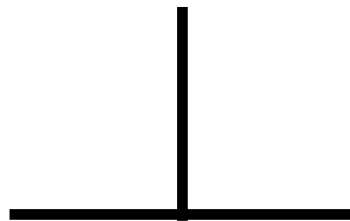


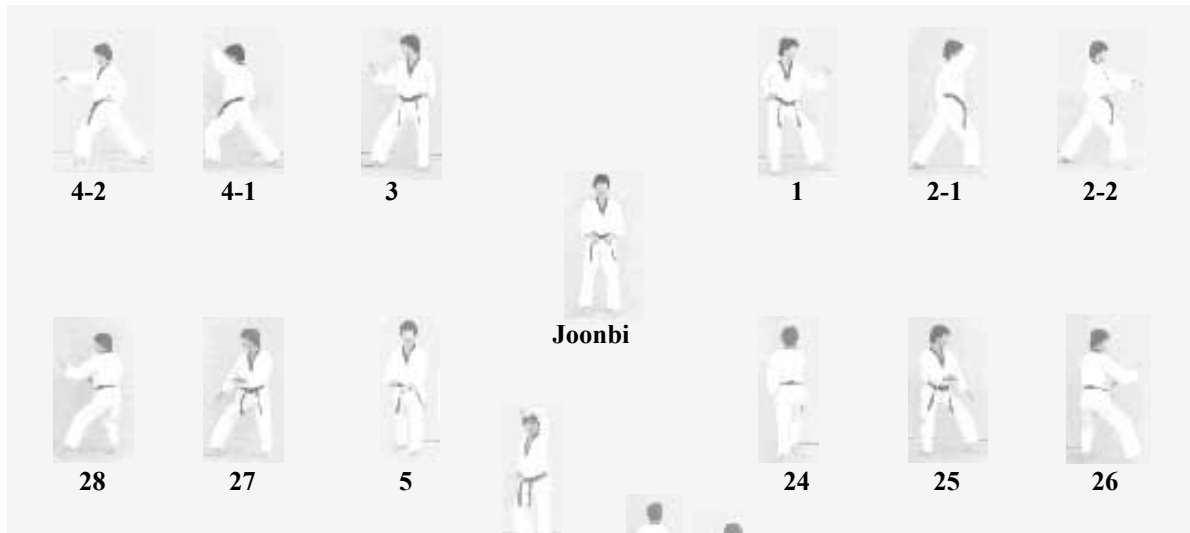
Poomse Jitae



The word "jitae" means a man standing on the ground with the two feet, looking over the sky. A man on the earth represents the way of struggling for human life, such as kicking, treading 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 hansonnal olgul-makki, keumgang momtong-jireugi, and mejumeok yop pyojeok-chigi only, and the poomsae line signifies a man standing on the earth to spring up toward the heaven.

