

Sipjin Poomsae 십진 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
1a			Both Arms	Bull Block		Hwangso Makgi 황소 막기	5 Seconds Sharply Widen At 4 Seconds
1b	Left Steps	Backward Stance	Left Arm Block + Right Hand Assist	Palm Assisted Inner Forearm Outward Block	Dwit Gubi 뒷 굽이	Sonbadak Geodeureo An Palmok Bakkat Makgi 손바닥 거들어 안 목 바깥 막기	
2a	Left		Left Wrist	Wrist Turning		Palmok Dollyeo 팔목 돌려	5 Seconds
2b	Left Shifts	Forward Stance	Right Hand	Spear Hand Horizontal Thrust	Ap Gubi 앞 굽이	Pyeonsonkkeut Eopeo Jjireugi 편손끝 얹어 찌르기	
2c	Left		Left → Right	Double Punch		Dubeon Jireugi 두번 지르기	
3	Right	Riding Stance	Both Arms	Opening Mountain Block	Juchum Seogi 주춤 서기	Hechyeo Taesan Makgi 헤쳐 태산 막기	Right Over Left
4a	Left	Front Cross Stance	Left Hand	Target Grab	Ap Kkoa Seogi 앞 꼬아 서기	Pyojeok Japgi 표적 잡기	
4b	Right	Riding Stance	Right Fist	Pulling Side Punch	Juchum Seogi 주춤 서기	Danggyeo Yeop Jireugi 당겨 옆 지르기	Kihap
5	Right	Riding Stance	Both Elbows	Double Side Elbow Strike (Yoke Strike)	Juchum Seogi 주춤 서기	Du Palgup Yeop Chigi (Myeongye Chigi) 두 팔굽 옆 치기 (명예 치기)	
6a	Left Steps	Closed Stance			Moa Seogi 모아 서기		
6b	Right Steps	Backward Stance	Right Arm Block + Left Hand Assist	Palm Assisted Inner Forearm Outward Block	Dwit Gubi 뒷 굽이	Sonbadak Geodeureo An Palmok Bakkat Makgi 손바닥 거들어 안 목 바깥 막기	
7a	Right		Right Wrist	Wrist Turning		Palmok Dollyeo 팔목 돌려	5 Seconds
7b	Right Shifts	Forward Stance	Left Hand	Spear Hand Horizontal Thrust	Ap Gubi 앞 굽이	Pyeonsonkkeut Eopeo Jjireugi 편손끝 얹어 찌르기	
7c	Right		Right → Left	Double Punch		Dubeon Jireugi 두번 지르기	
8	Left	Riding Stance	Both Arms	Opening Mountain Block	Juchum Seogi 주춤 서기	Hechyeo Taesan Makgi 헤쳐 태산 막기	Left Over Right
9a	Right	Front Cross Stance	Right Hand	Target Grab	Ap Kkoa Seogi 앞 꼬아 서기	Pyojeok Japgi 표적 잡기	
9b	Left	Riding Stance	Left Fist	Pulling Side Punch	Juchum Seogi 주춤 서기	Danggyeo Yeop Jireugi 당겨 옆 지르기	Kihap
10	Left	Riding Stance	Both Elbows	Double Side Elbow Strike (Yoke Strike)	Juchum Seogi 주춤 서기	Du Palgup Yeop Chigi (Myeongye Chigi) 두 팔굽 옆 치기 (명예 치기)	
11	Right	Backward Stance	Right Arm Block + Left Hand Assist	Palm Assisted Inner Forearm Outward Block	Dwit Gubi 뒷 굽이	Sonbadak Geodeureo An Palmok Bakkat Makgi 손바닥 거들어 안 목 바깥 막기	
12a			Right Wrist	Wrist Turning		Palmok Dollyeo 팔목 돌려	5 Seconds
12b	Right Shifts	Forward Stance	Left Hand	Spear Hand Horizontal Thrust	Ap Gubi 앞 굽이	Pyeonsonkkeut Eopeo Jjireugi 편손끝 얹어 찌르기	
12c	Right		Right → Left	Double Punch		Dubeon Jireugi 두번 지르기	
