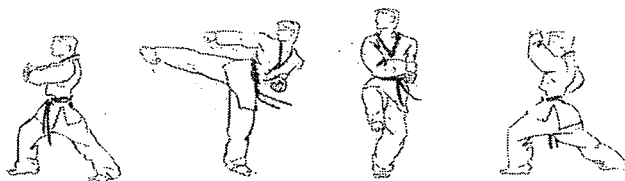


NEW DOOMSAE

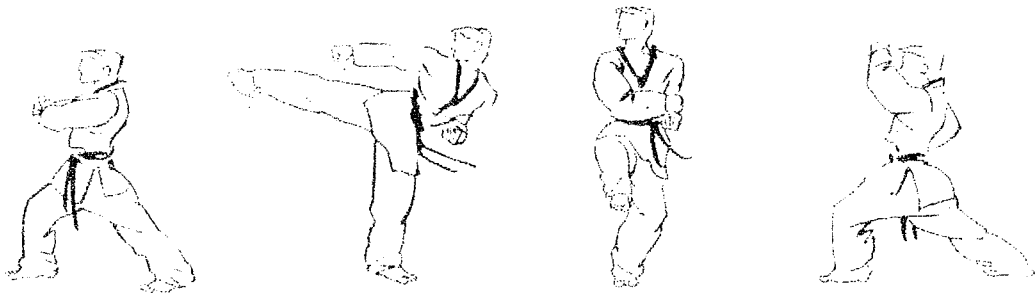


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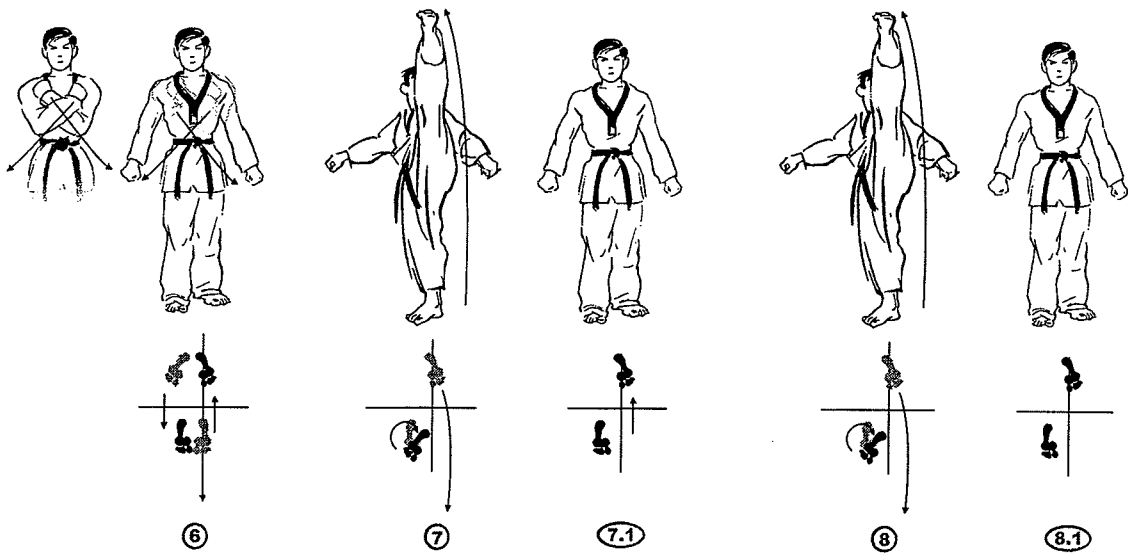
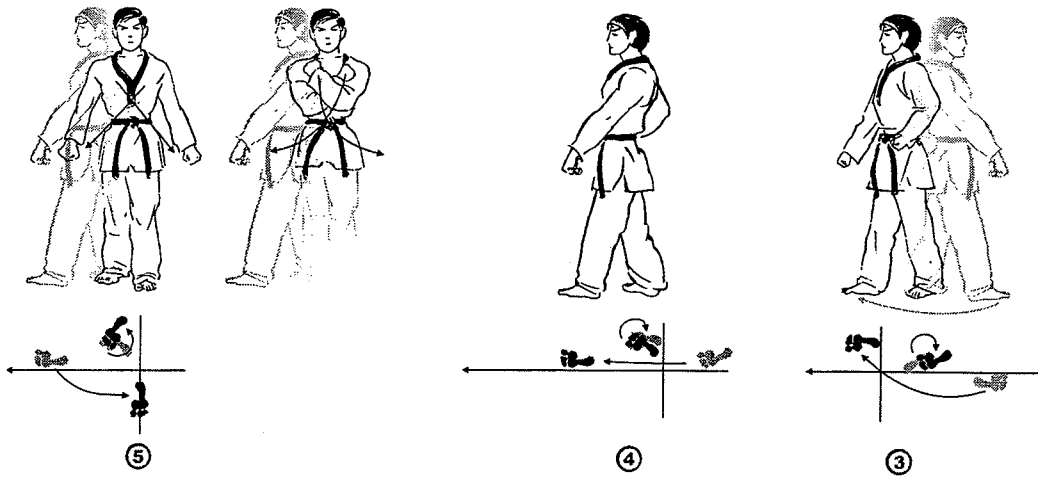