POOMSE JITAE'S POOMSE-LINE

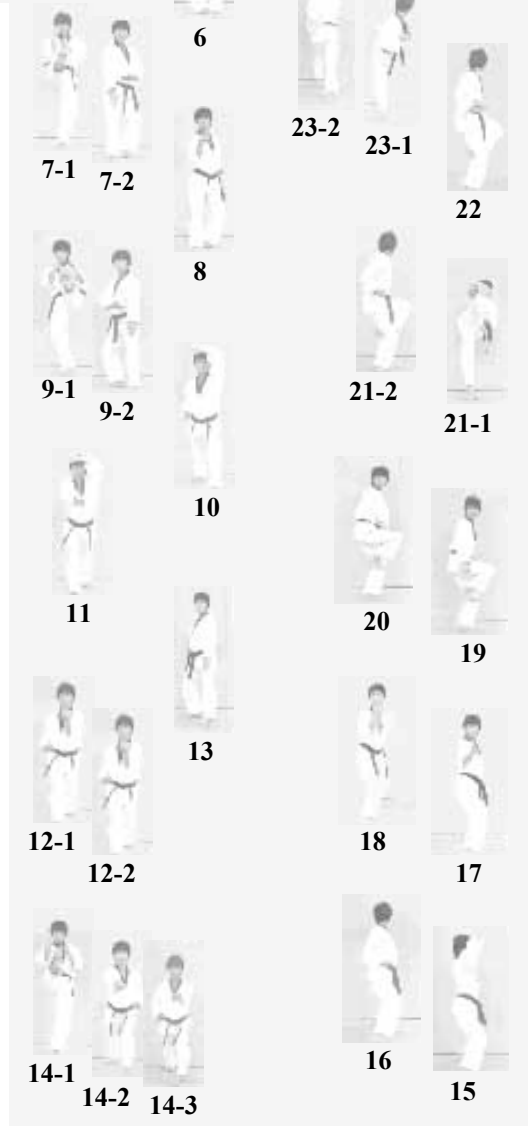
Na



Joonbi

Da

Ra



Ga

Poomse Jitae

| Order | Eye dir. | Positon | Stance | Action | Name of Poom |
|-------|----------|---------|-------------------|---|--|
| | junbi | Ga | Na | naranhi-seogi | kibon junbi-seogi (basic ready stance) |
| 1 | Da | Da | oreun dwitkubi | L.F. put forth | momtong yop-makki (trunk side blocking) |
| 2 | Da | Da | oreun apkubi | R.F. forth, olgul-makki | momtong baro-jireugi (trunk right punch) |
| 3 | Ra | Ra | wen dwitkubi | R.F. changes step, turn around | momtong yop-makki (trunk side blocking) |
| 4 | Ra | Ra | wen apkubi | L.F. forth, olgul-makki | momtong baro-jireugi (trunk right punch) |
| 5 | Ga | Ga | wen apkubi | L.F. changes step, turn | arae-makki (underneath blocking) |
| 6 | Ga | Ga | oreun dwitkubi | L.F. slightly pulled in | wenhansonnal olgul-makki (left one hand blade face blocking) |
| 7 | Ga | Ga | wen dwitkubi | R.F. ap-chagi, forth | sonnal arae-makki (hand blade underneath blocking) |
| 8 | Ga | Ga | ditto | same position, stance | momtong bakkat-makki (trunk outer blocking) |
| 9 | Ga | Ga | oreun dwitkubi | L.F. ap-chagi, forth | sonnal arae-makki (hand blade underneath blocking) |
| 10 | Ga | Ga | wen apkubi | L.F. pushed slightly forth | olgul-makki (face blocking) |
| 11 | Ga | Ga | oreun apkubi | R.F. put forth | keumgang ap-jireugi (diamond front punch) |
| 12 | Ga | Ga | ditto | same posit., stance; momtongan-makki | momtong makki (trunk blocking) |
| 13 | Ga | Na | oreun dwitkubi | R.F. retrieved to step | wen hansonnal arae-makki (left one hand blade underneath blocking) |
| 14 | Ga | Na | wen apkubi | R.F. ap-chagi, retrieved to step down | momtong dubeon-jireugi (trunk double punch) |
| 15 | Da | Na | Juchum-seogi | L.F. retrieved to step | hwangso-makki (bull blocking) |
| 16 | Na | Na | ditto | same posit. and stance | wenpalmok arae yop-makki (left wrist underneath side blocking) |
| 17 | Ga | Na | ditto | same stance | oreun hansonnal momtong-makki (right one hand blade trunk blocking) |
| 18 | Ga | Na | ditto | same stance "kihap _i ± (left hammer fist target hitting) | |
| 19 | Ga | Na | wen hakdari seogi | L.F. remains, R.F. pulled in | arae yop-makki (underneath side blocking) |

| | | | | | | |
|--------|----|----|----|----------------|--|--|
| | 20 | Ga | Na | ditto | same stance, left waist | jageun doltzeogwi (smaller hinge) |
| | 21 | Ga | Na | oreun hakdari | R.F. ap-chagi, steps down on L.F. position | wenpalmok arae yop-makki (left wrist underneath sice blocking) |
| | 22 | Na | Na | ditto | same stance, right waist | jageun doltzeogwi (smaller hinge) |
| | 23 | Na | Na | wen apkubi | L.F. yop-chagi, and forth | momtong baro-jireugi (trunk right punch) |
| | 24 | Na | Na | oreun apkubi | R.F. put forth | momtong bandae-jireugi, "kihap;± (trunk opposite punch) |
| | 25 | Da | Da | oreun dwitkubi | L.F. moves to turn | sonnal arae-makki (hand blade trunk blocking) |
| | 26 | Da | Da | wen dwitkubi | R.F. put forth | sonnal momtong-makki (hand blade trunk blocking) |
| | 27 | Ra | Ra | ditto | R.F. moves to turn | sonnal arae-makki (hand blade underneath blocking) |
| | 28 | Ra | Ra | oreun dwitkubi | L.F. put forth | sonnal momtong-makki (hand blade trunk blocking) |
| keuman | | Ga | Na | naranhi seogi | R.F. remains, L.F. moves to turn | kibon junbi-seogi (basic ready stance) |