

New Poomsae



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New Poomsae







The Overview of New Poomsae

1. What is 'New Poomsae'?

'New Poomsae' is the new forms of Taekwondo Poomsae that were made for other intentions and purposes different from existing ones made by several official organizations. The official organizations refer to Kukkiwon, Asian Taekwondo Union, World Taekwondo Federation and Korea Taekwondo Association.

Poomsae has started to be trained with 8 kinds of Poomsae, 'Palgwae' for trainees with Geup and 9 kinds Poomsae from 'Koryo' to 'Ilyeo' for trainees with Dan which were made by the Poomsae establishing commission appointed by Korea Taekwondo Association in 1968 and 8 kinds Poomsae Taegeuk was additionally developed to be included in the school curriculum by sub-committee for establishment of Poomsae and Terms in 1972(Korea Taekwondo Association, 1972).

Kukkiwon including Asian Taekwondo Union, World Taekwondo Federation and Korea Taekwondo Association officially approve 'Taegeuk' Poomsae 1-jang to 8-jang for trainees with Geup and from 'Koryo' Poomsae to 'Ilyeo' Poomsae for trainees with Dan as the appointed Poomsae.

2. The Value of Poomsae

Poomsae was originally trained for the self defense and the combat but in modern times its purpose has changed to train for health, education and sport. It is natural to change the intention and the purpose of training according to social expectation but the essential value should be found in usefulness in the actual fight.

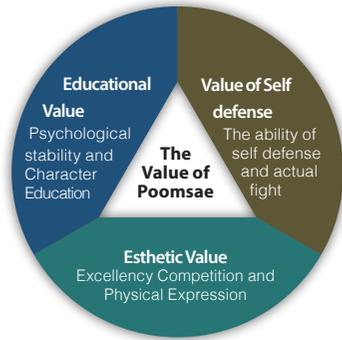


FIGURE 1 The Value of Poomsae

Taekwondo is the martial art originating embryologically from survival techniques and Poomsae is the training system. So if trainees train the mind and body with Poomsae, they can improve the abilities to suppress the opponents and protect themselves. But in a civilized society the value can't be limited only in the usefulness in the actual fight. Such ability as self-defending is surely important, but it is more important to pursue the value of the

character education and the esthetic expression(refer to diagram 1)

Taekwondo as the martial art is the helpful training activity for human growth and development, so it surely involves the educational intention and value in itself. A lot of people already practice Poomsae not to improve the actual fighting techniques as survival techniques but to actualize other important values such as the health of mind and body and cultivation of character. In other words, the first purpose of Poomsae training is to realize the character education like improvement of the confidence, cooperation and patience and it is expected to get actual fighting techniques like self-defense as the subordinate benefit of educational activities. It is hard to imagine the Poomsae training which is against the educational intention and it is difficult for Poomsae training which emphasizes only the usefulness in actual fighting to get support from a civilized society.

Sports can be embryologically divided into the functional sports that consider the superiority of the performance result and the topographical sports that compete the ability to demonstrate the aesthetic expression of movement. Taekwondo has evolved into Kyorugi(competition) that competes for the better result and Poomsae competes for qualitative excellency because of its characteristics. Due to the influence of sportization of Taekwondo, sportization of Poomsae progresses rapidly and lots of internal and external Poomsae competitions where unique Taekwondo techniques are made into Poomsae progress the development of Poomsae. Since introduction of competitiveness and enjoyment to Poomsae

lots of trainees have joined who practice Taekwondo with joy and enhance the degree of technical completion.

There have been more people who intend to appreciate the technical excellency of Taekwondo from Poomsae players through sportization of Poomsae. There has been a big increase of the number of both people who train Taekwondo skills and try to increase the quality of Taekwondo movement not only for competition and self-defense dimension but also esthetic dimension and people who appreciate Poomsae competition with enjoyment.

3. The Necessity of Developing 'New Poomsae'

Taekwondo can be divided into 3 training systems, Poomsae(patterns), Kyorugi(competition) and Gyeokpa(breaking). These three systems have been developed for different intentions and purposes of training and it deepens more because of Kyorugi being chosen as a olympic sport. In case of Kyorugi(competition) after becoming a core Olympic sport, unique kicking techniques have been developed in various ways and Gyeokpa(breaking) has also been developed in various ways rapidly based on new kicking techniques. On the other hand, in case of Poomsae, creative Poomsae and free style poomsae have been developed and are getting the status of the competitive sport but the officially approved Poomsae just stays in the same level as 50 years ago trying only to develop the quality of Poomsae mostly based on hand technique.

In other words, Poomsae has not accepted the new skills or techniques from Kyorugi(competition) and Gyeokpa(breaking) to promote the actual fighting abilities, therefore it has set up a different technical system with other two training systems. Kyorugi(competition) has been developed as a core Olympic sport with development of various feet techniques but Poomsae failed to accept those newly developed Kyorugi techniques into official Poomsae. If this situation keeps going on, there will be the situation where martial art Taekwondo and Sports Taekwondo coexist to cause conflict and discord, which are sure to pose obstruction to Taekwondo development

Poomsae premises the training of Kyorugi skills with a imaginary opponent. It is that new Poomsae should be developed and trained for the process of achieving those purposes. That is, if someone trains Taekwondo Poomsae they should be able to improve not only the competitive abilities in the competition but also the ability of self-defense. But present Poomsae, especially officially approved Poomsae couldn't reflect the newly developed feet techniques to Poomsae. It seem no effort has been made to accept those newly developed Gyrougi techniques into Poomsae.

1) Necessity of enlarging the Taekwondo Poomsae contents

- ① It is necessary that new Poomsae should be developed, reflecting the unique kicking techniques which are newly developed by sportization of Taekwondo.
- ② It is necessary that the masterwork of Poomsae should be developed to break the monotony of present Poomsae and increase the quality of training.
- ③ It is necessary to come up to trainees' expectations in the field that they prefer practicing alone for the purpose of mind-body training with the premise of Kyorugi to doing Kyorugi(competition) which is risky to get injured.

2) Necessity of developing competitive Poomsae

- ① It is necessary to meet the demands for new Poomsae that can be used in Jakarta Asian Games in Indonesia in 2018.
- ② It is necessary to have the excellent competitive Poomsae to compete with rival events such as other martial arts
- ③ It is necessary to accept the competition to get medals for functional sports and topographical sports due to characteristics of martial arts and be ready for it.
- ④ It is necessary to have the excellent competitive Poomsae to meet the demands of audiences who are increasing to appreciate Poomsae game as expressive sports.

3) Necessity of developing self-defense Poomsae

- ① It is necessary to develop Poomsae that reflects various Taekwondo techniques to improve the ability of self-defense.
- ② It is necessary to develop practical Poomsae that reflects various newly developed Taekwondo techniques in Kyorugi to improve the ability of self-defense.

4) Necessity of fostering performing arts

- ① There is a necessity to develop the Poomsae as new Hanryu and performing arts of Taekwondo in the 21st century when the culture and welfare are important and expressive sports are in highlight.
- ② There is a necessity to develop Taekwondo as popular esthetic sports because Taekwondo takes center stage not only as Kyorugi but also as expressive sports by mass media.

4. Expected effects of developing 'New Poomsae'

- 1) 'New Poomsae' can intensify the connectivity among Taekwondo techniques by adding the core techniques which are used in Kyorugi(competition) and Sibeom(demonstration) to Poomsae.
- 2) 'New Poomsae' can inspire the trainees or players to train persistently.
- 3) 'New Poomsae' can give the drive to be the sub-event of Olympic Taekwondo based on acceptance in Asian games.
- 4) 'New Poomsae' can give relative predominance over other martial art sports in Olympic games.
- 5) 'New Poomsae' can increase audience mobilization capabilities by developing it as esthetic sports which the media are interested in.

