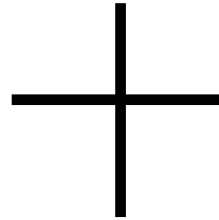


## Poomse Sipjin

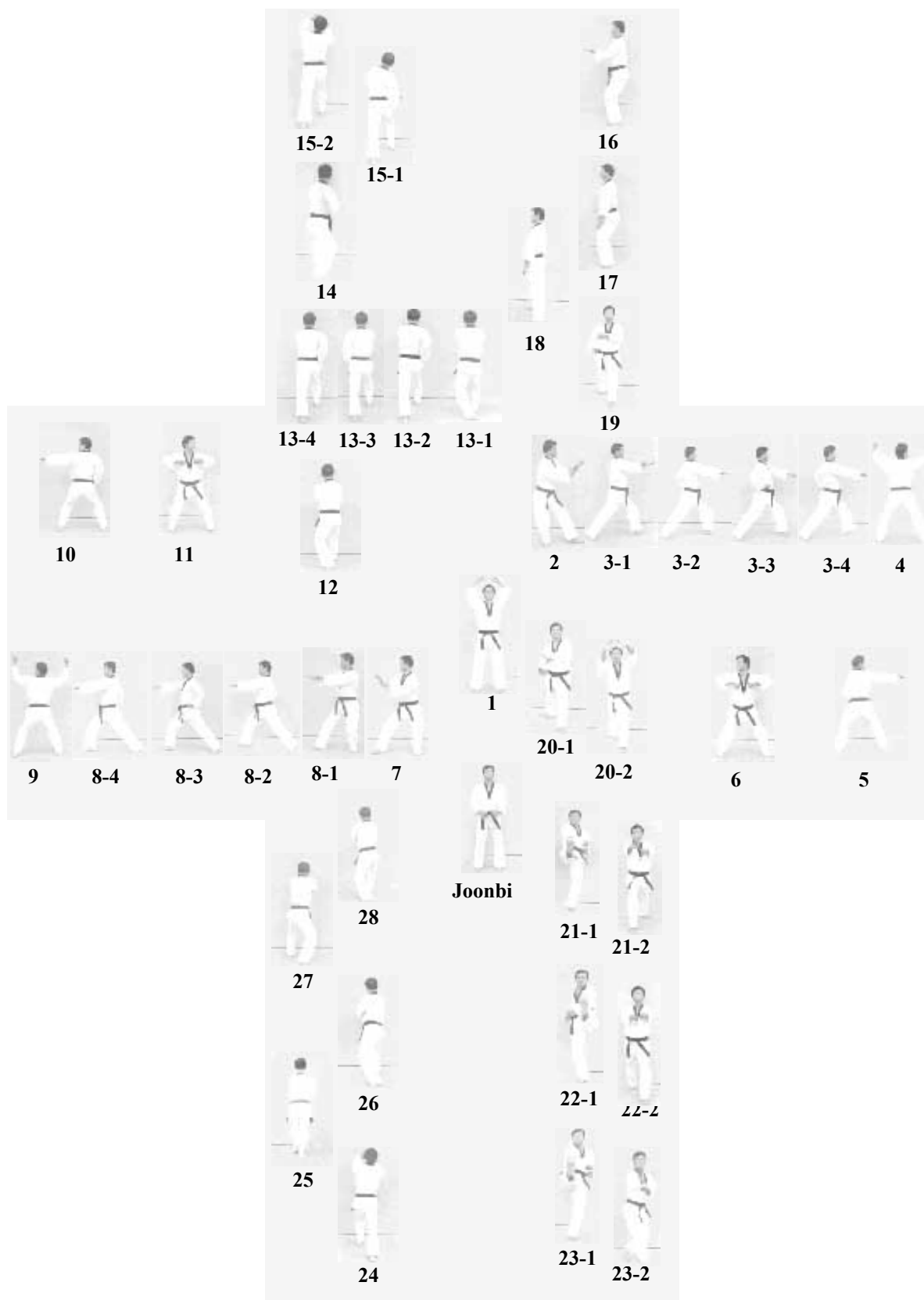


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The word sipjin was derived from the thought of 10 longevity, which advocates there are ten creatures of long life, namely, sun, moon, mountain, water, stone, pine tree, herb of eternal youth, tortoise, deer, and crane. They are two heavenly bodies, 3 natural resources, two plants and 3 animals, a giving human being faith, hope and love. The poomsae sipjin symbolizes those things. The new techniques introduced in this poomsae are hwangso-makki (bull makki), sonbadak (palm) kodureo-makki, oeun sonal-tzireugi, sonnal area-makki, bawi milgi (rock pushing), sonnaldeung momtong hecho-makki, kodeo olligi (lifting up), chetari-jireugi (fork-shape jireugi), sonnal otkoreo arrae-makki, sonnladeung momtong-makki, which counts 10. the Chinese letter meaning ten is the form of the poomsae line, which signifies an infinite numbering of the decimal system and ceaseless development

