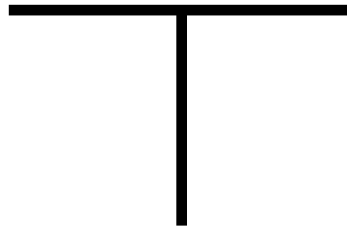


Poomse Chonkwon

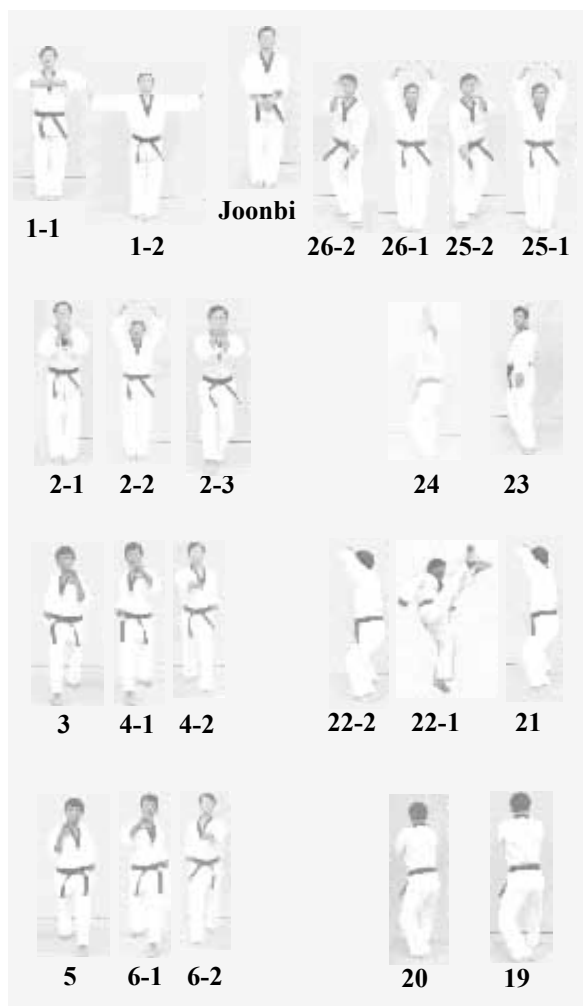


The word "chonkwon" means the Heaven's Great Mighty, which is the origin of all the creature and itself the cosmos. Its infinite competence signifies the creation, change and completion. Human beings have used the name of Heaven for all principal earthly shapes and meanings because they felt afraid of the Heaven's mighty.

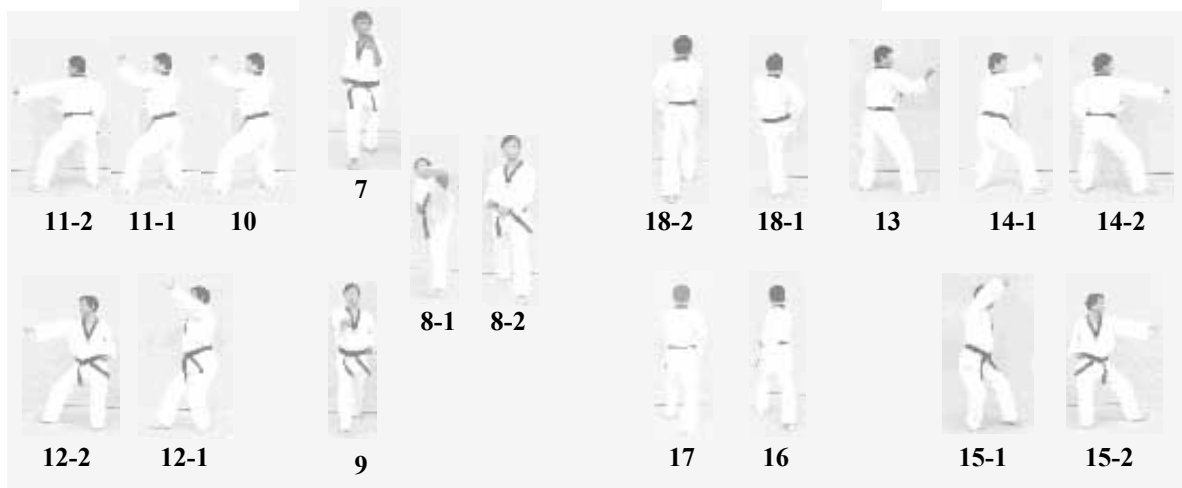
Over 9,000 years ago, the founder of the Korean people, "Hwanin", was meant by the heavenly king. He settled down in the "heavenly" town as the capital near the heavenly sea and heavenly mountain, where the Han people as the heavenly race gave birth to the proper thought and actions from which Taekwondo was originated. The poomsae Chonkwon is based on such sublime history and thoughts. The new techniques introduced in this poomsae are nalgae pyogi(wing opening), bamjumeok sosum-chigi(knuckle protruding fist springing chigi), hwidullo-makki(swinging-makki), hwidullo jabadangkigi(swing and drawing), keumgang yop-jireugi, taesan-milgi, etc., and a crouched walking manner. The characteristics of movements are large action and arm action 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 worshipping the Heaven, which means the oneness between the Heavens and a human being.