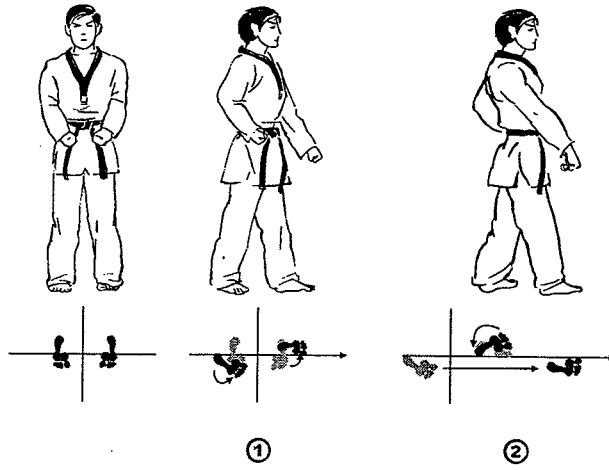
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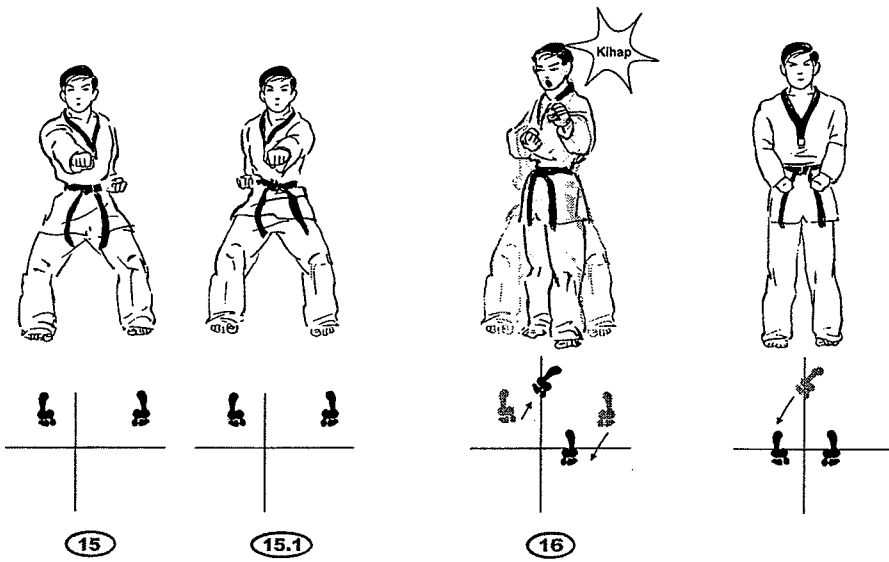
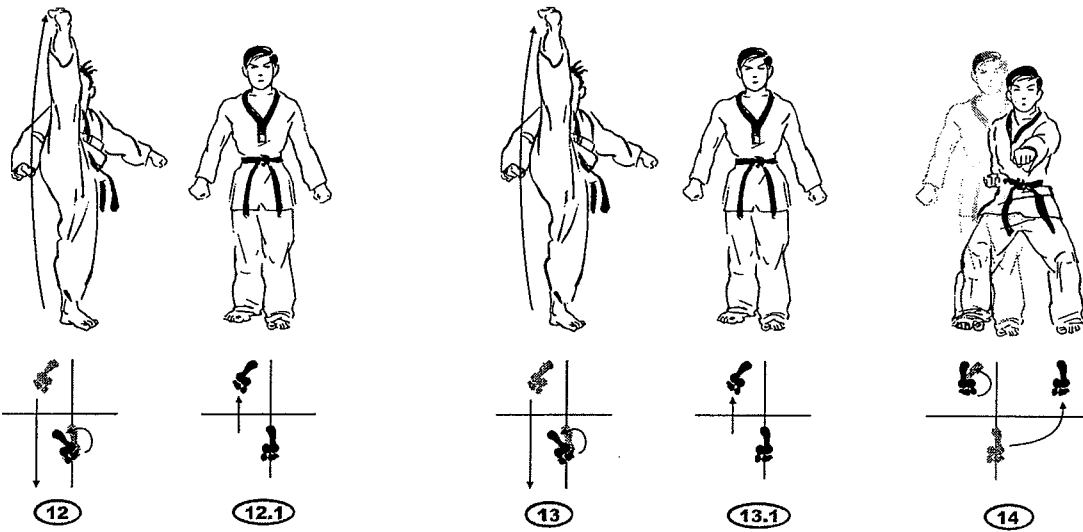
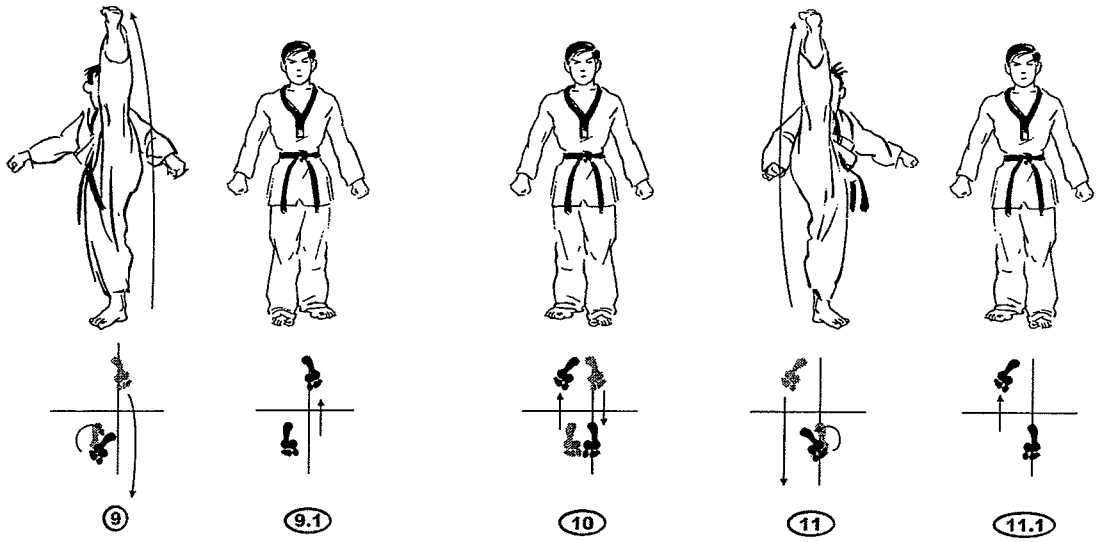
Lt	-	Left
Rt	-	Right
Ft	-	Foot
Rt	-	Ready
LN	-	Left Natural
RN	-	Right Natural
LF	-	Left Forward
RF	-	Right Forward
HR	-	Horse Riding
LS	-	Lower Section
MS	-	Middle Section
HS	-	High Section
acw	-	anti-clockwise
cw	-	clockwise
⊗	-	Shout