# POOMSE SIPJIN'S POOMSE-LINE

Ma



# Poomse Sipjin

|  | Order | Eye dir. | Positon | Stance         | Action                                                       | Name of Poom                                                                 |  |
|--|-------|----------|---------|----------------|--------------------------------------------------------------|------------------------------------------------------------------------------|--|
|  | Jumbi | Ga       | Na      | Naranhi-seogi  |                                                              | Kibon jumbi-seogi (basic ready stance)                                       |  |
|  | 1     | Ga       | Na      | Naranhi-seogi  | Two fist pulled up                                           | Hwangso-maki (bull blocking)                                                 |  |
|  | 2     | Da       | Da      | Oreun dwitkubi | Two fists opened, L.F. put forth                             | Sonbadak kodureo momtong bakkat-makki(palm hand assist trunk outer blocking) |  |
|  | 3     | Da       | Da      | Wen apkubi     | L.F. slightly pushed forth, oreun pyonson-kkeut opeotzireugi | Momtong dubeon-jierugi (trunk double punch)                                  |  |
|  | 4     | Da       | Da      | Juchum-seogi   | R.F. put forth(body toward ma)                               | Hecho santeul-makki (push mountain blocking)                                 |  |
|  | 5     | Da       | Da      | Ditto          | L.F. apkkoa-seogi(by change of step), R.F. changes step      | Yop-jireugi, kihap (side punch)                                              |  |
|  | 6     | Ra       | Na      | Ditto          | L.F. remains R.F. put forth(body ga dir.)                    | Meongye-chigi (yoke hitting)                                                 |  |
|  | 7     | Ra       | Na      | Wen dwitkubi   | R.F. remains, L.F. pulled to modumbal, instantly R.F. forth  | Sonbadak kodureo momtong bakkat-makki(palm hand assist trunk outer blocking) |  |
|  | 8     | Ra       | Ra      | Oreun apkubi   | R.F. slightly pushed forth, wenpyonson-kkeut opeo-tzireugi   | Momtong dubeon-jireugi (trunk double punch)                                  |  |
|  | 9     | Ra       | Ra      | Juchum-seogi   | L.F. forth(body ma directions)                               | Hecho santeul-makki (push mountain blocking)                                 |  |
|  | 10    | Ra       | Ra      | Ditto          | R.F. apkoa-seogi(by change of ste), L.F. also changes step   | Yop-jireugi kihap (side punch)                                               |  |
|  | 11    | Da       | Na      | Ditto          | R.F. remains, L.F. forth(body ga dir.)                       | Meongye-chigi (yoke hitting)                                                 |  |
|  | 12    | Ma       | Na      | Wen dwitkubi   | L.F. remains, turn and R.F. changes step                     | Sonbadak kodureo montong bakkat-makki(palm-hand assist trunk outer blocking) |  |
|  | 13    | Ma       | Ma      | Oreun apkubi   | R.F slightly pushed forth, wen pyonson-kkeut opeo-tzireugi   | Momtong dubeon-jireugi (trunk double punch)                                  |  |

|  |        |    |    |                |                                         |                                                                         |  |
|--|--------|----|----|----------------|-----------------------------------------|-------------------------------------------------------------------------|--|
|  | 14     | Ma | Ma | Oreun dwitkubi | L.F. put forth                          | Sonnal area-makki(hand blade underneath blocking)                       |  |
|  | 15     | Ma | Ma | Oreunapkubi    | R.F. put forth                          | Bawi-milgi(rock pushing)                                                |  |
|  | 16     | Ra | Ra | Juchum-seogi   | R.F remains, L.F. slightly pulled in    | Sonnaldeung momtong hecho-makki(back hand blade trunk push blocking)    |  |
|  | 17     | Ra | Ma | Ditto          | Feet remain                             | Sonnal area hecho-makki (hand blade underneath push blocking)           |  |
|  | 18     | Ra | Ma | Ditto          | Ditto                                   | Area hecho-makki (underneath-push blocking)                             |  |
|  | 19     | Ga | Na | Wen apkubi     | R.F remains, L.F. slightly pushed forth | Lift-up                                                                 |  |
|  | 20     | Ga | Na | Ditto          | Same posit, stance                      | Bawi-milgi (rock pushing)                                               |  |
|  | 21     | Ga | Na | Erun apkubi    | R.F. ap-chagi. Forth                    | Chetdari-jireugi (folkok-shape punch)                                   |  |
|  | 22     | Ga | Ga | Wen apkubi     | L.F ap-chagi, forth                     | Ditto                                                                   |  |
|  | 23     | Ga | Ga | Wen dwikko s.  | R.F. ap-chagi, forth                    | Deungjumeok kodureo olgulap-chigi, kihap(back fist assist face hitting) |  |
|  | 24     | Na | Na | Wen akubi      | R.F. remains, L.F. pulled in            | Bawi-milgi (rock pushing)                                               |  |
|  | 25     | Na | Na | Wen beom-seogi | R.F. remains, L.F. pulled in            | Sonnal otkoreo area-makki(hand blade cross underneath blocking)         |  |
|  | 26     | Na | Na | Wen dwitkubi   | R.F. put forth                          | Sonnaldeung momtong-makki (back hand blade trunk blocking)              |  |
|  | 27     | Na | Na | Oreun dwitkubi | L.F. put forth                          | Chetdari-jireugi (folk shape unch)                                      |  |
|  | 28     | Ma | Ma | Wen dwitkubi   | R.F. put forth                          | Ditto("")                                                               |  |
|  | keuman | Ga | Na | Naranhi seogi  | L.F. pulled                             | Kibon jumbi-seogi (basic ready stance)                                  |  |