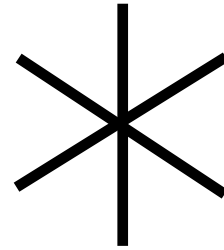
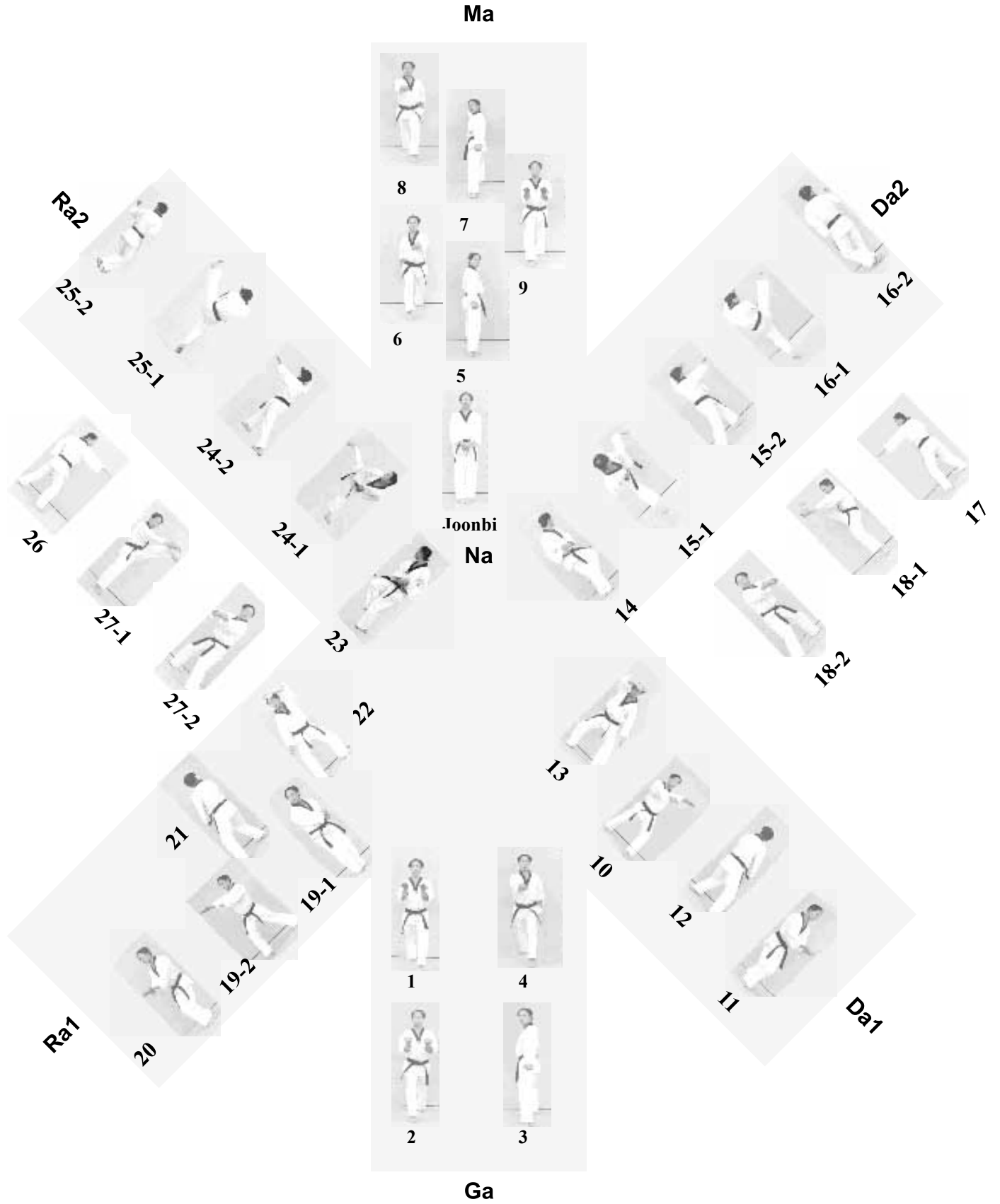


Poomse Hansu



The word "hansu" means water which is the source of substance preserving the life and growing all the creatures, Hansu symbolizes birth of a life and growth, strongness and weakness, magnanimity and harmony, and adaptability. Especially, "han" has the various meanings, namely, the name of a country, numerousness, largeness, evenness and even the heaven and the root of everything, among others. Above all, the nature of water characterized by unbreakability and flexibility, in addition to all the above significances, is the background of organizing this poomsae. The new techniques introduced in this poomsae are sonnaldeug momtong hecho-makki, mejumeok yangyopkuri (both flanks) chigi, kodureo khaljaebi, anpalmok arae pyojeok-makki, sonnal keumgang-makki, etc. , and modumbal as a stance. 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 which means water.