INTRODUCTORY POOMSAE (16 Steps)

STEP	DIRECTION	STANCE	SHOUT	MOVEMENT		
				LEVEL	SIDE	ACTION
	Face B	R				Chunbi
1	Lt Ft to L1	LN		LS	Lt	Outer forearm downward block
2	Rt Ft to L1	RN		LS	Rt	Outer forearm downward block
3	Rt Ft to R1 (acw)	RN		LS	Rt	Outer forearm downward block
4	Lt Ft to R1	LN		LS	Lt	Outer forearm downward block
5	Lt Ft to B (acw)	LN		LS		Twin outer forearm downward block
6	Stationery	LN		LS		Jump, change stance Twin outer forearm downward block
7	Stationery			HS	Lt	Raising kick
7.1	Stationery	LN		LS		Twin outer forearm downward block
8	Stationery			HS	Lt	Raising kick
8.1	Stationery	LN		LS		Twin outer forearm downward block
9	Stationery			HS	Lt	Raising kick
9.1	Stationery	LN		LS		Twin outer forearm downward block
10	Stationery	RN		LS		Jump, change stance Twin outer forearm downward block
11	Stationery			HS	Rt	Raising kick
11.1	Stationery	RN		LS		Twin outer forearm downward block
12	Stationery			HS	Rt	Raising kick
12.1	Stationery	RN		LS		Twin outer forearm downward block
13	Stationery			HS	Rt	Raising kick
13.1	Stationery	RN		LS		Twin outer forearm downward block
14	Stationery	HR		MS	Lt	Lunge punch
15 15.1	Stationery	HR		MS	Rt Lt	Double lunge punch
16	Stationery	LN	⊗	MS		Jump Kyorugi defensive block
	Rt Ft to A - Face B	R				Baro

