

Cheonkwon Poomsae 천권 품새

Count	Front Leg	Stance	Limb Used	Technique	서기	기술	Note
Junbi 준비		Closed Stance	Both Hands	Overlapped Hands Ready Posture	Moa Seogi 모아 서기	Gyeopson Junbi Jase 겹손 준비 자세	5 Seconds Left Over Right
1a				Wing Spreading		Nalgae Pyeogi 날개 펴기	5 Seconds Left Over Right
1b				Knife Hand High Opening Block		Sonnal Eolgul Hechyeo Makgi 손날 얼굴 헤쳐 막기	Left Over Right
1c	Right		Both Fists	Double Extended Knuckle Uppercut	Beom Seogi 범 서기	Bam Jumeok Ollyeo Jireugi bam 주먹 올려 주먹	Left Foot Steps Back
2	Right Shifts	Small Forward Stance	Left Arm	Twisting Knife Hand Block	Jageun Ap Gubi 작은 앞 굽이	Sonnal Biteureo Makgi 손날 비틀어 막기	Forward Stance Is Shorter By About One Step
3a	Right		Left Hand	Outward Wrist Escape		Bakkat Teureo Ppaegi 바깥 드러 빼기	4 Seconds
3b	Left	Forward Stance	Right Fist	Reverse Punch	Ap Gubi 앞 굽이	Baro Jireugi 바로 지르기	4 Seconds
4	Right Shifts	Small Forward Stance	Right Arm	Twisting Knife Hand Block	Jageun Ap Gubi 작은 앞 굽이	Sonnal Biteureo Makgi 손날 비틀어 막기	Forward Stance Shifts Shorter By About One Step
5a	Left		Right Hand	Outward Wrist Escape		Bakkat Teureo Ppaegi 바깥 드러 빼기	4 Seconds
5b	Right	Forward Stance	Left Fist	Reverse Punch	Ap Gubi 앞 굽이	Baro Jireugi 바로 지르기	4 Seconds
6	Left Shifts	Small Forward Stance	Left Arm	Twisting Knife Hand Block	Jageun Ap Gubi 작은 앞 굽이	Sonnal Biteureo Makgi 손날 비틀어 막기	Forward Stance Shifts Shorter By About One Step
7a	Right		Left Hand	Outward Wrist Escape		Bakkat Teureo Ppaegi 바깥 드러 빼기	4 Seconds
7b			Left Foot	Side Kick		Yeop Chagi 옆 차기	Kihap
7c	Left	Forward Stance	Left Arm	Downward Block	Ap Gubi 앞 굽이	Naeryeo Makgi 내려 막기	
8	Right	Forward Stance	Right Fist	Forward Punch	Ap Gubi 앞 굽이	Bandae Jireugi 반대 지르기	
9		Backward Stance	Left Arm Block + Right Arm Assist	Assisted Inner Forearm Outward Middle Block	Dwit Gubi 뒷 굽이	Geodeureo An Palmok Momtong Bakkat Makgi 거들어 안쪽 몸통 바깥 막기	
10a	Left		Left Arm	Swinging Block		Hwidulleo Makgi 휘둘러 막기	Left Arm Moves Circular Counter Clockwise Before Going To Left Hip For Punch
10b			Left Fist	Forward Punch		Bandae Jireugi 반대 지르기	
11a				Swing & Pull		Hwidulleo Jabadanggigi 휘둘러 잡아당기기	Left Hand Opens And Moves Circular Counter Clockwise Before Punch
11b	Right	Backward Stance	Right Fist	Forward Punch	Dwit Gubi 뒷 굽이	Bandae Jireugi 반대 지르기	
12		Backward Stance	Right Arm Block + Left Arm Assist	Assisted Inner Forearm Outward Middle Block	Dwit Gubi 뒷 굽이	Geodeureo An Palmok Momtong Bakkat Makgi 거들어 안쪽 몸통 바깥 막기	
13a	Right		Right Arm	Swinging Block		Hwidulleo Makgi 휘둘러 막기	Right Arm Moves Circular Clockwise Before Going To Right Hip For Punch
13b			Right Fist	Forward Punch		Bandae Jireugi 반대 지르기	
14a				Swing & Pull		Hwidulleo Jabadanggigi 휘둘러 잡아당기기	Right Hand Opens And Moves Circular Counter Clockwise Before Punch
14b	Left	Backward Stance	Left Fist	Forward Punch	Dwit Gubi 뒷 굽이	Bandae Jireugi 반대 지르기	
