

Ilyeo Poomsae 일여 품새

Count	Front Leg	Stance	Limb Used	Technique	서기	기술	Note
Junbi 준비		Closed Stance	Both Hands	Covered Fist Ready Posture	Moa Seogi 모아 서기	Bo Jumeok Junbi Jase 보 주먹 준비 자세	5 Seconds
1	Left	Backward Stance	Left Arm Block + Right Arm Assist	Assisted Knife Hand Block	Dwit Gubi 뒷 굽이	Sonnal Geodeureo Makgi 손날 거들어 막기	
2	Right	Forward Stance	Right Fist	Forward Punch	Ap Gubi 앞 굽이	Bandae Jireugi 반대 지르기	
3a	Left	Backward Stance	Left Arm Down + Right Arm Up	Diamond Block	Dwit Gubi 뒷 굽이	Keumgang Makgi 금강 막기	5 Seconds
3b	Left	Backward Stance	Left Arm Block + Right Arm Assist	Assisted Knife Hand Block	Dwit Gubi 뒷 굽이	Sonnal Geodeureo Makgi 손날 거들어 막기	
3c			Right Fist	Reverse Punch		Baro Jireugi 바로 지르기	
4	Left	Reverse Crane Stance	Right Hand Block + Left Hand Thrust	Pressing Block + Vertical Spear Hand Thrust	Ogeum Seogi 오금 서기	Nulleo Makgi + Pyeononkkeut Sewo Jjireugi 눌러 막기 + 편손끝 세워 찌르기	Kihap
5a			Left Foot	Side Kick + Single Mountain Block		Yeop Chagi + Oesan Makgi 열 차기 + 외산 막기	5 Seconds Oesan Yeop Chagi 외산 열 차기
5b	Left	Backward Stance	Both Arms	High Cross Block	Dwit Gubi 뒷 굽이	Eotgeoreo Eolgul Makgi 엇걸어 얼굴 막기	Left Over Right
5c			Both Hands	Wrist Grab & Twist		Du Son Pyeo Biteureo Jaba Gangkigi 두 손 펴 비틀어 잡아 당기기	
5d	Right	Forward Stance	Right Fist	Forward Punch	Ap Gubi 앞 굽이	Bandae Jireugi 반대 지르기	
6a	Left	Backward Stance	Left Arm Down + Right Arm Up	Diamond Block	Dwit Gubi 뒷 굽이	Keumgang Makgi 금강 막기	5 Seconds
6b	Left	Backward Stance	Left Arm Block + Right Arm Assist	Assisted Knife Hand Block	Dwit Gubi 뒷 굽이	Sonnal Geodeureo Makgi 손날 거들어 막기	
6c			Right Fist	Reverse Punch		Baro Jireugi 바로 지르기	
7	Left	Reverse Crane Stance	Left Hand Block + Right Hand Thrust	Pressing Block + Vertical Spear Hand Thrust	Ogeum Seogi 오금 서기	Nulleo Makgi + Pyeononkkeut Sewo Jjireugi 눌러 막기 + 편손끝 세워 찌르기	Kihap
8a			Left Foot	Side Kick + Single Mountain Block		Yeop Chagi + Oesan Makgi 열 차기 + 외산 막기	5 Seconds Oesan Yeop Chagi 외산 열 차기
8b	Left	Backward Stance	Both Arms	High Cross Block	Dwit Gubi 뒷 굽이	Eotgeoreo Eolgul Makgi 엇걸어 얼굴 막기	Left Over Right
9a			Both Hands	Wrist Grab & Twist		Du Son Pyeo Biteureo Jaba Gangkigi 두 손 펴 비틀어 잡아 당기기	
9b	Right	Forward Stance	Right Fist	Forward Punch	Ap Gubi 앞 굽이	Bandae Jireugi 반대 지르기	
10a	Left	Backward Stance	Left Arm Down + Right Arm Up	Diamond Block	Dwit Gubi 뒷 굽이	Keumgang Makgi 금강 막기	5 Seconds
10b	Left Steps	Closed Stance	Both Fists	Double Fist Ready Posture	Moa Seogi 모아 서기	Du Jumeok Heori Junbi Jase 두 주먹 허리 준비 자세	Slowly
10c			Right Foot	Front Kick		Ap Chagi 앞 차기	
10d			Left Foot	Jumping Side Kick		Ttwieo Yeop Chagi 뛰여 열 차기	
10e	Left	Backward Stance	Both Arms	High Cross Block	Dwit Gubi 뒷 굽이	Eotgeoreo Eolgul Makgi 엇걸어 얼굴 막기	Left Over Right
11a			Both Hands	Wrist Grab & Twist		Du Son Pyeo Biteureo Jaba Gangkigi 두 손 펴 비틀어 잡아 당기기	
11b	Right	Forward Stance	Right Fist	Forward Punch	Ap Gubi 앞 굽이	Bandae Jireugi 반대 지르기	
12a	Left	Backward Stance	Left Arm Down + Right Arm Up	Diamond Block	Dwit Gubi 뒷 굽이	Keumgang Makgi 금강 막기	5 Seconds
12b	Left Steps	Closed Stance	Both Fists	Double Fist Ready Posture	Moa Seogi 모아 서기	Du Jumeok Heori Junbi Jase 두 주먹 허리 준비 자세	Slowly
12c			Left Foot	Front Kick		Ap Chagi 앞 차기	
12d			Right Foot	Jumping Side Kick		Ttwieo Yeop Chagi 뛰여 열 차기	
12e	Right	Backward Stance	Both Arms	High Cross Block	Dwit Gubi 뒷 굽이	Eotgeoreo Eolgul Makgi 엇걸어 얼굴 막기	Right Over Left
Baro 바로	Right Steps	Closed Stance	Both Hands	Covered Fist Ready Posture	Moa Seogi 모아 서기	Bo Jumeok Junbi Jase 보 주먹 준비 자세	5 Seconds

