

Kihap & Stomp(s) Jit-chit-ki action (deduct in Ac: -0,3)

Poomsae	Kihap	kihap poom + order	Stomp (s)	Stomp Poom	Poom	Dongjak	Duur (sec.)	
Taegeuk Il jang (1)	1	last front punch (order 18)	0	0	18	20	17 -21	
Taegeuk I jang (2)	1	last front punch (order 18)	0	0	18	23	18 -23	
Taegeuk Sam jang (3)	1	last front punch (order 20)	0	0	20	34	20 -25	
Taegeuk Sa jang (4)	1	last front punch (order 20)	0	0	20	29	26 - 31	
Taegeuk O jang (5)	1	last back fist (order 20)	1	dwitkoa seogi	20	32	28 - 33	
Taegeuk Yuk jang (6)	1	2nd round kick (order 12)	0	0	19	31	32 - 37	
Taegeuk Chil jang (7)	1	last side punch (order 25)	0	0	25	33	32 - 37	
Taegeuk Pal jang (8)	2	1st kick / 2nd kick (order 3 & 19)	0	0	27	38	32 - 37	
Koryo (9)	2	3rd khaljaebi / last khaljaebi (order 11 & 30)	0	0	30	48	43 - 48	
Keumgang (10)	2	1st stomp / 3rd stomp (order 11 & 21)	4	juchum seogi	27	27	58 - 63	
Taeback (11)	2	last front punch / back front punch (order 8 & 22)	0	0	26	38	32 - 37	
Pyongwon (12)	2	1st back fist strike of each pair (order 9 & 17)	2	juchum seogi	21	25	28 - 33	
Sipjin (13)	3	side punch (2 time) / back fist (order 5 & 10 & 23)	1	dwitkoa seogi	28	31	60 - 65	
Jitae (14)	2	hammer punch into palm/ front punch (order 18 & 24)	0	0	28	37	47 - 52	
Chonkwon (15)	1	side kick (order 8)	0	0	26	29	55 - 60	
Hansu (16)	2	back fist (2 time) (order 16 & 25)	2	dwitkoa seogi	27	33	37 - 40	
Ilyeo (17)	2	wen and oreun pyonsonkeut (order 6 & 13)	0	0	23	29	37 - 42	
bigak & Hanryu developed by the Kukkiwon in 2007								
new	Peacock (bigak)	4	back fist (1 time)	1	dwitkoa seogi	x	x	x - x
new	Hanryu	2	back fist (1 time)	1	dwitkoa seogi	x	x	x - x

Baro / Stance action (deduct in Ac: -0,3)			
Poomsae	Baro	Stance	
Taegueuk Il jang (1)	pull left foot, turn leftward	naranhisoegi - kibon junbi	
Taegueuk I jang (2)	pull left foot, turn leftward	naranhisoegi - kibon junbi	
Taegueuk Sam jang (3)	pull left foot, turn leftward	naranhisoegi - kibon junbi	
Taegueuk Sa jang (4)	pull left foot, turn leftward	naranhisoegi - kibon junbi	
Taegueuk O jang (5)	turn leftward	naranhisoegi - kibon junbi	
Taegueuk Yuk jang (6)	pull right foot back	naranhisoegi - kibon junbi	
Taegueuk Chil jang (7)	pull left foot, turn leftward	naranhisoegi - kibon junbi	
Taegueuk Pal jang (8)	pull left foot	naranhisoegi - kibon junbi	
Koryo (9)	pull left foot, turn leftward	naranhisoegi - tongmilgi junbi	
Keumgang (10)	pull left foot	naranhisoegi - kibon junbi	
Taeback (11)	pull left foot, turn leftward	naranhisoegi - kibon junbi	
Pyongwon (12)	pull left foot	moasoegi - kyopson junbi	
Sipjin (13)	pull right foot , turn rightward	naranhisoegi - kibon junbi	
Jitae (14)	pull left foot, turn leftward	naranhisoegi - kibon junbi	
Chonkwon (15)	pull left foot	moasoegi - kyopson junbi	
Hansu (16)	pull right foot	moasoegi - kyopson junbi	
Ilyeo (17)	pull right foot , turn rightward	moasoegi - bojumeok junbi	
bigak & Hanryu developed by the Kukkiwon in 2007			
new	Peacock (bigak)	pull left foot, turn leftward	naranhisoegi - kibon junbi
new	Hanryu	turn leftward	moasoegi - bojumeok junbi