

Jitae Poomsae 지태 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	Backward Stance	Left Arm	Inner Forearm Outward Middle Block	Dwit Gubi 뒷 굽이	An Palmok Momtong Bakkat Makgi 안 팔목 뽐통 바깥 막기	
2a	Right	Forward Stance	Right Arm	Upward Block	Ap Gubi 앞 굽이	Ollyeo Makgi 올려 막기	4 Seconds
2b			Left Fist	Reverse Punch		Baro Jireugi 바로 지르기	4 Seconds
3	Right	Backward Stance		Inner Forearm Outward Middle Block	Dwit Gubi 뒷 굽이	An Palmok Momtong Bakkat Makgi 안 팔목 뽐통 바깥 막기	
4a	Left	Forward Stance	Left Arm	Upward Block	Ap Gubi 앞 굽이	Ollyeo Makgi 올려 막기	4 Seconds
4b			Right Fist	Reverse Punch		Baro Jireugi 바로 지르기	4 Seconds
5a	Left	Forward Stance	Left Arm	Downward Block	Ap Gubi 앞 굽이	Naeryeo Makgi 내려 막기	
5b	Left Shifts	Backward Stance	Left Arm	Knife Hand Upward Block	Dwit Gubi 뒷 굽이	Sonnal Ollyeo Makgi 손날 올려 막기	
6a			Right Foot	Front Kick		Ap Chagi 앞 차기	
6b	Right	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	
7a			Right Arm	Outward Middle Block		Momtong Bakkat Makgi 뽐통 바깥 막기	8 Seconds
7b			Left Foot	Front Kick		Ap Chagi 앞 차기	
7c	Left	Backward Stance	Left Arm Block + Right Arm Assist	Assisted Knife Hand Downward Block	Dwit Gubi 뒷 굽이	Sonnal Geodeureo Naeryeo Makgi 손날 거들어 내려 막기	
8a	Left Shifts	Forward Stance	Left Arm	Upward Block	Ap Gubi 앞 굽이	Ollyeo Makgi 올려 막기	8 Seconds
8b			Both Fists At Right Hip	Small Hinge		Jageun Doljjeogwi 작은 돌쩌귀	Left Over Right
8c	Right	Forward Stance	Left Arm Block + Right Fist Punch	Diamond Forward Punch	Ap Gubi 앞 굽이	Keumgang Ap Jireugi 금강 앞 지르기	Left Upward Block + Right Forward Punch
9a			Left Arm	Inward Middle Block		Momtong An Makgo 뽐통 안 막고	
9b			Right Arm Block + Left Arm Assist	Assisted Inward Middle Block		Geodeureo Momtong An Makgi 거들어 뽐통 안 막	Left Arm Pulls To Assist Position
10	Left	Backward Stance	Left Hand Block	Knife Hand Downward Block	Dwit Gubi 뒷 굽이	Sonnal Naeryeo Makgi 손날 내려 막기	Step Back
11a			Right Foot	Front Kick		Ap Chagi 앞 차기	Land Back After Kick
11b	Left	Forward Stance	Right → Left	Reverse Double Punch	Ap Gubi 앞 굽이	Baro Dubeon Jireugi 바로 두번 지르기	
12	Left Steps	Riding Stance	Both Arms	Bull Block	Juchum Seogi 주춤 서기	Hwangso Makgi 황소 막기	1st Position + Path Differ From Sipjin
13	Left		Left Arm	Downward Side Block		Naeryeo Yeop Makgi 내려 옆 막기	
14a	Right		Right Arm	Knife Hand Side Block		Sonnal Yeop Makgi 손날 옆 막기	
14b			Left Fist	Hammer Fist Target Inward Strike		Me Jumeok Pyojeok An Chigi 메 주먹 표적 안 치기	Kihap
15	Right	Crane Stance	Right Arm	Downward Side Block	Hakdari Seogi 학다리 서기	Naeryeo Yeop Makgi 내려 옆 막기	
16a			Right Foot	Side Kick + Small Hinge		Yeop Chagi + Jageun Doljjeogwi 옆 차기 + 작은 돌쩌귀	Hinge On Left Hip Right Over Left
16b		Closed Stance			Moa Seogi 모아 서기		Set Right Foot Down + Left Downward Block 1st Pos.
16c	Left	Crane Stance	Left	Downward Side Block	Hakdari Seogi 학다리 서기	Naeryeo Yeop Makgi 내려 옆 막기	
17a			Left Foot	Side Kick + Small Hinge		Yeop Chagi + Jageun Doljjeogwi 옆 차기 + 작은 돌쩌귀	Hinge On Right Hip Left Over Right
17b	Left	Forward Stance	Right Fist	Reverse Punch	Ap Gubi 앞 굽이	Baro Jireugi 바로 지르기	
18	Right	Forward Stance	Right Fist	Forward Punch	Ap Gubi 앞 굽이	Bandae Jireugi 반대 지르기	Kihap
19	Left	Backward Stance	Left Arm Block + Right Arm Assist	Assisted Knife Hand Downward Block	Dwit Gubi 뒷 굽이	Sonnal Geodeureo Naeryeo Makgi 손날 거들어 내려 막기	
20	Right	Backward Stance	Right Arm Block + Left Arm Assist	Assisted Knife Hand Block	Dwit Gubi 뒷 굽이	Sonnal Geodeureo Makgi 손날 거들어 막기	
21	Right	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	
22	Left	Backward Stance	Left Arm Block + Right Arm Assist	Assisted Knife Hand Block	Dwit Gubi 뒷 굽이	Sonnal Geodeureo Makgi 손날 거들어 막기	
Baro 바로	Left Steps	Parallel Stance	Both Hands	Basic Ready Posture	Naranhi Seogi 나란히 서기	Kibon Junbi Jase 기본 준비 자세	5 Seconds

