

Keumgang Poomsae 금강 품새

Count	Front Leg	Stance	Limb Used	Technique	서기	기술	Note
Junbi 준비	Left Steps	Parallel Stance	Both Hands	Basic Ready Posture	Naranhi Seogi 나란히 서기	Kibon Junbi Jase 기본 준비 자세	5 Seconds
1	Left	Forward Stance	Both Arms	Inner Forearm Middle Opening Block	Ap Gubi 앞 굽이	An Palmok Momtong Hechyeo Makgi 안 팔목 헤쳐 막기	Left Over Right
2	Right	Forward Stance	Right Hand	Palm Heel Forward Strike	Ap Gubi 앞 굽이	Batangson Ap Chigi 바탕손 앞 치기	
3	Left	Forward Stance	Left Hand	Palm Heel Forward Strike	Ap Gubi 앞 굽이	Batangson Ap Chigi 바탕손 앞 치기	
4	Right	Forward Stance	Right Hand	Palm Heel Forward Strike	Ap Gubi 앞 굽이	Batangson Ap Chigi 바탕손 앞 치기	
5	Left	Backward Stance	Left Arm	Knife Hand Inward Block	Dwit Gubi 뒷 굽이	Sonnal An Makgi 손날 안 막기	
6	Right	Backward Stance	Right Arm	Knife Hand Inward Block	Dwit Gubi 뒷 굽이	Sonnal An Makgi 손날 안 막기	
7	Left	Backward Stance	Left Arm	Knife Hand Inward Block	Dwit Gubi 뒷 굽이	Sonnal An Makgi 손날 안 막기	
8a	Left	Crane Stance	Left Arm Downward + Right Arm Upward	Diamond Block	Hakdari Seogi 학다리 서기	Keumgang Makgi 금강 막기	8 Seconds
8b	Left	Riding Stance	Both Arms	Large Hinge	Juchum Seogi 주춤 서기	Keun Doljjeogwi 큰 돌쩌귀	
8c			Right Fist	Hook Punch		Dollyeo Jireugi 돌려 지르기	
9a	Left	Riding Stance	Both Arms	Turning Large Hinge	Juchum Seogi 주춤 서기	Dollyeo Keun Doljjeogwi 돌려 큰 돌쩌귀	
9b			Right Fist	Hook Punch		Dollyeo Jireugi 돌려 지르기	
10	Right	Riding Stance	Right Foot + Both Arms	Stomp + Mountain Block	Juchum Seogi 주춤 서기	Jjitjihgi + Taesan Makgi 짓찢기 + 태산 막기	Kihap Right Inward + Left Outward
11		Riding Stance	Both Arms	Inner Forearm Middle Opening Block	Juchum Seogi 주춤 서기	An Palmok Momtong Hechyeo Makgi 안 팔목 헤쳐 막기	Left Over Right
12a		Parallel Stance	Both Arms	Low Opening Block	Naranhi Seogi 나란히 서기	Arae Hechyeo Makgi 아래 헤쳐 막기	5 Seconds Left Over Right
12b	Left	Riding Stance	Left Foot + Both Arms	Stomp + Mountain Block	Juchum Seogi 주춤 서기	Jjitjihgi + Taesan Makgi 짓찢기 + 태산 막기	Left Inward + Right Outward
13a	Right	Crane Stance	Left Arm Upward + Right Arm Downward	Diamond Block	Hakdari Seogi 학다리 서기	Keumgang Makgi 금강 막기	8 Seconds
13b	Right	Riding Stance	Both Arms	Large Hinge	Juchum Seogi 주춤 서기	Keun Doljjeogwi 큰 돌쩌귀	
13c			Left Fist	Hook Punch		Dollyeo Jireugi 돌려 지르기	
14a	Right	Riding Stance	Both Arms	Turning Large Hinge	Juchum Seogi 주춤 서기	Dollyeo Keun Doljjeogwi 돌려 큰 돌쩌귀	
14b			Left Fist	Hook Punch		Dollyeo Jireugi 돌려 지르기	
15a	Right	Crane Stance	Left Arm Upward + Right Arm Downward	Diamond Block	Hakdari Seogi 학다리 서기	Keumgang Makgi 금강 막기	8 Seconds
15b	Right	Riding Stance	Both Arms	Large Hinge	Juchum Seogi 주춤 서기	Keun Doljjeogwi 큰 돌쩌귀	
15c			Left Fist	Hook Punch		Dollyeo Jireugi 돌려 지르기	
16a	Right	Riding Stance	Both Arms	Turning Large Hinge	Juchum Seogi 주춤 서기	Dollyeo Keun Doljjeogwi 돌려 큰 돌쩌귀	
16b			Left Fist	Hook Punch		Dollyeo Jireugi 돌려 지르기	
17	Left	Riding Stance	Left Foot + Both Arms	Stomp + Mountain Block	Juchum Seogi 주춤 서기	Jjitjihgi + Taesan Makgi 짓찢기 + 태산 막기	Kihap Left Inward + Right Outward
18		Riding Stance	Both Arms	Inner Forearm Middle Opening Block	Juchum Seogi 주춤 서기	An Palmok Momtong Hechyeo Makgi 안 팔목 헤쳐 막기	Right Over Left
19a		Parallel Stance	Both Arms	Low Opening Block	Naranhi Seogi 나란히 서기	Arae Hechyeo Makgi 아래 헤쳐 막기	5 Seconds Right Over Left
19b	Right	Riding Stance	Right Foot + Both Arms	Stomp + Mountain Block	Juchum Seogi 주춤 서기	Jjitjihgi + Taesan Makgi 짓찢기 + 태산 막기	Right Inward + Left Outward
20a	Left	Crane Stance	Left Arm Downward + Right Arm Upward	Diamond Block	Hakdari Seogi 학다리 서기	Keumgang Makgi 금강 막기	8 Seconds
20b	Left	Riding Stance	Both Arms	Large Hinge	Juchum Seogi 주춤 서기	Keun Doljjeogwi 큰 돌쩌귀	
20c			Right Fist	Hook Punch		Dollyeo Jireugi 돌려 지르기	
21a	Left	Riding Stance	Both Arms	Turning Large Hinge	Juchum Seogi 주춤 서기	Dollyeo Keun Doljjeogwi 돌려 큰 돌쩌귀	
21b			Right Fist	Hook Punch		Dollyeo Jireugi 돌려 지르기	
Baro 바로	Left Steps	Parallel Stance	Both Hands	Basic Ready Posture	Naranhi Seogi 나란히 서기	Kibon Junbi Jase 기본 준비 자세	5 Seconds

