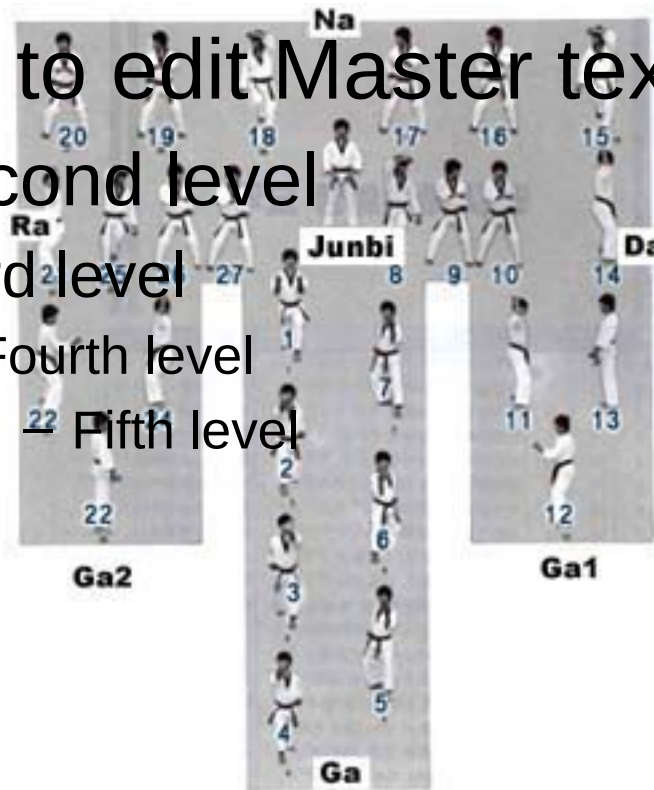


Poomsae Keumgang

- Click to edit Master text styles
 - Second level
 - Third level
 - Fourth level
 - Fifth level



Poomsae Keumgang

- Junbi naranhi-seogi kibon junbi-seogi
 1. wen apkubi anpalmok momtong hecho-makki
 2. oreun apkubi oreun batangson teok-chigi
 3. wen apkubi wenbatangson teok-chigi
 4. oreun apkubi oreun batangson teok-chigi
 5. oreun dwitkubi wenhansonnal momtong-makki
 6. wen dwitkubi oreun hansonnal momtong-makki
 7. oreun dwitkubi wenhansonnal momtong-makki
 8. oreun hakdari keumgang-makki
 9. uchum-seogi kheun doltzeogwi
 10. body turned leftward, R.F. moves to step, then L.F. follows (turn 360 degrees)

11. santeul-makki, i°kihap
12. anpalmok momtong hecho-makki
13. naranhi-seogi arae hecho-makki
14. juchum-seogi santeul-makki
15. wen hakdari-seogi keumgang-makki
16. juchum-seog kheun doltzeogwi
17. body turns rightward, L.F. changes step, R.F. follows(360 deg. turn)
18. wen hakdari-seogi keumgang-makki
19. juchum-seogi kheun doltzeogwi
20. body turns rightward, L.F. changes step, R.F. follows (360 deg.turn)

21. santeul-makki, i°kihap
 22. anpalmok momtong hecho-makki
 23. naranhi-seogi arae hecho-makki
 24. juchum-seogi santeul-makki
 25. oreun hakdari keumgang-makki
 26. juchum-seogi kheun doltzeogwi
 27. juchum-seogi kheun doltzeogwi
- Keuman naranhi seogi kibon junbi-seogi