5. Development steps of 'New Poomsae'

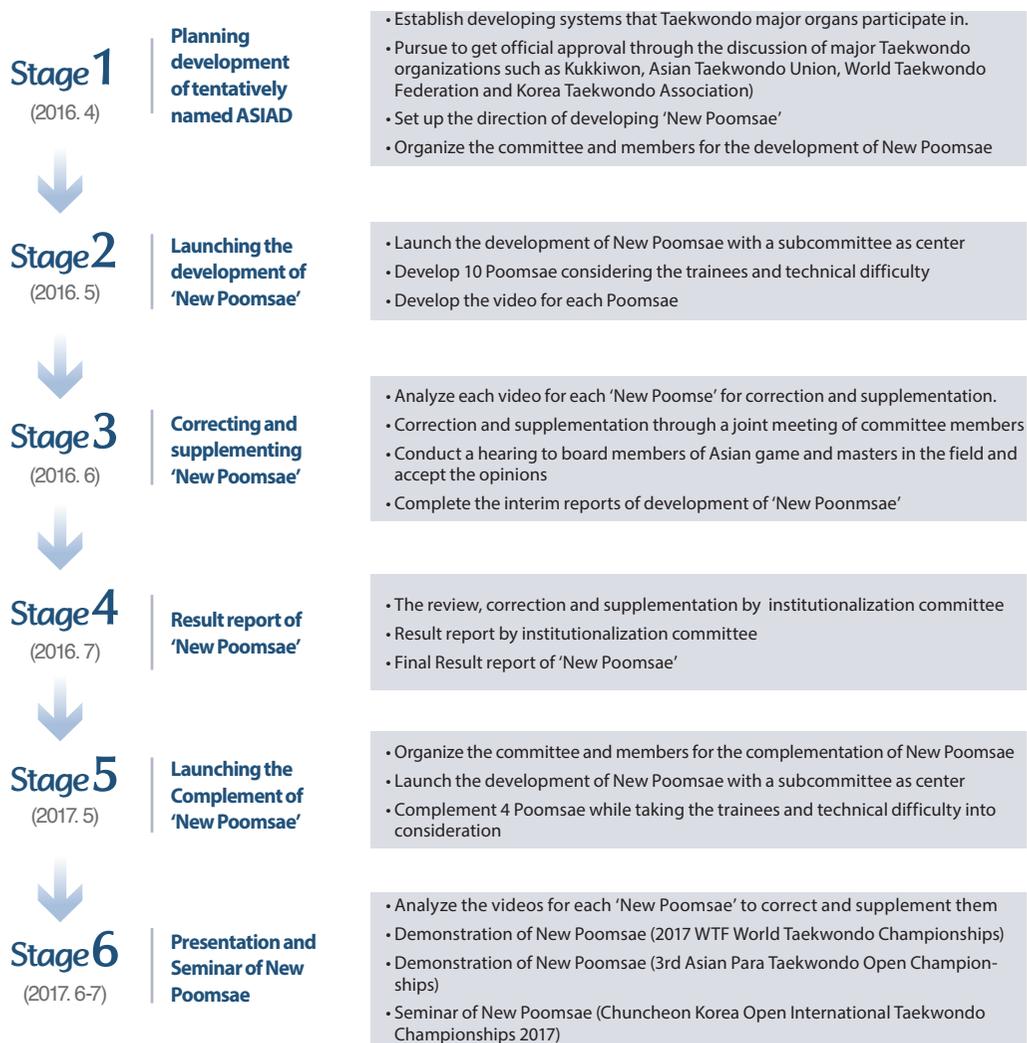


FIGURE 2 Developmental Steps 'New Poomsae'

6. Constitution of development organization of 'New Poomsae'

- 1) 'New Poomsae' was developed by functionally separating the organization with the management committee as the center, placing an advisory committee over it and development team and institutionalization team under it in order of rank.
- 2) Taekwondo elders were appointed as consultants and let to overview legitimacy of 'New Poomsae' and suitability of the composition of it.
- 3) The working team was divided into 'New Poomsae' development team and 'New Poomsae' institutionalization. 'New Poomsae' development team focused on development of Poomsae and 'New Poomsae' institutionalization team focused on sportization, education and distribution.
- 4) A subcommittee of less than 5 people was made and Poomsae experts exchanged opinions with each other and developed good Poomsae.

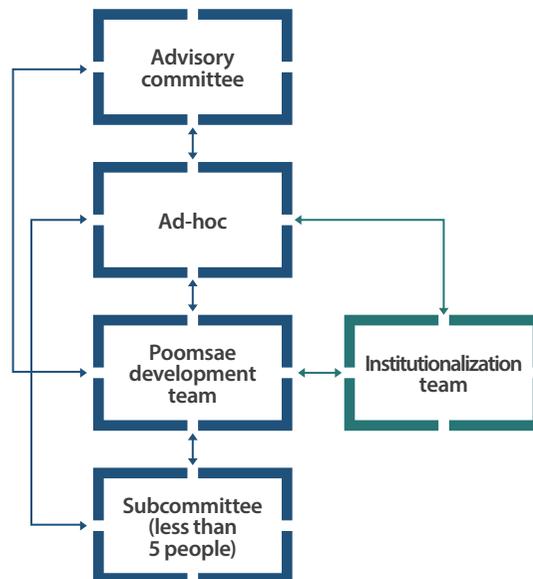


FIGURE 3 Development Organization of 'New Poomsae'



The Direction of New Poomsae

1. Development of Poomsae Reflecting Taekwondo Identity

- 1) 'New Poomsae' should actively reflect feet techniques and hand techniques which are technical characteristics of Taekwondo so that it can be evaluated the superiority to other martial arts.
- 2) 'New Poomsae' should harmoniously consist of various hands and feet techniques, practical self-defense techniques and feet techniques for sparring so that the identity of Taekwondo can be displayed in Poomsae competition as in Kyorugi.
- 3) 'New Poomsae' should be competitive Poomsae with identity that major Taekwondo organizations identify with it so that it can be used in domestic and foreign competition and Taekwondo education.

2. Development of Poomsae Considering Level of Difficulty and Proficiency

- 1) Poomsae competition is not the game to compete with performance result as score but compete with capability of expression. That is, it is the game to compete with qualitative supremacy of movement. Even game method is different from Kyorugi because it is not played in each weight division but in age division with ability of achievement. It implies that the game can be fair only after developing Poomsae which considers level of difficulty and proficiency based on the age.

2) 'New Poomsae' should be developed according to the ages of trainees and the level of technical difficulty from length of training. In Taekwondo there exist high level of techniques which are difficult for the people who are too old and young to perform. That is, there are movements that can't be recommended to young trainees and that are likely to be injured and risky to old ones. So, the techniques of the highest level of difficulty should be assigned to teenager group whose physical fitness is the best, the techniques that are lower level of difficulty and proficiency to younger than teenager group and techniques that are lower level of difficulty but demand high proficiency to the older than teenager group.

3) After analyzing the present Poomsae of 1st Dan to 8th Dan, The technical level of difficulty and proficiency was adjusted to make Poomsae 1st and Poomsae 8th compatible with present Poomsae of 1 st Dan and 8th Dan respectively. The technical difficulty was promoted to consider high level of kicking, complicate connection technique and maintenance of high degree balance and the proficiency was promoted to consider control of strength, exact movement and stance, agreement of movement and breath and agreement of technical intention and performance.

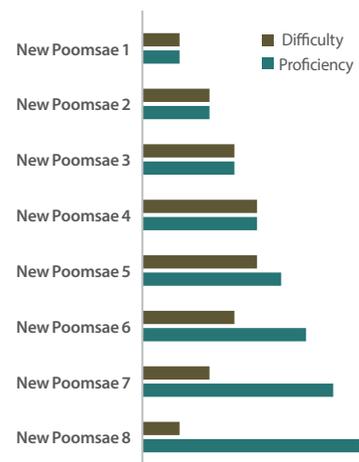


FIGURE 4 Assignment of Difficulty of 'New Poomsae'

3. Development of Poomsae Technically Harmonized

1) As a result of analyzing officially approved Kukkiwon Poomsae, the rate of using feet techniques for both trainees with Guep and Dan is around 10% and even techniques that are used are only basic kicks like Ap-chagi and Yeop chagi. To develop Poomsae that reflects the various newly developed feet techniques with hands techniques in balance, relatively more feet techniques are assigned to younger trainees who have high level of physical fitness and more hand techniques demanding high proficiency are assigned to older trainees.

