poomse Taebaek

Order	Eye dir.	Positon	Stance	Action	Name of Poom	
junbi	Ga	Na	Naranhi-seogi		Kibon junbi-seogi (basic ready stance)	
1	Da 1	Da 1	Wen beom-seogi	L.F put forth	Sonnal area hecho-maki (hand blade underneath push blocking)	
2	Da 1	Da 1	Oreun apkubi	R.F ap-chagi, forth	Momtung dubeon-jireugi (trunk double punch)	
3	Ra 1	Ra 1	Oreun beom-seogi	Turn L.F. change step	Sonnal area hecho-makki (hand blade underneath push blocking)	
4	Ra 1	Ra 1	wen apkubi	L.F. ap-chagi, forth	Momtung dubeon-jireugi (trunk double punch)	
5	Ga	Ga	ditto	Turn, L.F. change step	Jebi-poom mok-chigi (Swallow neck hitting)	
6	Ga	Ga	Oreun apkubi	R. wrist pushed out, R.F. put forth	Momtung baro-jireugi (trunk right unch)	
7	Ga	Ga	wen apkubi	L. wrist pushed out, L.F. put forth	Dtto("")	
8	Ga	Ga	Oreun apkubi	R. wrist pushed out, R.F. put forth	Momtung baro-jireugi kihap	
9	Ra 2	Ra 2	oreun	Turn L.F. change step	Keumgang momtung-makki (diamond trunk blocking)	
10	Ra 2	Ra 2	ditto	Same posit, stance	Dangkyo teok-jireugi (pull jaw hitting)	
11	Ra 2	Ra 2	Ditto	ditto	Yop-jireugi (side punch)	
12	Ra 2	Ra 2	Oreun hakdari seogi,	L.F. lifted up	Jageun doltzeogwi (smaller hinge)	
13	Ra 2	Ra 2	wen apkubi	L.F. yop-chagi, forth	Palkup pyojeok-chigi (elbow target hitting)	
14	Da 2	Da 2	wen apkubi	L.F. pulled to modumbal, R.F put forth	Keumgang momtung-makki (diamond trunk blocking)	
15	Da 2	Da 2	ditto	Same position, stance	Dangkyo teok-jireugi (pull jaw hitting)	
16	Da 2	Da 2	Ditto	Ditto	Yop-jireugi (side punch)	
17	Da 2	Ga	Wen hakdari-seogi	R. F. lifted up	Jageun doltzeogwi (samller hinge)	
18	Da 2	Da 2	Oreun apkubi	R. F. you-chagi, forth	Palkup pyojeok-chigi (elbow target hitting)	
19	Na	Ga	Oreun dwitkubi	R. F. pulled to modumball, F. put forth	Sonnal momtung-makki (hand blade trunk blocking)	
20	Na	Na	Oreun apkubi	L. hand nullo-makki, R.F. put forth	Pyonsonkkeut sewo-tzireugi (flat fingertips stright thrust)	

	21	Na	Na	Oreun dwitkubi	Body turns left, slips downward, L.F. forth	Deungjumeok bakkat-chigi (backfist outer hitting)	
	22	Na	Na	Oreun apkubi	R. F. put forth	Momtong bandae-jireugi, kihap (trunk opposite punch)	
	23	Da 1	Da 1	Wen apkubi	Turn, L.F. change step	Kawi-makki (scissors blocking)	
	24	Da 1	Da 1	Oreun apkubi	R. F. ap-chagi, forth	Momtong dubeon-jireugi (trunk double punch)	
	25	Ra 1	Ra 1	Oreun apkubi	Turn around R.F. change step	Kawi-makki (scissors blocking)	
	26	Ra 1	Ra 1	Wen apkubi	L.F. ap-chagi, forth	Momtong dubeon-jireugi (trunk double punch)	
keuman	Ga	Na	Naranhi seogi		L.F. pulled	Kibon junbi-seogi (basic ready stance)	