Introductory Poomsae for Grade 10

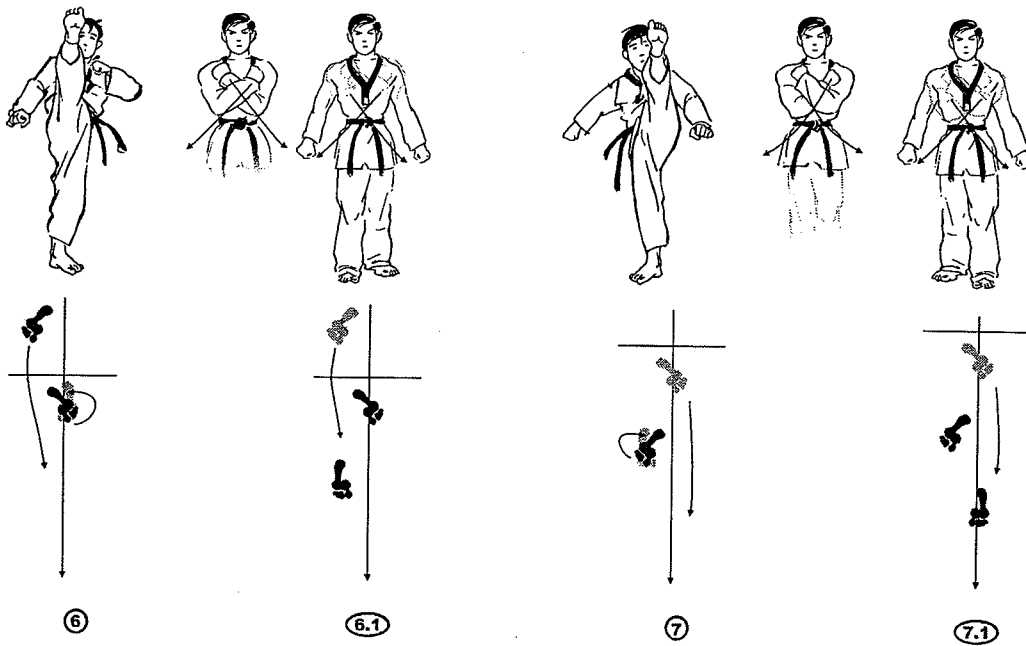
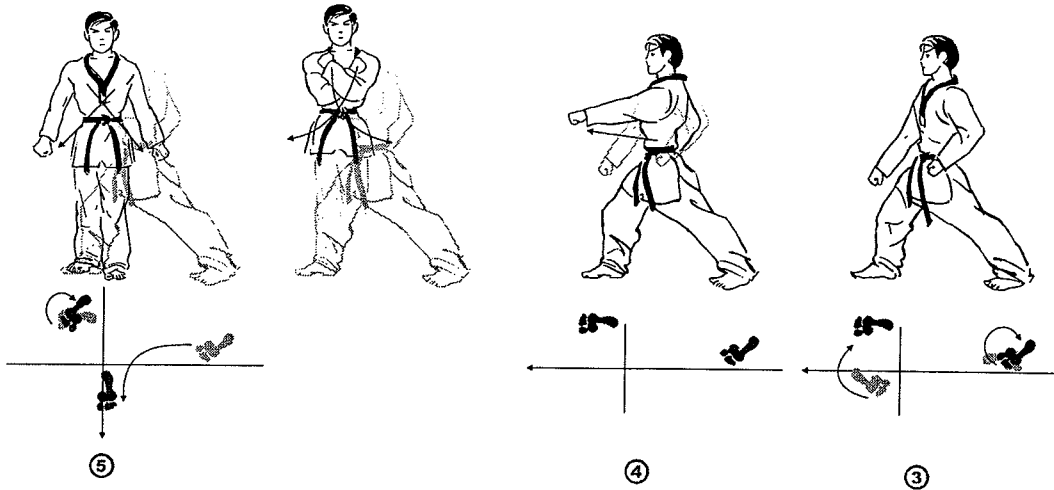
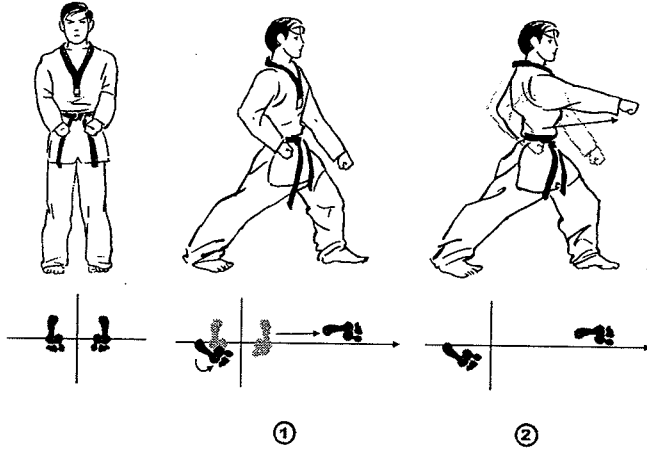
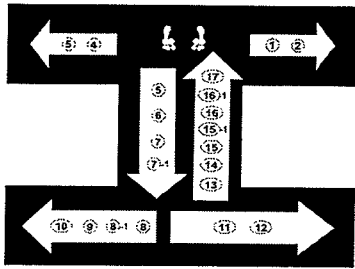


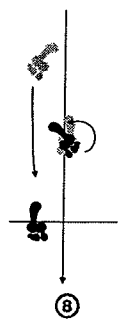
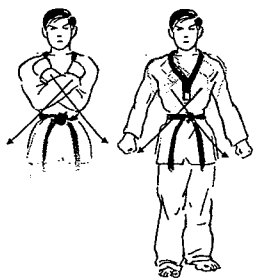