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√The rate of feet rechniques in Poomsae for trainees with Geup is 10.6%

√The rate of feet techniques in Poomsae for trainees with Dan is 7.7%

Body Part	Purpose of movement	Basic Technique	Frequency(%)			
			Trainee with Geup(1jang-8jang)		Trainee with Dan(Koryo~Ilyeo)	
			Types of detailed technique	Frequency	Types of detailed technique	Frequency
Upper Body	Attack	Jireugi(Punching)	7	56(31.5)	12	52(24.5)
		Chigi(Strike)	7	24(13.5)	17	37(17.5)
		Jjireugi(Thrusting)	1	2(1.1)	4	8(3.8)
	Defense	Makgi(Block)	23	95(53.4)	39	115(54.2)
	Applied Movement		1	1(0.6)		
		Sum	39	178(44.0)	72	212(37.9)
Lower Body	Attack	Chagi(Kicking)	5	43(18.9)	6	43(12.4)
	Posture	Seogi(Stance)	10	184(81.1)	17	262(75.3)
	Applied Movement				13	43(12.4)
		Sum	15	227(56.0)	23	348(62.1)
		Sum	54	405	108	560

* Blank means something that has no standard of classification or frequency.

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FIGURE 5 Rate of Kick in Officially Approved Poomsae by Kukkiwon

√The rate of Ap-Chagi (Front Kick) in Poomsae for trainees with Geup is 13.3%

√The rate of Yeop-Chagi (Side Kick) in Poomsae for trainees with Geup is 1.6%

√The rate of Ap-Chagi (Front Kick) in Poomsae for trainees with Dan is 8.4%

√The rate of Yeop-Chagi(Side Kick) in Poomsae for trainees with Dan is 5.2%

Index	Basic technique	Detailed technique	Poomsae of trainee with Geup								Overall frequency	
			Taegeuk1	Taegeuk2	Taegeuk3	Taegeuk4	Taegeuk5	Taegeuk6	Taegeuk7	Taegeuk8		
			Trainee with Geup	Seogi (Stance)	Apgubi (Forward Stance)	6	4	6	8	15		11
Ap-seogi (Walking Stance)	12	14			12	4			2		44	
Chagi (Kicking)	Ap-chagi (Front (Snap) Kick)	2		5	6	4	4	6	2	5	34	
	Yeop-chagi(Side Kick)					2	2				4	
Makgi (Block)	Arae-makgi (Downward Block)	5		5	8		5	4			27	
	Momtong anmakgi (Inward Block)	2		4	2	2	6				16	
Jireugi (Punching)	Momtong jjireugi (Trunk Thrust)	5			6	4		6		4	25	
	Momtong Bandeda jjireugi (Trunk ReversThrust)	4		7	4					3	18	
Chigi (Strike)	Deungjumeok Apchigi (Back Fist Front Strike)						4		2	2	8	
	Palgup-dollyeo-chigi (Elbow Turn Strike)						2			2	4	
Jjireugi (Thrusting)	Pyeonsonkkeut sewo-jjireugi (Spear Hand) Vertical Thrust				2					2		
Applied Movement	Bojumeok (Covered Fist)							1		1		
Index	Basic technique	Detailed technique	Trainee with Dan								Overall frequency	
			Koryo	GeumGang	Taebael	Pyungwon	Sipjin	Jitae	Cheonkwon	Hansu		Ilyeo
			Trainee with Dan	Seogi (Stance)	Apgubi (Forward Stance)	16	4	14	3	9		9
Ap-seogi (Walking Stance)	4	3			8	6	7	11	11	2	13	65
Chagi (Kicking)	Ap-chagi (Front (Snap) Kick)	4			4	2	3	3	1	2	2	21
	Yeop-chagi(Side Kick)	2			2	2		2	1	2	2	13
Makgi (Block)	Geumgang Makgi (Geumgang block)			4		2					4	10
	Sonnal Makgi (Knife Hand Block)	2			1	2		2			3	10
Jireugi (Punching)	Momtong jjireugi (Trunk Thrust)	2			3			3	2	2	2	14
	Momtong dubeon jjireugi (Trunk Double Thrust)				4		3	1				8
Chigi (Strike)	Palgup Pyojeok Chigi (Elbow Target strike)				2					2		4
	Meonge.chigi (Yoke Strike)					2	2					4
Jjireugi (Thrusting)	Pyeonsonkkeut eoepo-jjireugi (Spear Hand Horizontal Thrust)					3					3	
	Pyeonsonkkeut sewo-jjireugi (Spear Hand) Vertical Thrust							1		2	2	
Applied Movement	Keun-doljjeogwi (Big hinge)		8								8	
	Jakeun Doljjeogwi(Small hinge)			2	2		2		2		8	

* Blank means no frequency

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FIGURE 6 Rate of Front Kick and Side Kick in Officially Approved Poomsae by Kukkiwon

- 2) Taekwondo is the martial art that uses the hands and feet techniques in balance. Poomsae that reflects the feet techniques and hands techniques in balance was developed to overcome the dichotomy of Poomsae with hands techniques and Kyorugi with feet techniques and to establish the training system to use hands and feet in harmony according to age and length of training.

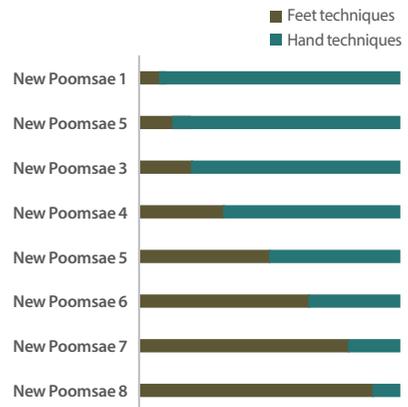


FIGURE 7 Ration of Feet Techniques and Hand Techniques

4. Development of Poomsae Demonstrating Technical Characteristics of Taekwondo within Competition Time

- 1) The duration of competition should be long enough to evaluate the performance capability and short enough for players to bear physically. Specially the topographical sports like rhythmic gymnastics, dance sports, other martial arts should be long enough to compose and express the techniques as the work. As a result of analyzing the duration of officially approved Poomsae for trainees with Geup and Dan by Kukkiwon, it turned out that the duration is very short compared with other sports. This is because when officially approved Poomsae was developed, it was mainly for training, not considering Poomsae competition, esthetic expressivity and quality of work.
- 2) As Poomsae is getting another type of sport, it should be considered that the duration should be made to express technical superiority and quality of work of Taekwondo compared with the duration of other sports. The duration of topographical sports is various: rhythmic gymnastics 1 minute and 30 seconds, figure skating 4 minutes Wushu(Chinese martial arts) from 1 minute and 20 seconds to 3~4 minutes. After considering the

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duration of other sports and several other factors such as physical strength, ability of work composition and reaction of audience to work, Poomsae was developed to perform withing duration 1 minute and 30 seconds to 2 minutes.