POOMSE HANSU'S POOMSE-LINE



Poomse Hansu

	Order	Eye dir.	Positon	Stance	Action	Name of Poom
	junbi	Ga	Na	moa-seogi		Kyopson junbi-seogi (overlapped hands ready Standce)
	1	Ga	Ga	Wen apkubi	L.F. put forth	Sonnaldeung momtong hecho-makki (back hand blade trunk push blocking)
	2	Ga	Ga	Oreun apkubi	R.F. put forth	Dumejumeok yopkuri-chigi (two hammer fist side hitting)
	3	Ga	Na	Ditto	R.F. retrieved	Wesanteul-makki (single hand wide open blocking)
	4	Ga	Ga	Wen apkubi	Feet remaining, change of direction	Momtong baro-jireugi (trunk right punch)
	5	Ga	Ma	Wen apkubi	L.F. retrieved, step	Wesanteul-makki (single hand wide open blocking)
	6	Ga	Na	Oreun apkubi	Feet remaining, change of direction	Momtong baro-jireugi (trunk right punch)
	7	Ga	Ma	Ditto	R.F. retrieved, step	Wesanteul-makki (single hand wide open blocking)
	8	Ga	Na	Wen apkubi	Feet remaining, change of direction	Momtong baro-jireugi (trunk right punch)
	9	Da 1	Na	Oreun apkubi	R.F. put forth	Sonnaldeung momtong Hecho-makki (back hand blade trunk push blocking)
	10	Da 1	Da 1	Wen apkubi	L.F. put forth	Khaljaebi (wen agwison) (arc hand)
	11	Da 1	Da 1	Oreun Kyotdari seogi	R.F. jumps forward	Dujumeok jecho-jireugi (two fist up ward pushing away thrust)
	12	Da 1	Na	Juchum-seogi	L.F. retrieved back, step down	Pyojeok arae-makki (target underneath blocking)
	13	Da 1	Na	Oreun dwitkubi	R.F. retrieved back, step down	Sonnal keumgang-makki (hand blade diamond blocking)
	14	Da 2	Na	Oreun hakdari	R.F. Remaining, L.F. Lifted up	Jageun doltzeogwi (smaller hinge)
	15	Da 2	Da 2	Wen apkubi	L.F. you-chagi, forth	Jebi-poom mok-chigi (swallows poom neck hitting)
	16	Da 2	Da 2	Dwikkoa-seogi	R.F. ap-chagi, down	Deungjumeok ap-chagi, "kihap" (back fist front hitting)
	17	Na	Na	Juchum-seogi	L.F. retrieved, step	Wensonnal momtong yop-chigi (left hand blade trunk side hitting)
	18	Na	Na	Ditto	R.F. Pyojeok-chagi, step down	Oreun palkup pyojeok-chagi (right elbow target hitting)
	19	Ra 1	Ra 1	Oreun apkubi	L.F. Pulled to modumbal. Moa	Right hand khakjaebi (right hand arc hand)

					seogi, R.F. forth		
	20	Ra 1	Ra 1	Wen kyotdari-s	L.F. jumps to step forth	Dujumeok jecho-jireugi (two fist up ward pushing away thrust)	
	21	Ra 1	Na	Juchum- seogi	R.F. retrieved back, step	Pyojeok arae-makki (target underneath blocking)	
	22	Ra 1	Na	Wen dwitkubi	L.F. retrieved, step	Sonnal keumgang-makki (hand blade diamond blocking)	
	23	Ra 2	Na	Wen hakdari-s	R.F. Lifted up	Jageun doltzeogwi (smaller hinge)	
	24	Ra 2	Ra 2	Oreun apkubi	R.F. yop-chagi, step	Jebi-poom sonnal mo-chigi, "kihap" (swallow poom hand blade neck)	
	25	Ra 2	Ra 2	Dwikkoa- seogi	L.F. ap-chagi, step	Deungjumeok olgul ap-chigi	
	26	Na	Na	Juchum- seogi	R.F. retrieved back	Hanssonal momtong yop-chigi (one hand blade trunk side hitting)	
	27	Na	Na	Juchum- seogi	R.F. Pyojeok- chagi, step forth	Palkup pyojeok-chigi (elbow target hitting)	
	keuman	Ga	Na	moa-seogi	R.F. pulled in	Kyopson junbi-seogi (overlapped hands ready hitting)	