15a	Left	Forward Stance	Right Arm	Twisting Inner Forearm Outward Block	Ap Gubi 앞 굽이	An Palmok Biteureo Bakkat Makgi 안 팔목 비틀어 바깥 막기	
15b			Left Fist	Forward Punch		Bandae Jireugi 반대 지르기	
16a			Right Foot	Front Kick		Ap Chagi 앞 차기	
16b	Right	Forward Stance	Right Fist	Forward Punch	Ap Gubi 앞 굽이	Bandae Jireugi 반대 지르기	
17	Right Shifts	Backward Stance	Right Arm Block + Left Arm Assist	Assisted Knife Hand Downward Block	Dwit Gubi 뒷 굽이	Sonnal Geodeureo Naeryeo Makgi 손날 거들어 내려 막기	
18a	Right	L- Shaped Stance	Right Arm Out + Left Arm Down	Inner Forearm Outward Block + Palm Heel Pressing Block	Nieun-Ja Seogi "ㄴ"자 서기	An Palmok Bakkat Makgi + Batangon Nulleo Makgi 안쪽 바깥 막기 + 바탕손 눌러 막기	Jajeun Bal Step Jit-eun Bal Dilgi Right → Left → Right → Left
18b	Right	Backward Stance	Right Arm Block + Left Arm Assist	Assisted Downward Block	Dwit Gubi 뒷 굽이	Geodeureo Naeryeo Makgi 거들어 내려 막기	
19a	Right Shifts		Both Fists At Right Hip	Small Hinge		Jageun Doljjeogwi 작은 돌쩌귀	Left Over Right
19b	Right	Riding Stance	Left Arm Block + Right Fist Punch	Diamond Side Punch	Juchum Seogi 주춤 서기	Keumgang Yeop Jireugi 금강 옆 지르기	Left Upward Block + Right Side Punch
20a			Right Foot + Left Hand	Tornado Target Inward Kick		Dolgae Pyojeok An Chagi 돌개 표적 안 차기	
20b			Both Fists At Right Hip	Small Hinge		Jageun Doljjeogwi 작은 돌쩌귀	Left Over Right
20c	Right	Riding Stance	Left Arm Block + Right Fist Punch	Diamond Side Punch	Juchum Seogi 주춤 서기	Keumgang Yeop Jireugi 금강 옆 지르기	Left Upward Block + Right Side Punch
21a	Left	Backward Stance	Both Arms	Open Hand Single Mountain Block	Dwit Gubi 뒷 굽이	Pyeonson Oesan Makgi 편손 외산 막기	5 Seconds Left Arm Knife Hand Downward + Right Arm Ridge Hand Outward
21b	Right	Backward Stance	Both Arms	Open Hand Single Mountain Block	Dwit Gubi 뒷 굽이	Pyeonson Oesan Makgi 편손 외산 막기	5 Seconds Right Arm Knife Hand Downward + Left Arm Ridge Hand Outward
21c	Left Steps	Closed Stance	Both Hands	Overlapped Hands Ready Posture	Moa Seogi 모아 서기	Gyeopson Junbi Jase 겹손 준비 자세	Direct To 2nd Position Left Over Right
21d			Both Arms	Knife Hand High Opening Block		Sonnal Eolgul Hechyeo Makgi 손날 얼굴 헤쳐 막기	Left Over Right
21e	Right	Tiger Stance	Both Hands	Mountain Push	Beom Seogi 범 서기	Taesam Milgi 태산 밀기	5 Seconds Right Hand At Danjeon + Left Hand At Phitrum
21f	Right Steps	Closed Stance	Right Hand Low + Left Hand High	Overlapped Hands Ready Posture	Moa Seogi 모아 서기	Gyeopson Junbi Jase 겹손 준비 자세	Direct To 2nd Position Left Over Right
21g			Both Arms	Knife Hand High Opening Block		Sonnal Eolgul Hechyeo Makgi 손날 얼굴 헤쳐 막기	Left Over Right
21h	Left	Tiger Stance	Left Hand Low + Right Hand High	Mountain Push	Beom Seogi 범 서기	Taesam Milgi 태산 밀기	5 Seconds Left Hand At Danjeon + Right Hand At Phitrum
Baro 바로	Left Steps	Closed Stance	Both Hands	Overlapped Hands Ready Posture	Naranhi Seogi 나란히 서기	Gyeopson Junbi Jase 겹손 준비 자세	5 Seconds Left Over Right