POOMSE CHONKWON'S POOMSE-LINE

Na



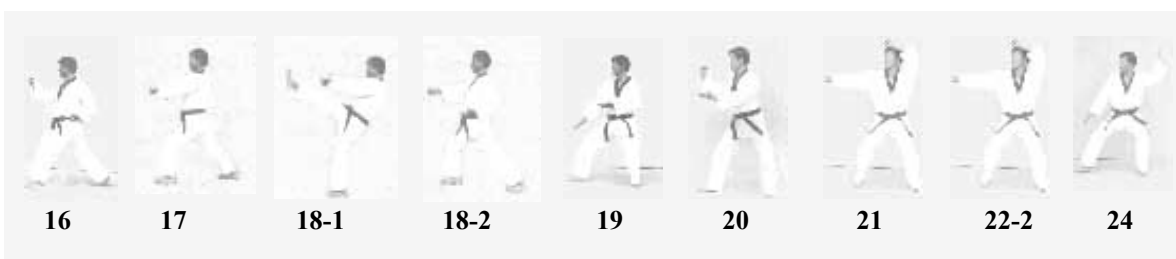
Ra



Da

Ga

Side
view



Poomse Chonkwon

	Order	Eye dir.	Positon	Stance	Action	Name of Poom
	junbi	Ga	Na	moa-seogi		kyopson junbi-seogi (overlapped hands ready stance)
	1	Ga	Na	stance as it is	two hands lifted up in front of chest	nalgae-pyogi (wing spreading)
	2	Ga	Na	wen dwitkubi	swing two arms wide	sosum-jireugi (spring punch)
	3	Ga	Na	oreun apkubi	two feet at their places	hansonnal bitureo-makki (one hand blade twist blocking)
	4	Ga	Ga	wen apkubi	R. hand grabbing and pulling L.F. put forth	momtong, baro-jireugi (trunk right punch)
	5	Ga	Ga	wen apkubi	two feet at their places	hansonnal bitureo-makki (one blade twist blocking)
	6	Ga	Ga	oreun apkubi	L. hand grabbing & pulling R.F. put forth	momtong baro-jireugi (trunk right punch)
	7	Ga	Ga	ditto	two feet at their places	hansonnal bitureo-makki (one hand blade twist blocking)
	8	Ga	Ga	wen apkubi	L.F. yop-chagi, steps down, "kihapi±	arae-makki (underneath blocking)
	9	Ga	Ga	oreun apkubi	R.F. put forth	momtong bandae-jireugi (trunk opposite punch)
	10	Ra	Ra	oreun dwitkubi	L.F. changes step, turn	anpalmok kodureo momtong bakkat-makki (inner wrist assist trunk outer blocking)
	11	Ra	Ra	ditto	feet, same place, left wrist pushing away	momtong yop-jireugi (trunk side punch)
	12	Ra	Ra	wen dwitkubi	R.F. put forth, left arm again pushing away	right fist momtong yop-jireugi (trunk side punch)
	13	Ga	Da	ditto	R.F. moved to turn around	anpalmok kodureo momtong bakkat-makki (inner wrist assist trunk outer blocking)
	14	Da	Da	ditto	same stance, right arm turns to push away.	momtong yop-jireugi (trunk side punch)
	15	Da	Da	oreun dwitkubi	L.F. forth, right arm turns to push away.	momtong yop-jireugi (")
	16	Na	Na	wen apkubi	L.F. moves to turn	apnalmok momtong bitureo-makki(inner trunk twist blocking)
	17	Na	Na	ditto	same stance	momnong bandae-jireugi (trunk opposite punch)
	18	Na	Na	oreun apkubi	R.F. ap-chagi, forth	ditto (")
	19	Na	Na	wen dwitkubi	R.F. slightly, pulled	sonnnal arae-makki (hand blade underneath blocking)
	20	Na	Na	ditto	two feet slightly pushed foeward	arae-makki (underneath blocking)

	21	Na	Na	juchum-seogi	ditto	keumgang yop-jireugi (diamond side punch)	
	22	Na	Na	ditto	jumps turning 360 deg., pyojeok-chagi	ditto (\pm)	
	23	Ga	Na	oreun dwitkubi	feet remaining, change direction	sonnal wesanteul-makki (hand blade monntain single hand wide open blocking)	
	24	Na	Na	wen dwitkubi	ditto	ditto (\pm)	
	25	Ga	Na	oreun beom- seogi	change direction., R.F. pulled, raising body, moa-seogi, then lowering	taesan-milgi (mountain pushing)	
	26	Ga	Na	wen beom- seogi	R.F. pulled, rasing body, moa-seogi, then lowering	ditto (\pm)	
	keuman	Ga	Na	moa-seogi	L.F. pulled, rasing body	kyopson junbi-seogi (overlapped hands ready stance)	