

Pyeongwon Poomsae 평원 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
1a	Left Steps	Parallel Stance	Both Hands	Knife Hand Low Opening Block	Naranhi Seogi 나란히 서기	Sonnal Arae Hechyeo Makgi 손날 아래 헤쳐 막기	5 Seconds Left Over Right
1b			Both Hands	Pushing Ready Posture		Tongmilgi Junbi Jase 통밀기 준비 자세	5 Seconds
1c	Right	Backward Stance	Right Arm	Knife Hand Downward Block	Dwit Gubi 뒷 굽이	Sonnal Naeryeo Makgi 손날 내려 막기	
2a	Left	Backward Stance	Left Arm	Knife Hand Block	Dwit Gubi 뒷 굽이	Sonnal Makgi 손날 막기	
2b	Left	Forward Stance	Right Elbow	Elbow Uppercut	Ap Gubi 앞 굽이	Palgup Ollyeo Chigi 팔굽 올려 치기	
3a			Right Foot	Front Kick		Ap Chagi 앞 차기	
3b			Left Foot	Back Turning Side Kick		Dwi Dora Yeop Chagi 뒤 돌아 옆 차기	
3c	Right	Backward Stance	Right Arm Block + Left Arm Assist	Assisted Knife Hand Block	Dwit Gubi 뒷 굽이	Sonnal Geodeureo Makgi 손날 거들어 막기	
3d			Right Arm Block + Left Arm Assist	Assisted Knife Hand Downward Block		Sonnal Geodeureo Naeryeo Makgi 손날 거들어 내려 막기	
4a	Right Shifts	Riding Stance	Both Arms	Large Hinge	Juchum Seogi 주춤 서기	Keun Doljjeogwi 큰 돌쩌귀	Right Over Left
4b	Right		Right Arm Block + Left Arm Assist	High Assisted Side Block		Eolgul Geodeureo Yeop Makgi 얼굴 거들어 옆 막기	
5a			Right Foot + Right Fist	Stomp + Pulling Back Fist Forward Strike		Jitjigghi + Danggyeo Deung Jumeok Ap Chigi 짓짚기 + 당겨 등 주먹 앞 치기	Kihap Left Hand Opens To Grab
5b			Left Fist Strike + Right Arm Assist	Assisted Back Fist Forward Strike		Geodeureo Deung Jumeok Ap Chigi 거들어 등 주먹 앞 치기	
6a	Left	Front Cross Stance	Both Elbows	Double Side Elbow Strike (Yoke Strike)	Ap Kkoa Seogi 앞 꼬아 서기	Du Palgup Yeop Chigi (Myeongye Chigi) 두 팔굽 옆 치기 (명예 치기)	Look Right As You Elbow
6b	Right	Riding Stance	Both Arms	Opening Mountain Block	Juchum Seogi 주춤 서기	Hechyeo Taesan Makgi 헤쳐 태산 막기	Right Over Left
7a	Right	Crane Stance	Left Arm Upward + Right Arm Downward	Diamond Block	Hakdari Seogi 학다리 서기	Keumgang Makgi 금강 막기	
7b			Both Fists At Left Hip	Small Hinge		Jageun Doljjeogwi 작은 돌쩌귀	Right Over Left
8a			Right Foot	Side Kick		Yeop Chagi 옆 차기	
8b	Right	Forward Stance	Left Elbow	Elbow Uppercut	Ap Gubi 앞 굽이	Palgup Ollyeo Chigi 팔굽 올려 치기	
9a			Left Foot	Front Kick		Ap Chagi 앞 차기	
9b			Right Foot	Back Turning Side Kick		Dwi Dora Yeop Chagi 뒤 돌아 옆 차기	
9c	Left	Backward Stance	Left Arm Block + Right Arm Assist	Assisted Knife Hand Block	Dwit Gubi 뒷 굽이	Sonnal Geodeureo Makgi 손날 거들어 막기	
9d			Left Arm Block + Right Arm Assist	Assisted Knife Hand Downward Block		Sonnal Geodeureo Naeryeo Makgi 손날 거들어 내려 막기	
10a	Left Shifts	Riding Stance	Both Arms	Large Hinge	Juchum Seogi 주춤 서기	Keun Doljjeogwi 큰 돌쩌귀	
10b	Left		Left Arm Block + Right Arm Assist	High Assisted Side Block		Eolgul Geodeureo Yeop Makgi 얼굴 거들어 옆 막기	
11a			Left Foot + Left Fist	Stomp + Pulling Back Fist Forward Strike		Jitjigghi + Danggyeo Deung Jumeok Ap Chigi 짓짚기 + 당겨 등 주먹 앞 치기	Kihap Right Hand Opens To Grab
11b			Right Fist Strike + Left Arm Assist	Assisted Back Fist Forward Strike		Geodeureo Deung Jumeok Ap Chigi 거들어 등 주먹 앞 치기	
12a	Right	Front Cross Stance	Both Elbows	Double Side Elbow Strike (Yoke Strike)	Ap Kkoa Seogi 앞 꼬아 서기	Du Palgup Yeop Chigi (Myeongye Chigi) 두 팔굽 옆 치기 (명예 치기)	Look Left As You Elbow
12b	Left	Riding Stance	Both Arms	Opening Mountain Block	Juchum Seogi 주춤 서기	Hechyeo Taesan Makgi 헤쳐 태산 막기	Left Over Right
13a	Left	Crane Stance	Left Arm Downward + Right Arm Upward	Diamond Block	Hakdari Seogi 학다리 서기	Keumgang Makgi 금강 막기	
13b			Both Fists At Right Hip	Small Hinge		Jageun Doljjeogwi 작은 돌쩌귀	Left Over Right
14a			Left Foot + Left Fist	Side Kick + Hammer Fist Outward Strike		Yeop Chagi + Me Jumeok Bakkat Chigi 옆 차기 + 메 주먹 바깥 치기	
14b	Left	Forward Stance	Right Elbow	Target Elbow Strike	Ap Gubi 앞 굽이	Palgup Pyojeok Chigi 팔굽 표적 치기	
Baro 바로	Left Steps	Closed Stance	Both Hands	Overlapped Hands Ready Posture	Moa Seogi 모아 서기	Gyeopson Junbi Jase 굽손 준비 자세	5 Seconds Left Over Right