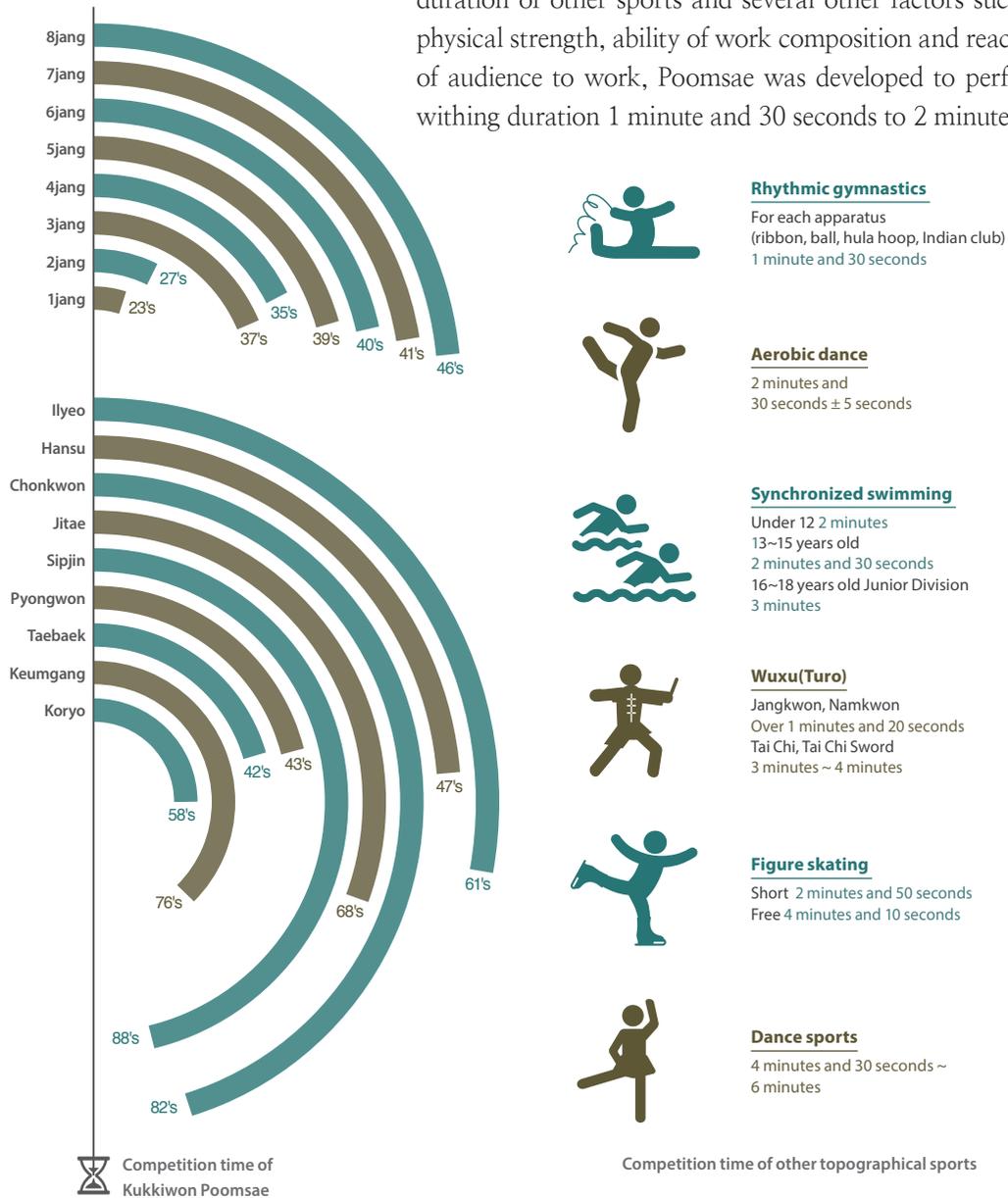


FIGURE 8 Comparison of Competition Time between Kukkiwon Poomsae and other Topographical Sports

5. Development of Poomsae Making Segment-centered Evaluation

- 1) Poomsae competition has been evaluated with exactness and expressivity of movement so far by Kukkiwon, Asian Taekwondo Union, World Taekwondo Federation and Korea Taekwondo Association. In developing ‘New Poomsae’, the purpose of development and the subject of training are clearly set. So it is appropriate to establish new suitable evaluation standard which reflects exactness and expressivity, adds the purpose and philosophy of Poomsae development and evaluates legitimacy of Taekwondo, justification of purpose and correspondence of composition as the sub-valuation standard.

- 2) Poomsae competition secures fairness only if the difference of ability of achievement among competitors can be clearly distinguished because it should guarantee the profitability, the popularity and the fairness to be acknowledged as international sports event. ‘New Poomsae’ arranges techniques that need to be trained segment by segment in Poomsae lines to be one complete Poomsae. ‘New Poomsae’ was developed to be evaluated segment by segment and in specific segment high level compositional movement was assigned to achieve the objective and proper evaluation.

		Kukkiwon(revised 2015.03.10.)	World Taekwondo Federation (revised 2014.03.19.)	Korea Taekwondo Association (revised 2016.01.18.)		
Present valuation basis	Accuracy	Expressivity A	ccuracyD	isplay	Accuracy	Expressivity
	Basic Movement	Speed and strength	Basic Movemen-taccuracy	Speed and strength	Basic Movement	Speed and strength
	Detailed move-ment of each Poomsae	Harmony (hardness and softness, tempo, rhythm)	Balance	Hardness and softness, tempo, rhythm	Detailed movement of each Poomsae	Harmony (hardness and softness, tempo, rhythm)
	BalanceD	isplay of Ki	Accuracy of each Poomsae	Display of KiB	alance	Display of Ki
New valuation basis	Item	Purpose and philosophy		Accuracy	Expressivity	
	Detailed valuation basis	legitimacy of Taekwondo justification of purpose correspondence of composition		taccuracy of Basic Movemen	Speed and strength	
				accuracy of Composition movement	harmony(hardness and softness, tempo, rhythm)	
				connectivity of movement	Display of Ki	
				Balance of Poomsae		

FIGURE 9 Present Evaluation Standard by Each Organization and ‘New Poomsae’ Evaluation Standard

6. Development of Poomsae Differentiated from Designated Poomsae

- 1) While ‘New Poomsae’ respects the legitimacy of present Poomsae, it actively reflects new techniques developed for last half century to challenge Taekwondo in another level. Specially through developing Poomsae actively reflecting high-level unique kicking techniques that are obtained in sportization of Taekwondo it clearly reveals the identity of Taekwondo and newly motivates general trainees to train Poomsae.

- 2) ‘New Poomsae’ helps Taekwondo Poomsae to pass the bounds of common sense that it is an imitator of other martial arts by developing competitive Poomsae that is differentiated from existing Poomsae in terms of several ways such as name, Poomsae lines, action composition and use of space and it clearly reveals the identity of Taekwondo by using totally different action composition from other martial arts and enables Taekwondo to acquire relative predominance over other martial arts.

TABLE 1 Comparison of Characteristics of Existing Poomsae and ‘New Poomsae’

Item	Characteristics of Existing Poomsae	Characteristics of ‘New Poomsae’
Name of Poomsae	<ul style="list-style-type: none"> • Emphasis on name that has Korean characteristics eg) Taegeuk, Goryeo, Geumgang, Taebaek etc • Marked every Poomsae with Chinese characters 	<ul style="list-style-type: none"> • Use of universal name matching with global Taekwondo eg) Eoullim, Onnuri, Yamang etc • Use of name reflecting the dynamics of Taekwondo eg) Narae, Bigak etc • Use of pure Korean as much as possible eg) Nareusya
Meaning of Poomsa	<ul style="list-style-type: none"> • Brief introduction of Poomsae 	<ul style="list-style-type: none"> • Explanation of name of Poomsae • Explanation of philosophy of development of Poomsae • Explanation relationship between name of Poomsae and Poomsae lines

Item	Characteristics of Existing Poomsae	Characteristics of 'New Poomsae'
Poomsae Lines	<ul style="list-style-type: none"> • Mostly Chinese character Poomsae lines ex) King(王), Scholar(士), Mountrain(山) • All Poomsae lines are straight • Limitation of direction change to 90 or 180 • Narrow radius centered on hands techniques 	<ul style="list-style-type: none"> • Name of Poomsae based on Poomsae lines eg) SaeByul Poomsae is from Star shape Poomsae lines Establishment of Poomsae lines from Form eg) Narae Poomsae is shame of wings. • Induction of various expression combining straight line and curve • Induction of Kicking by enlarging movement radius.
Action composition	<ul style="list-style-type: none"> • Composition of simple techniques • Simple movement based on walking • Composition of stiff movement using every strength in body 	<ul style="list-style-type: none"> • Dynamic development reflecting dynamics and speed • Complicate composition of walking running, stop and breathing • Composition of connected hands and feet techniques dynamically and softly

7. Detailed Guideline for Developing 'New Poomsae'

The direction for developing 'New Poomsae' was set to develop superior competitive Poomsae reflecting hands and feel techniques in balance and applied the detailed guideline after establishing it.

- 1) Develop competitive Poomsae based on the traditional Taekwondo techniques.
- 2) Reflect various Taekwondo techniques that are not reflected in existing Poomsae.
- 3) Reflect various newly developed techniques.
- 4) Reflect actively practical techniques faithfully showing characteristics of Taekwondo.
- 5) Reflect creatively techniques that transcend the usefulness of actual fight despite premise of the combat.
- 6) Reflect various generalized techniques in Poomsae lines that are easy to objectively recognize.
- 7) Reflect the techniques that are in balance with directions and both limbs in prin-

ciple of bilateral symmetry.

