

Hansu Poomsae 한수 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 굽손 준비 자세	5 Seconds Left Over Right
1	Left	Forward Stance	Both Arms	Ridge Hand Middle Opening Block	Ap Gubi 앞 굽이	Sonnal Deung Momtong Hechyeo Makgi 손날 등 율통 헤쳐 막기	Left Over Right
2	Right	Forward Stance	Both Fists	Double Hammer Fist Inward Strike	Ap Gubi 앞 굽이	Du Me Jumeok An Chigi 두 मे 주먹 안 치기	
3a	Left	Angled Forward Stance	Both Arms	Single Mountain Block	Mo Ap Gubi 모 앞 굽이	Oesan Makgi 외산 막기	AKA Oesanteul Makgi 외산틀 막기
3b	Left	Forward Stance	Right Fist	Reverse Punch	Ap Gubi 앞 굽이	Baro Jireugi 바로 지르기	
4a	Right	Angled Forward Stance	Both Arms	Single Mountain Block	Mo Ap Gubi 모 앞 굽이	Oesan Makgi 외산 막기	AKA Oesanteul Makgi 외산틀 막기
4b	Right	Forward Stance	Left Fist	Reverse Punch	Ap Gubi 앞 굽이	Baro Jireugi 바로 지르기	
5a	Left	Angled Forward Stance	Both Arms	Single Mountain Block	Mo Ap Gubi 모 앞 굽이	Oesan Makgi 외산 막기	AKA Oesanteul Makgi 외산틀 막기
5b	Left	Forward Stance	Right Fist	Reverse Punch	Ap Gubi 앞 굽이	Baro Jireugi 바로 지르기	
6	Right	Forward Stance	Both Arms	Ridge Hand Middle Opening Block	Ap Gubi 앞 굽이	Sonnal Deung Momtong Hechyeo Makgi 손날 등 율통 헤쳐 막기	Right Over Left
7	Left	Forward Stance	Left Hand Strike + Right Hand Block	Pressing Block + Assisted Arc Hand Forward Strike	Ap Gubi 앞 굽이	Nulleo Makgi + Ageumson Geodeureo Ap Chigi 눌러 막기 + 아금손 거들어 앞 치기	
8	Right	Assisting Stance	Both Fists	Double Turn Over Punch	Gyeotdari Seogi 걸다리 서기	Du Jumeok Jeoghyeo Jireugi 두 주먹 젓혀 지르기	
9	Right	Riding Stance	Right Arm	Inner Forearm Target Low Block	Juchum Seogi 주춤 서기	An Palmok Pyojeok Arae Makgi 안 팔목 표적 아래 막기	
10	Left	Backward Stance	Left Arm Downward + Right Arm Upward	Knife Hand Diamond Block	Dwit Gubi 뒷 굽이	Sonnal Keumgang Makgi 손날 금강 막기	
11a	Left	Crane Stance	Both Fists At Right Hip	Small Hinge	Hakdari Seogi 학다리 서기	Jageun Doljjeogwi 작은 돌쩌귀	Left Over Right
11b			Left Foot	Side Kick		Yeop Chagi 옆 차기	
11c	Left	Forward Stance	Left Arm Block + Right Hand Strike	Swallow Strike	Ap Gubi 앞 굽이	Jebipum Chigi 제비뿔 치기	
12a			Right	Front Kick		Ap Chagi 앞 차기	
12b	Right	Back Cross Stance	Right Foot + Right Fist	Stomp + Back Fist Forward Strike	Dwi Kkoa Seogi 뒤 꼬아 서기	Jitjihgi + Deung Jumeok Ap Chigi 짓찢기 + 등 주먹 앞 치기	Kihap
13	Left	Riding Stance	Left Hand	Knife Hand Outward Strike	Juchum Seogi 주춤 서기	Sonnal Bakkat Chigi 손날 바깥 치기	
14a			Right Foot	Target Inward Kick		Pyojeok An Chagi 표적 안 차기	
14b	Right	Riding Stance	Right Elbow	Target Elbow Strike	Juchum Seogi 주춤 서기	Palgup Pyojeok Chigi 팔굽 표적 치기	
15a	Left Steps	Closed Stance			Moa Seogi 모아 서기		Do 1st Position For Assisted Arc Hand Strike
15b	Right Steps	Forward Stance	Right Hand Strike + Left Hand Block	Pressing Block + Assisted Arc Hand Forward Strike	Ap Gubi 앞 굽이	Nulleo Makgi + Ageumson Geodeureo Ap Chigi 눌러 막기 + 아금손 거들어 앞 치기	
16	Left	Assisting Stance	Both Fists	Double Turn Over Punch	Gyeotdari Seogi 걸다리 서기	Du Jumeok Jeoghyeo Jireugi 두 주먹 젓혀 지르기	
17	Left	Riding Stance	Left Arm	Inner Forearm Target Low Block	Juchum Seogi 주춤 서기	An Palmok Pyojeok Arae Makgi 안 팔목 표적 아래 막기	
18	Right	Backward Stance	Right Arm Downward + Left Arm Upward	Knife Hand Diamond Block	Dwit Gubi 뒷 굽이	Sonnal Keumgang Makgi 손날 금강 막기	
19a	Right	Crane Stance	Both Hands At Left Hip	Small Hinge	Hakdari Seogi 학다리 서기	Jageun Doljjeogwi 작은 돌쩌귀	Right Over Left
19b			Right Foot	Side Kick		Yeop Chagi 옆 차기	
19c	Right	Forward Stance	Right Hand Block + Left Hand Strike	Swallow Strike	Ap Gubi 앞 굽이	Jebipum Chigi 제비뿔 치기	
20a			Left Foot	Front Kick		Ap Chagi 앞 차기	
20b	Left	Back Cross Stance	Left Foot + Left Fist	Stomp + Back Fist Forward Strike	Dwi Kkoa Seogi 뒤 꼬아 서기	Jitjihgi + Deung Jumeok Ap Chigi 짓찢기 + 등 주먹 앞 치기	Kihap
21a	Right	Riding Stance	Right Hand	Knife Hand Outward Strike	Juchum Seogi 주춤 서기	Sonnal Bakkat Chigi 손날 바깥 치기	
21b			Left Foot	Target Inward Kick		Pyojeok An Chagi 표적 안 차기	
21c	Left	Riding Stance	Left Elbow	Target Elbow Strike	Juchum Seogi 주춤 서기	Palgup Pyojeok Chigi 팔굽 표적 치기	
Baro 바로	Right Steps	Closed Stance	Both Hands	Overlapped Hands Ready Posture	Moa Seogi 모아 서기	Gyeopson Junbi Jase 굽손 준비 자세	5 Seconds Left Over Right

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