**PRELIMINARY POOMSAE
(16 Steps)**

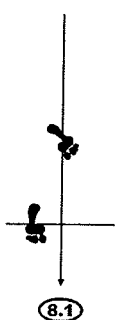
STEP	DIRECTION	STANCE	SHOUT	MOVEMENT		
				LEVEL	SIDE	ACTION
	Face B	R				Chunbi
1	Lt Ft to L1	LF		LS	Lt	Outer forearm downward block
2	Stationery	LF		MS	Rt	Reverse lunge punch
3	Rt Ft to L1	RF		LS	Rt	Outer forearm downward block
4	Stationery	RF		MS	Lt	Reverse lunge punch
5	Lt Ft to B (acw)	LN		LS		Twin outer forearm downward block
6	Rt Ft to B			MS	Rt	Front kick
6.1	Rt Ft to B	RN		LS		Twin outer forearm downward block
7	Lt Ft to B			MS	Lt	Front kick
7.1	Rt Ft to B	LN		LS		Twin outer forearm downward block
8	Rt Ft to B			MS	Rt	Front kick
8.1	Lt Ft to R2 (acw)	RN		LS		Twin outer forearm downward block
9	Lt Ft to R2	LN		LS	Lt	Outer forearm downward block
10	Rt Ft to R2	RN		MS	Rt	Lunge punch
11	Rt Ft to L2 (acw)	RN		LS	Rt	Outer forearm downward block
12	Lt Ft to L2	LN		MS	Lt	Lunge punch
13	Lt Ft to A (acw) - Face B	RN		HS	Rt	Outer forearm upward block
14	Rt Ft to A - Face B	LN		HS	Lt	Outer forearm upward block
15	Lt Ft to A - Face B	RN		HS	Rt	Outer forearm upward block
15.1	Stationery			MS	Lt	Reverse lunge punch
16	Rt Ft to A - Face B	LN		HS	Lt	Outer forearm upward block
16.1	Stationery		⊗	MS	Rt	Reverse lunge punch
	Lt Ft to A - Face B	R				Baro

Preliminary Poomsae for Grade 9

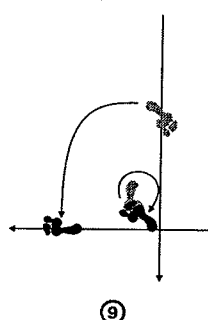




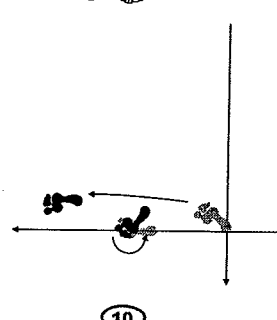
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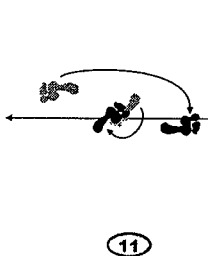
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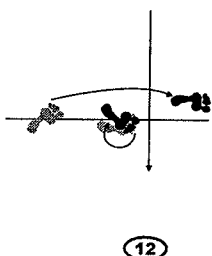
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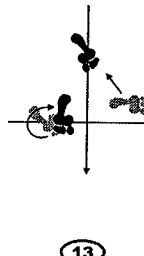
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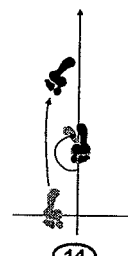
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12



13



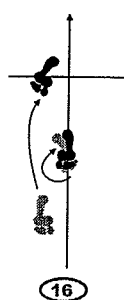
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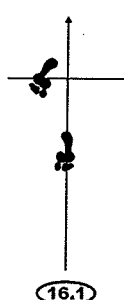
15



15.1



16



16.1