- 8) Constitute the segment or small set to perform the movement more faithfully to the principle of strike.
- 9) Introduce various combat strategies such as counter kick, counter strike, counter attack and evasive technique breaking classical method of blocking and attacking
- 10) It is possible to introduce useful techniques from other martial arts do after modification. But it is not allowed to borrow the core techniques from other martial arts.
- 11) Adopt carefully the high-level techniques such as 540° Dwi huryeo chagi (540° Back whip kick) and 720° Dolgae chagi (720° Tornado kick) after considering the risk of injury and supply capability
- 12) Constitute the movement to demonstrate maximum strength in the moment of strike by controlling the dynamics of strength.
- 13) Make the movement performance and the breath in agreement.
- 14) Constitute the tempo such as 1 beat(high speed movement), 2 beat(middle speed movement) and 3 beat(low speed movement) according to the technical situation with harmony.
- 15) Develop the Poomsae that assume the situation to be attacked by 2 or 3 even more people not restricted in 1 person situation.
- 16) Develop the Poomsae that assumes the situation with various attacks such as not only Jireugi(Punching) and Chagi(Kick) but also Japggi(Grabbing), Kkeokgi(Locking) and use of weapons.
- 17) Exclude the techniques like eye-thrusting and scrotum-kicking considering the personality education value of Taekwondo
- 18) Reflect the techniques that helps to improve mental and physical health and ability of self defense regardless of age and sex when trained.



The composition of New Poomsae

1. Principles of Skill Composition of 'New Poomsae'

To develop Poomsae, it should be decided that what Poomsae will be developed for whom and then suitable Taekwondo techniques should be chosen and assigned in Poomsae lines properly, just like an artist who comes up with an idea, draws a rough sketch, colors it and completes whole painting. In case of development of Poomsae it is necessary to decide the principle that specify which technique will be placed and how it will be placed in Poomsae lines.

1) Develop Poomsae according to the guidelines of introduction, development, turn and conclusion.

When writing something, it is not to write thoughtlessly but to complete poems or papers according to writing guidelines like introduction, development, turn, and conclusion. Likewise, when developing Poomsae, appropriate skills should be reasonably assigned to each stage according to Poomsae composition principle of introduction, deployment, climax and ending.

2) Develop Poomsae with battle techniques in premise of actual fight

Originally Poomsae is the type of training for masters who empirically learn techniques of bare hands martial arts to train themselves to improve the ability of self-defense against virtual enemies. Martial art masters are experts who can suppress the other by precisely attacking the vital point with suitable techniques. 'New Poomsae' was developed with premise of improving the ability to suppress the opponent by attacking the vital point with pertinent Taekwondo techniques.

3) Develop Poomsae to realize the values such as mental and physical health, personality education and esthetic expression.

Poomsae is the training type that enables trainees to learn bare hands techniques of self-defense for hand-to-hand fight by combining the battle movement properly. But modern people train Poomsae to achieve other important goals such as mental and physical health and personality education rather than improvement of fighting ability. Even though Poomsae is developed in premise of actual fight, it can't be the only purpose of Poomsae in modern society. 'New Poomsae' is developed for practical value of battle techniques but it doesn't satisfy with that. It pursues the experience of mental and physical health, personality education and esthetic expression.

4) Develop Poomsae by combining the battle techniques with segment.

Poomsae is the block technique with hands or feet in premise of attack or blow technique to attack the opponent's vital point to suppress with one blow. 'New Poomsae' combines battle techniques in segment and places them in Poomsae lines to make complete Poomsae in balance and harmony. 'New Poomsae' also is made to enable the evaluation to be made based on each segment. When Poomsae is developed in segment, it is good not only for various combination of techniques in accordingly but also for improvement of actuality of self defense.

2. Stages of Skill Composition of 'New Poomsae'

Poomsae can be developed deductively, inductively or in the ways compromising both ways. 'New Poomsae' is developed in premise of development of competitive Poomsae, considering the age and training period. After that deciding the name of Poomsae and Poomsae lines, it is developed as a deductive logical system which combines battle techniques properly based on segments. But in the process of completing Poomsae by composing the segments the degree of completion was increased by applying the compromising logic of deduction and induction.

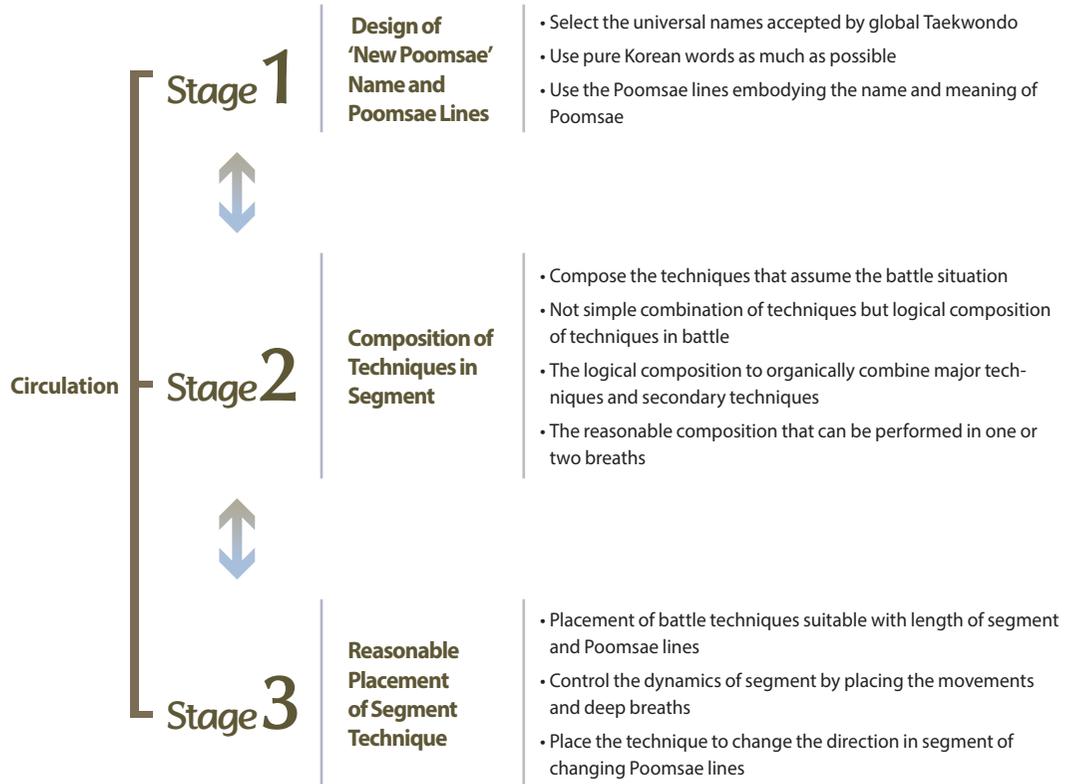


FIGURE 10 Stage of Skill Composition of 'New Poomsae'



The constituent of New Poomsae

1. Core guidelines of development of 'New Poomsae'

- 1) Develop the Poomsae that reflects the philosophy which 21 century Taekwondo aims.
- 2) Develop the Poomsae that highlights the identity of Taekwondo differentiated from other martial arts.
- 3) Develop the Poomsae that reflects new Taekwondo techniques in principles of composition and movement of Poomsae.
- 4) Develop the Poomsae that conforms the game rules from Asia Taekwondo Union.
- 5) Develop the Poomsae that applies various age group with 2 to 3 Poomsae and 8 Poomsae for the trainees with Dan.

2. Contents of 'New Poomsae'

Contents of 'New Poomsae' should provide trainees with names of Poomsae, Poomsae lines, competing time, the meaning of Poomsae and overall technical information to help them understand general idea of Poomsae and train it and it should be able to help the referees judge the match based on thoroughly understanding of Poomsae.

1) Name of Poomsae

- ① Use the names with the universal concept that involves philosophical meanings.
- ② Use the names that match the aims of 21 century Global Taekwondo
- ③ Use preferentially the names that are pure Korean words and reflect the

intention of Poomsae.

- ④ Use the names that are compatible with Poomsae lines.
- ⑤ Use the simple names that reflect the meaning faithfully.
- ⑥ Use the names that differ from existing ones including ITF
- ⑦ Use the names that foreigners can easily understand and pronounce.
- ⑧ Use the names that exclude any religious or political tendency.

2) Poomsae lines

- ① Embody Poomsae lines with the image or the letter which is compatible with the name of Poomsae.
- ② Set the various Poomsae lines with images, geometry figures, the combination of segment, breaking the tradition from Chinese characters and straight lines.
- ③ Mark the exact angle for turning the direction in Poomsae lines.