13	Left	Backward Stance	Left Arm Block + Right Hand Assist	Assisted Knife Hand Downward Block	Dwit Gubi 뒷 굽이	Sonnal Geodeureo Naeryeo Makgi 손날 거들어 내려 막기	
14a	Right	Forward Stance	Both Hands	Rock Push	Ap Gubi 앞 굽이	Bawi Milgi 바위 밀기	5 Seconds
14b	Right Shifts	Riding Stance	Both Arms	Ridge Hand Middle Opening Block	Juchum Seogi 주춤 서기	Sonnal Deung Montong Hechyeo Makgi 손날 등 뚫통 헤쳐 막기	Right Over Left
15a			Both Arms	Knife Hand Low Opening Block		Sonnal Arae Hechyeo Makgi 손날 아래 헤쳐 막기	5 Seconds Left Over Right
15b				Stand Up & Clench Both Fists		Ileonaseo Du Jumeokeul Kkwag Jwiseyo 일어나서 두 주먹을 꼭 쥐세요	5 Seconds Fist Clench At 3 Seconds
15c	Left	Forward Stance	Left Arm	Upward Tripping Block (Lift Up)	Ap Gubi 앞 굽이	Ollieo Georeo Makgi (Kkeuleo Olligi) 올려 걸어 막기 (끌어 올리기)	
16a			Both Arms	Rock Push		Bawi Milgi 바위 밀기	5 Seconds
16b			Right Foot + Both Fists	Front Kick + Small Hinge		Ap Chagi + Jageun Doljjeogwi 앞 차기 + 작은 돌쩌귀	Hinge On Left Hip Right Over Left
16c	Right	Forward Stance	Both Fists	Fork Punch	Ap Gubi 앞 굽이	Chetdari Jireugi 챗다리 지르기	
17a			Left Foot + Both Fists	Front Kick + Small Hinge		Ap Chagi + Jageun Doljjeogwi 앞 차기 + 작은 돌쩌귀	Hinge On Right Hip Left Over Right
17b	Left	Forward Stance	Both Fists	Fork Punch	Ap Gubi 앞 굽이	Chetdari Jireugi 챗다리 지르기	
18a			Right Foot + Both Fists	Front Kick + Small Hinge		Ap Chagi + Jageun Doljjeogwi 앞 차기 + 작은 돌쩌귀	Hinge On Left Hip Right Over Left
18b	Right	Back Cross Stance	Right Foot Stomp + Right Fist Strike + Left Arm Assist	Stomp + Assisted Back Fist Forward Strike	Dwi Kkoa Seogi 뒤 꼬아 서기	Jitjihgi + Deung Jumeok Geodeureo Ap Chigi 짓찰기 + 등 주먹 거들어 앞 치기	Kihap
19a	Left	Forward Stance	Both Arms	Rock Push	Ap Gubi 앞 굽이	Bawi Milgi 바위 밀기	5 Seconds
19b	Left	Tiger Stance	Both Arms	Knife Hand Low Cross Block		Sonnal Eotgeoreo Arae Makgi 손날 엇걸어 아래 막기	Left Picks Up Right
20	Right	Backward Stance	Right Arm Block + Left Hand Assist	Assisted Ridge Hand Block	Dwit Gubi 뒷 굽이	Sonnal Deung Geodeureo Makgi 손날 등 거들어 막기	
21a			Both Fists At Right Hip	Small Hinge		Jageun Doljjeogwi 작은 돌쩌귀	Left Over Right
21b	Left	Backward Stance	Both Fists	Fork Punch	Dwit Gubi 뒷 굽이	Chetdari Jireugi 챗다리 지르기	
22a			Both Fists At Left Hip	Small Hinge		Jageun Doljjeogwi 작은 돌쩌귀	Right Over Left
22b	Right	Backward Stance	Both Fists	Fork Punch	Dwit Gubi 뒷 굽이	Chetdari Jireugi 챗다리 지르기	
Baro 바로	Right Steps	Parallel Stance	Both Hands	Basic Ready Posture	Naranhi Seogi 나란히 서기	Kibon Junbi Jase 기본 준비 자세	5 Seconds

