



A special movement is performed slowly intentionally table

In case of 5 seconds (deduct in Ac: -0,1)

| | Name of Poomsae | Order (5) | Stance (Seogi) | Name of Poom & Action |
|---|-----------------------|--------------|-------------------------------------|--|
| 0 | Taegeuk 1 untill 8 | junbi / baro | Naranhi seogi | kibon junbiseogi |
| 1 | Taegeuk 6 jang | 10 | Naranhi seogi | Arae hechomakki (Left hand outside) |
| 2 | Taegeuk 7 jang | 11 | Moa soegi | Bojumeok (Left hand holds right fist) |
| 3 | koryo (9) | junbi / baro | Naranhi seogi | tongmilgi junbiseogi |
| 4 | keumgang (10) | junbi / baro | Naranhi seogi | kibon junbiseogi |
| | | 13 | Naranhi seogi | Arae hechomakki (Left foot slightly pull and Left hand outside) |
| | | 23 | Naranhi seogi | Arae hechomakki (Right foot slightly pull and Right hand outside) |
| 0 | Taeback (11) | junbi / baro | Naranhi seogi | kibon junbiseogi |
| 5 | Pyongwon (12) | junbi / baro | moa seogi | kyopson junbiseogi |
| | | 1 | Naranhi seogi | Sonnal arae hechomakki |
| | | 2 | Naranhi seogi | Tongmilgi |
| 6 | Shipjin (13) | junbi / baro | Naranhi seogi | kibon junbiseogi |
| | | 2 & 3 | oreun Dwikubi- wen Apkubi | Fist opened twisting inward (Pyonsonkkeut opeotzireugi)(Left foot slightly push forth) |
| | | 7 & 8 | wen Dwikubi- oreun Apkubi | Fist opened twisting inward (Pyonsonkkeut opeotzireugi)(Right foot slightly push forth) |
| | | 15 | oreun Apkubi | Bawimilgi (put right foot forward) |
| | | 17 | Juchum seogi | Sonnal arae hechomakki (feet remain/ Left hand outside) |
| | | 18 | (Juchumseogi) distance Seogi | Arae hechomakki / feet remain/ (neolpke beolloyo soegi) |
| | | 20 | wen Apkubi | Bawimilgi (put left foot forward) |
| 0 | Jitae (14) | junbi / baro | Naranhi seogi | kibon junbiseogi |
| 7 | Chonkwon (15) | junbi / baro | moa seogi | kyopson junbiseogi |
| | | 1 | Moa Seogi | Nalgaepyogi (two hands lifted up in front of chest) |
| | | 23 | oreun Dwikubi | Sonnal wesanteulmakki (feet remain / change direction) |
| | | 24 | wen Dwikubi | Sonnal wesanteulmakki (feet remain / change direction) |
| | | 25 | oreun Beom seogi | Taesamilgi |
| | | 26 | wen Beom seogi | Taesamilgi |
| 0 | Hansu (16) | junbi / baro | moa seogi | kyopson junbiseogi |
| 0 | Ilyeo (17) | junbi / baro | moa seogi | Bojumeok (Left hand holds right fist) |



A special movement is performed slowly intentionally table

In case of 8 seconds (deduct in Ac: -0,1)

| | Name of Poomsae | Order | Stance (Seogi) | Name of Poom & Action |
|---|-----------------|--|---------------------|--|
| 1 | Taegeuk 8 jang | 6 | wen Apkubi | Dangkyo teokjireugi (feet remain) |
| | | 8 | oreun Apkubi | Dangkyo teokjireugi (feet remain) |
| 2 | Koryo (9) | 26 | Moa Seogi | wen Mejumeok arae Pyojeokchigi |
| 3 | Keumgang (10) | 8 & 25 | oreun Hakdari seogi | Keumgang makki |
| | | 15 & 18 | wen Hakdari seogi | Keumgang makki |
| 4 | Jitae (14) | 2 | oreun Apkubi | Olgulmakki followed by momtong Barojireugi |
| | | 4 | wen Apkubi | Olgulmakki followed by momtong Barojireugi |
| | | 8 | wen Dwikubi | Momtong bakkatmakki |
| | | 10 | wen Apkubi | Olgulmakki |
| 5 | Chonkwon (15) | As clenching a fist, twisting the wrist, get your hind leg to step forward to make Apkubi and do momtong Barojireugi | | |
| | | 3 | oreun Apkubi | hansonnal bitureomakki |
| | | 4 | wen Apkubi | momtong barojireugi |
| | | 5 | wen Apkubi | hansonnal bitureomakki |
| | | 6 | oreun Apkubi | momtong barojireugi |