3) Direction of practicing Poomsae

- ① To help distinguish the directions due to the movements and turnings when Poomsae is performed, universally used terms, East, West, South and North are used.
- ② Based on the place where the performer stands, the direction of movement is marked with the front as North, the rear South, the right East and the left West and when the direction is diagonal, North–West, North–East, South–East and South–West are used.
- ③ Based on Poomsae lines, the performer's movement is expressed in terms of left, right, front and behind based on which direction he moves.



FIGURE 11 The mark of direction of movement

4) Meaning of Poomsae

- ① Explain the meaning of the name of Poomsae.
- ② Explain the background or the reason why Poomsae was named in that way.

- ③ Explain the reason why Poomsae lines was decided.
- ④ Explain the philosophic meaning in Poomsae.

5) The subjects of training Poomsae

- ① Allocate 2 Poomsae to each of 4 age groups after making 8 Poomsae for each Dan.
- ② Above final 4, the game will be played with the newly developed Poomsae in each age group.

TABLE 2 Over Final 4 Age-designated Poomsae

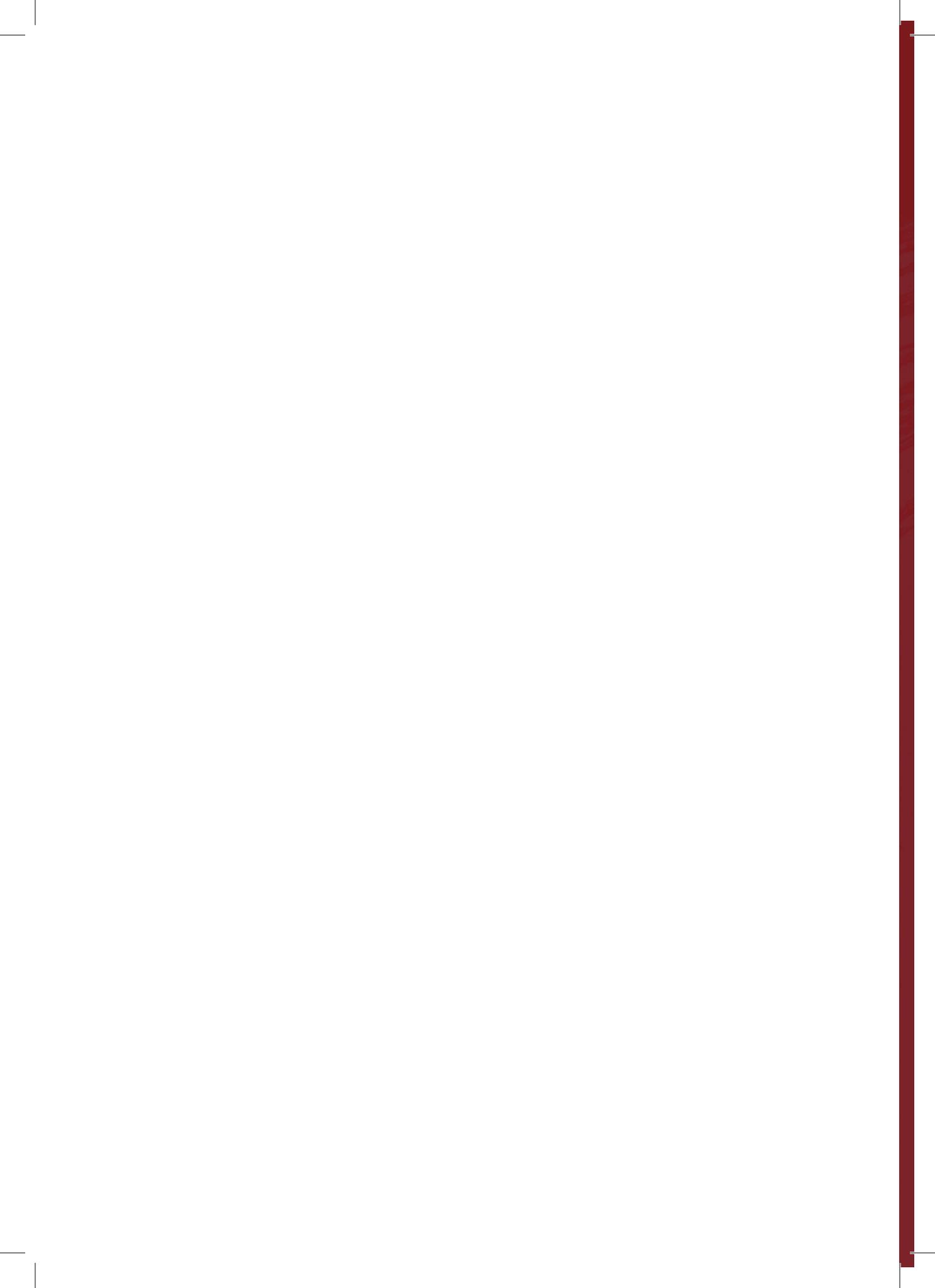
Dan(age)	1Dan	2Dan	3Dan	4Dan	5Dan	6Dan	7Dan	8Dan
Classification	(18 ~ 30)		(18~30)		(31~50)		(over 50)	
Under Final 8 (compulsory)	Taegeuk Poomsae		Taegeuk Poomsae		Taegeuk Poomsae		Taegeuk Poomsae	
Under Final 8 (designated)	Koryo, GeumGang		Taebaek, Pyungwon		Sipjin, Jitae		Cheonkwon, Hansu	
Under Final 4 (designated)	New Poomsae 1, 2		New Poomsae 3, 4		New Poomsae 5, 6		New Poomsae 7, 8	

6) Technical Characteristics

- ① The Technical Characteristics of Poomsae are divided into major techniques and detailed techniques.
- ② The characteristics of major techniques refer to the principles of Poomsae composition and applied core technique of Poomsae.
- ③ The characteristics of detailed techniques refer to the remarkable technique among applied detailed techniques.
- ④ Suggest the important techniques in each segment specifically.

Results of developing 'New Poomsae'

Name of Poomsae	Age	Poomsae lines	Number of movements	Duration	The meaning of Name of Poomsae
Himchari Powerful Challenge	18 ~ 30		28 operations 78 movements	More or less than 95 sec.	'Him-Cha-Ri' stands for the infinite potential of vigorous youths, who continue to grow through challenges. The Poomsae line represents the form of sprouting and soaring up into the air.
Saebyeol New Star	18~30		42 operations 55 movements	More or less than 90 sec.	'Sae-byeol' is a Korean word representing infinite potential and progress. The Poomsae line is formed by comparing the strong aspiration of 'being the best through endless practice' to the 'Sae-byeol of five directions.'
Nareusya Flying up	18~30		26 operations 42 movements	More or less than 85 sec.	'Nareusya' means "flying up", meaning that after overcoming all hardships, one can soar up and achieve their ambition. The poomsae line refers the shape of board used to get a running start when taking flight.
Bigak Flying Kick	18~30		36 operations 52 movements	More or less than 70 sec.	Bigak' is named after 'Baek-gi-sin-tong-bi-gak-ssul', a word that was featured in literature on martial arts and meant 100 amazing flying kick techniques. The Poomsae lines of 'Bigak' is an upside-down triangle. As the triangle represents a human, the upside-down triangle is a symbolic representation of a person flying with their feet raised to the sky.



New Poomsae

Himchari 힘차리

Saebyeol 새별

Nareusya 나르샤

Bigak 비각



...the first of these is the fact that the ...

...the second is the fact that the ...

...the third is the fact that the ...

...the fourth is the fact that the ...

...the fifth is the fact that the ...

...the sixth is the fact that the ...

...the seventh is the fact that the ...

...the eighth is the fact that the ...

...the ninth is the fact that the ...

...the tenth is the fact that the ...

...the eleventh is the fact that the ...

...the twelfth is the fact that the ...

...the thirteenth is the fact that the ...

...the fourteenth is the fact that the ...

...the fifteenth is the fact that the ...

...the sixteenth is the fact that the ...

...the seventeenth is the fact that the ...

...the eighteenth is the fact that the ...

