

Taebaek Poomsae 태백 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	Tiger Stance	Both Hands	Knife Hand Low Opening Block	Beom Seogi 범 서기	Sonnal Arae Hechyeo Makgi 손날 아래 헤쳐 막기	Left Over Right
2a			Right Foot	Front Kick		Ap Chagi 앞 차기	
2b	Right	Forward Stance	Right → Left	Double Punch	Ap Gubi 앞 굽이	Dubeon Jireugi 두 번 지르기	
3	Right	Tiger Stance	Both Hands	Knife Hand Low Opening Block	Beom Seogi 범 서기	Sonnal Arae Hechyeo Makgi 손날 아래 헤쳐 막기	Right Over Left
4a			Left Foot	Front Kick		Ap Chagi 앞 차기	
4b	Left	Forward Stance	Left → Right	Double Punch	Ap Gubi 앞 굽이	Dubeon Jireugi 두 번 지르기	
5	Left	Forward Stance	Left Arm Block + Right Hand Strike	Swallow Strike	Ap Gubi 앞 굽이	Jebipum Chigi 제비품 치기	
6a	Right	Forward Stance	Right Hand	Parrying Block	Ap Gubi 앞 굽이	Geodeo Makgi 걸어 막기	
6b			Left Fist	Reverse Punch		Baro Jireugi 바로 지르기	
7a	Left	Forward Stance	Left Hand	Parrying Block	Ap Gubi 앞 굽이	Geodeo Makgi 걸어 막기	
7b			Right Fist	Reverse Punch		Baro Jireugi 바로 지르기	
8a	Right	Forward Stance	Right Hand	Parrying Block	Ap Gubi 앞 굽이	Geodeo Makgi 걸어 막기	
8b			Left Fist	Reverse Punch		Baro Jireugi 바로 지르기	Kihap
9a			Both Fists At Right Hip	Small Hinge		Jageun Doljjeogwi 작은 돌쩌귀	Left Over Right
9b	Left	Backward Stance	Right Upward + Left Outward	Diamond Middle Block	Dwit Gubi 뒷 굽이	Keumgang Momtong Makgi 금강 몸통 막기	
10a			Right Fist Punch + Left Hand Pull	Pulling Uppercut		Danggyeo Teok Jireugi 당겨 턱 지르기	
10b			Left Fist	Forward Punch		Bandae Jireugi 반대 지르기	
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 + Left Fist	Side Kick + Hammer Fist Outward Strike		Yeop Chagi + Me Jumeok Bakkat Chigi 엮 차기 + 메 주먹 바깥 치기	
11c	Left	Forward Stance	Right Elbow	Target Elbow Strike	Ap Gubi 앞 굽이	Palgup Pyojeok Chigi 팔굽 표적 치기	
12a	Both	Closed Stance	Both Fists At Left Hip	Small Hinge	Moa Seogi 모아 서기	Jageun Doljjeogwi 작은 돌쩌귀	Right Over Left Left Steps → Right Steps
12b	Right	Backward Stance	Left Upward + Right Outward	Diamond Middle Block	Dwit Gubi 뒷 굽이	Keumgang Momtong Makgi 금강 몸통 막기	
13a			Left Fist Punch + Right Hand Pull	Pulling Uppercut		Danggyeo Teok Jireugi 당겨 턱 지르기	
13b			Right Fist	Forward Punch		Bandae Jireugi 반대 지르기	
14a	Right	Crane Stance	Both Fists At Left Hip	Small Hinge	Hakdari Seogi 학다리 서기	Jageun Doljjeogwi 작은 돌쩌귀	Right Over Left
14b			Right Foot + Right Fist	Side Kick + Hammer Fist Outward Strike		Yeop Chagi + Me Jumeok Bakkat Chigi 엮 차기 + 메 주먹 바깥 치기	
14c	Right	Forward Stance	Left Elbow	Target Elbow Strike	Ap Gubi 앞 굽이	Palgup Pyojeok Chigi 팔굽 표적 치기	
15	Left	Backward Stance	Left Arm Block + Right Arm Assist	Assisted Knife Hand Block	Dwit Gubi 뒷 굽이	Sonnal Geodeureo Makgi 손날 거들어 막기	
16	Right	Forward Stance	Left Hand Block + Right Hand Thrust	Pressing Block + Spear Hand Vertical Thrust	Ap Gubi 앞 굽이	Nulleo Makgi + Pyeononkkeut Sewo Jjireugi 눌러 막기 + 편손끝 세워 찌르기	
17a	Left	Forward Stance	Right Wrist	Wrist Pulling Escape	Ap Gubi 앞 굽이	Palmok Ppaegi 팔목 빼기	
17b	Left	Backward Stance	Left Fist	Spinning Back Fist Outward Strike	Dwit Gubi 뒷 굽이	Mom Dora Deung Jumeok Chigi 몸 돌아 등 주먹 치기	
18	Right	Forward Stance	Right Fist	Forward Punch	Ap Gubi 앞 굽이	Bandae Jireugi 반대 지르기	Kihap
19	Left	Forward Stance	Left Downward + Right Outward	Scissor Block	Ap Gubi 앞 굽이	Gawi Makgi 가위 막기	
20a			Right Foot	Front Kick		Ap Chagi 앞 차기	
20b	Right	Forward Stance	Right → Left	Double Punch	Ap Gubi 앞 굽이	Dubeon Jireugi 두 번 지르기	
21	Right	Forward Stance	Right Downward + Left Outward	Scissor Block	Ap Gubi 앞 굽이	Gawi Makgi 가위 막기	
22a			Left Foot	Front Kick		Ap Chagi 앞 차기	
22b	Left	Forward Stance	Left → Right	Double Punch	Ap Gubi 앞 굽이	Dubeon Jireugi 두 번 지르기	
Baro 바로	Left Steps	Parallel Stance	Both Hands	Basic Ready Posture	Naranhi Seogi 나란히 서기	Kibon Junbi Jase 기본 준비 자세	5 Seconds