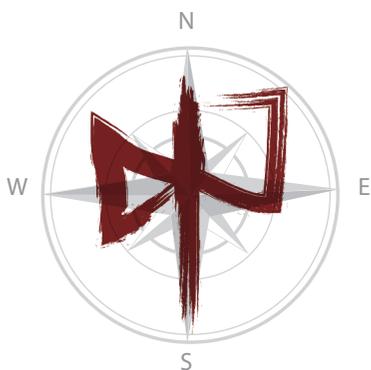
...the nineteenth is the fact that the ...

...the twentieth is the fact that the ...



New Poomsae

Himchari Powerful Challenge



- **Poomsae lines** 
- **Trainee** 18~30 years old
- **Number of movements** 28 operations, 78 movements
- **Duration** More or less than 95 seconds
- **Meaning of Poomsae**

–‘Him-Cha-Ri’ stands for the infinite potential of vigorous youths, who continue to grow through challenges.

–The ‘Him-Cha-Ri’ Poomsae was developed for young learners to help them overcome difficulties with passion and challenge, and to encourage them to raise hopeful energy.

–The Poomsae line represents the form of sprouting and soaring up into the air. In other words, it is composed of motions reminiscent of youths vigorously jumping towards their future dreams and hopes. With the motions of ‘sprouting with infinite possibility of growth’ set as the central line for the Poomsae, the motion of ‘soaring wingbeats’ is layered to complete the pattern.

- **Technical characteristics**

–The ‘Himchari Poomsae’ is made up of various high level kicking techniques such as swift kick, fly Kick, Tornado Kick, Jumping Back Whip Kick, 540° Back Whip Kick, Twisting Target kick, and Repeated Roundhouse downward Kick combined with various hand techniques. Also, it applies limitedly used techniques such as the Turning Punch and Uppercut Punch to allow the user to practice various punches.

–The ‘Himchari Poomsae’ is a Poomsae that combines various high-level hand and feet techniques, connected techniques of Kyorugi, and core high-level techniques of demonstration, and should be developed in a manner that allows teenagers to challenge the new tasks, obtain a sense of achievement, and develop strong will and confidence.

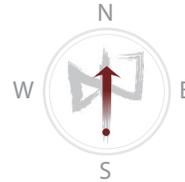
–Due to the Poomsae actively incorporating high-level techniques utilized in actual Kyorugi, it helps to improve the practitioners Kyorugi ability and self-defense skills. Practicing high-level techniques like 540° Turn will also help youths improve their demonstration abilities

새 품새

NEW POOMSAE

Action
Composition of
**Himchari
Poomsae**

Junbi



Covered fist ready

- Direction North
- Operation Covered fist ready

01



Two hand-blade trunk inner blocking, Two hammer fist side hitting

- Direction North
- Operation Two hammer fist side hitting
- Point Brush off the two sides of each other by sawing them off, and then tapping the two sides of the abdomen

02



Right front kick, Right face-back kick, Left sparring stance

- Direction North
- Operation Sparring stance
- Point not losing the balance

03



Right and left alternate kick, Right and left fly kick

- Direction North
- Operation Fly kick
- Point Alternate kick and fly kick should be performed naturally

04



Right back-whip kick, Left jump back-whip kick (Shout)

- Direction North
- Operation Jump back-whip kick
- Point After jump back-whip kick, not losing the balance

05



Right hand-blade out block and left trunk turning punch, Left face turning punch
 •Direction North
 •Operation Face turning punch

06



Left hand blade out blocking and right trunk turning punch, Right face turning punch
 •Direction North
 •Operation Face turning punch



07



Back fist face out hitting, Right back hand-blade trunk out blocking, Left finger's tips face thrusting, Double punch
 •Direction East
 •Operation Punch

08



Right hand blade trunk out blocking
 •Direction East
 •Operation Trunk out blocking

09



Right hang-target kick, Left tiger stance and left out wrist trunk out blocking
 •Direction East
 •Operation Trunk out blocking

새 품새

NEW POOMSAE



10
Right back-foot knife target inner kick, Right back-foot knife jump turning target inner kick, Left forward stance and right elbow face target hitting

- Direction East
- Operation Elbow face target hitting

11
Right sparring stance

- Direction South
- Operation Right sparring stance



12
Right swift kick, Right tornado kick, Left back kick, Underneath blocking and right trunk right punch

- Direction South
- Operation Underneath blocking and trunk right punch
- Point Many motions should be done fast and smoothly



13
Taking a back right step to 45 degrees and received roundhouse kick, Taking a back left step to 45 degrees and received round house kick

- Direction North-West
- Operation Round house kick
- Point Actions are taken when the opponent's attack is lowered by 45 degrees



14

Left cross stance and taking a step back and after received back whip kick, Pulling left foot and parallel stance

- Direction North-West
- Operation Parallel stance
- Point Making left cross stance and receiving the attack with back whip kick



15

Jump reverse tornado kick and parallel stance sparring form

- Direction North-West
- Operation Parallel stance sparring form
- Point Doing the reverse tornado kick when opponent attacks



16

Two hands tuning push block and two fist waist ready stance

- Direction South-East
- Operation Two fist waist ready stance (8sec)
- Point Through the taking a breath, next movements can be done perfectly

17

Taking a step forward left right sparring stance (Shout)

- Direction South-East
- Operation Sparring stance



18

Fly kick (back foot), Tornado kick, 540 back whip kick, Left sparring stance

- Direction South-East
- Operation Sparring stance
- Point Not losing the balance during the 540 back whip kick

새 품새

NEW POOMSAE



Right back-fist face out hitting, Left back-hand-blade out blocking, Right finger's tips thrusting, Double punch

- Direction South
- Operation Punch

20



Left out wrist out blocking

- Direction South
- Operation Out wrist out blocking

21



Right repeated roundhouse kick and back foot downward kick, Right hand-blade out blocking and right uppercut, Turning punch

- Direction South
- Operation Turning punch
- Point During back foot axe kick, it should be fast

22



Left repeated roundhouse kick and back foot downward kick, Left-hand-blade out blocking and right uppercut, Turning punch

- Direction South
- Operation Turning punch
- Point During back foot axe kick, it should be fast



23



Taking right back step to 45 degrees and received roundhouse kick, Taking a left back step to 45 degrees and received roundhouse kick

- Direction North-East
- Operation Roundhouse kick
- Point Taking a step back to 45 degrees when opponent attacks

24



Right foot moves and right jump back kick, Left foot moves and left jump back kick

- Direction North-East
- Operation Jump back kick
- Point Continuous jump back kicks



25



Two fist cross face block, Two fist cross under block

- Direction South
- Operation Two fists cross blocking
- Point Cross blocking continuously when opponent face kicks and under kicks

26



Left foot moves back sparring stance slowly (8sec)

- Direction South
- Operation Sparring stance

새 품새

NEW POOMSAE

27



Left, right two alternate kick, Left right fly kick

- Direction South
- Operation Fly kick

28



Left back whip kick, right jump back-whip kick (Shout), Right sparring stance

- Direction South
- Operation Sparring stance

Baro



Covered fist ready

- Direction North
- Operation Covered fist ready

Saebyeol New Star



- **Poomsae lines** ☆
- **Trainee** 18~30 years old
- **Number of movements** 42 operations, 55 movements
- **Duration** More or less than 90 seconds
- **Meaning of Poomsae**

- 'Sae-byeol' is a Korean word representing infinite potential and progress.

- The 'Sae-byeol' Poomsae was developed under the belief that youths could stand at the peak of Taekwondo or the world by setting forth righteous goals through training and releasing their energy in moderation.

- The Poomsae line is formed by comparing the strong aspiration of 'being the best through endless practice' to the 'Sae-byeol of five directions.' The name 'Sae-byeol' was chosen to encourage youths to become talented practitioners in possession of both outstanding technical skills and amiable personalities through Poomsae training.

- **Technical characteristics**

- The 'Saebyeol Poomsae' contains various high-level techniques such as Repeating Front kick, Jumping Alternating Front Kick, and Jumping Roundhouse Kick, as well as applied techniques such as Back Whip Kick and then Back Kick with a same foot, Block with Inward Kick and Back Kick and then Back Kick with back quick steps, block the attack with feet and counterattack, and back steps. The movements are arranged in a way that keeps balance between the left and right sides, raising the center of the body and making it easier to connect with jumps.

- 'Saebyeol' Poomsae was developed by dynamically combining high-level kicking techniques used in Kyorugi and demonstrations so that young practitioners could take up challenges with their overflowing energy and experience the excellence of Taekwondo.

- As this Poomsae utilizes various techniques from Kyorugi and actual fighting techniques, the Kyorugi and self-defense skills can be hugely improved. Furthermore, trainees can experience the artistic values of Taekwondo Poomsae and enhance their ability to appreciate Taekwondo Poomsae while practicing a Poomsae that actively reflects peculiar techniques with esthetic elements. of Poomsae while practicing Poomsae that actively reflects peculiar techniques with esthetic elements.

새 품새

NEW POOMSAE

Action
Composition of
**Saebyeol
Poomsae**

Junbi



Basic ready

- Direction North
- Operation Basic ready

01



Left target hitting

- Direction East
- Operation Target hitting
- Point Receiving and upper blocking the opponent's kicking

02



(face) Out blocking, (trunk) Left punch

- Direction East
- Operation Punch

03



Left front kick, (trunk) Right punch

- Direction East
- Operation Punch

04



Right repeated front kick

- Direction East
- Operation Repeated front kick
- Point Repeated front kick attacking

05



(trunk) Right inner blocking, (trunk) Left punch
 •Direction East
 •Operation Punch

06



Jump continuous front kick
 •Direction East
 •Operation Continuous front kick
 •Point Taking a step forward and right left right jump front kick

07



Right turning back side kick
 •Direction East
 •Operation Turning back side kick



08



Left sparring stance(lower)
 •Direction South-West
 •Operation Sparring stance
 •Point 8 seconds on lower sparring stance

09



(under) Left hammer fist diamond blocking
 •Direction South-West
 •Operation Hammer fist diamond blocking

10



(face) Left hand-blade spin grab, (trunk) Right punch
 •Direction South-West
 •Operation Punch

새 품새

NEW POOMSAE

11



Taking 3 steps forward, (trunk) Right punch

- Direction South-West
- Operation Punch
- Point Moving naturally.

12



After left front kick, Sparring stance

- Direction South-West
- Operation Front kick

13



After left swift kick, Sparring stance

- Direction South-West
- Operation Roundhouse kick

14



Right roundhouse kick

- Direction South-West
- Operation Roundhouse kick

15



Right tornado kick

- Direction South-West
- Operation Tornado kick

16



Right tornado kick

- Direction South-West
- Operation Tornado kick



17

Right single foot tornado kick (Shout)
 •Direction South-West
 •Operation Single foot tornado kick

18



(under) push blocking (8sec)
 •Direction South-West
 •Operation Push under blocking



19



Left inner kick
 •Direction North-East
 •Operation Inner kick
 •Point Inner kick is for defense blocking, not an attack

20



Right back kick
 •Direction North-East
 •Operation Back kick

21



Slide and left back kick
 •Direction North-East
 •Operation Back kick

22



(trunk) right punch
 •Direction East
 •Operation Punch

새 품새

NEW POOMSAE

23



Taking a step forward and left jump roundhouse kick
 •Direction North
 •Operation Jump roundhouse kick

24



Right back-whip kick and right back kick
 •Direction North-East
 •Operation Back kick



25



Right sparring stance (lower)
 •Direction South-East
 •Operation Low sparring stance (8sec)

26



(under) Right hammer fist diamond hitting
 •Direction South-East
 •Operation Hammer fist diamond hitting

27



(face) Right hand blade spin grab (trunk) left punch
 •Direction South-East
 •Operation Punch

28



Taking 3 steps forward, (trunk) Left punch
 •Direction South-East
 •Operation Punch
 •Point Moving naturally

29



After right front kick, Sparring stance
 •Direction South-east
 •Operation Front kick

30



After right swift kick, Sparring stance
 •Direction South-East
 •Operation Sparring stance

31



Left roundhouse kick
 •Direction South-East
 •Operation Roundhouse kick

32



Left tornado kick
 •Direction South-East
 •Operation Tornado kick

33



Left tornado kick
 •Direction South-East
 •Operation Tornado kick

34



Left single foot tornado kick (Shout)
 •Direction South-East
 •Operation Single foot tornado kick

새 품새

NEW POOMSAE

35



- (under) Push blocking (8sec)**
 •Direction South-East
 •Operation Push blocking



36



- Right inner kick**
 •Direction West
 •Operation Inner kick

37



- Left back kick**
 •Direction West
 •Operation Back kick

38



- Slide and right back kick**
 •Direction North-West
 •Operation Back kick

39



- (trunk) left punch**
 •Direction North-West
 •Operation Punch

40



- Taking a step forward and jump roundhouse kick**
 •Direction North-West
 •Operation Jump roundhouse kick

41



Left back whip kick, left back kick

- Direction North-West
- Operation Back kick

42



Right sparring stance(lower)

- Direction South-East
- Operation Low sparring stance (8sec)

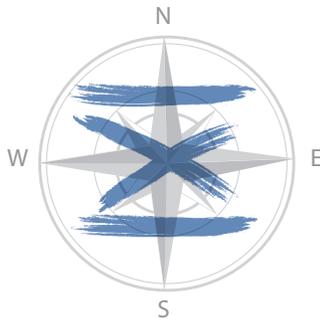
Baro



Basic ready

- Direction North
- Operation Basic ready

Nareusya Flying up



- **Poomsae lines** ☒
- **Trainee** 18~30 years old
- **Number of movements** 26 operations, 42 movements
- **Duration** More or less than 85 seconds
- **Meaning of Poomsae**

- 'Nareusya' means "flying up", meaning that after overcoming all hardships, one can soar up and achieve their ambition.

- The Nareusya Poomsae was developed to allow youths to feel a sense of achievement upon overcoming psychological and technological limitations. For that purpose, it was composed so that young adults could project their overflowing energy into various high-level techniques.

- The Poomsae line refers the shape of board used to get a running start when taking flight. The Poomsae symbolizes taking flight to achieve a target through Taekwondo training.

- **Technical characteristics**

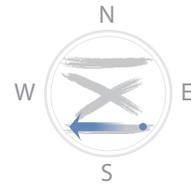
- The 'Nareusya Poomsae' includes high-level Kyorugi techniques such as Repeating roundhouse kick, fly Kicks, Tornado Kick, Jumping roundhouse kick, and 720° Tornado Kick so that youths train passionately. In particular, it reflects a wide range of high-level kicking movements, differentiating itself from other martial arts, and clearly displays the technical excellence of Taekwondo

- The 'Nareusya Poomsae' is developed to enable vigorous youths to release their overflowing energy through Taekwondo training and to regain peace of mind and live as true Taekwondo practitioners and praiseworthy citizens.

- The 'Nareusya Poomsae' consists of peculiar high-level techniques, allowing practitioners to not only experience the artistic characteristics of Taekwondo techniques but also develop the ability to express their technical and artistic experiences as movement art. Furthermore, when practicing the 'Nareusya' Poomsae, its mixed composition can help the practitioner improve their self-defense skills.

Action
Composition of
**Nareusya
Poomsae**

Junbi



Basic ready

- Direction North
- Operation Basic ready

01



(trunk) Right hand blade twisting block, (trunk) Left punch

- Direction West
- Operation Punch

02



(trunk) Double punch

- Direction West
- Operation Punch

03



(face) Right hand-blade inner hitting, (face) Right back fist assist front hitting

- Direction West
- Operation Back fist assist front hitting

04



(face) Right out blocking, (trunk) Left punch

- Direction West
- Operation Punch

새 품새 NEW POOMSAE

05



Left front kick (5sec), Bending back and front kick fast at the same position

- Direction West
- Operation Front kick

06



Right side kick (5sec), Bending back and side kick fast at the same position

- Direction West
- Operation Side kick

07



Left jumping back kick

- Direction West
- Operation ump back kick

08



Hand blade assist out blocking

- Direction North-East
- Operation Hand blade assist out blocking

09



(face) Left hand blade out blocking, (trunk) Right punch

- Direction North-East
- Operation Punch

10



(trunk) Right inner wrist out blocking, (trunk) Left punch

- Direction North-East
- Operation Punch

11



After left roundhouse kick, Opposite side kick, Repeated roundhouse kick 3 times (face)
•Direction North-East
•Operation Roundhouse kick

12



(face) right hand blade inner hitting, left hand blade out hitting
•Direction North-East
•Operation Hand blade out blocking

13



After repeated side kick 3 times, Underneath block and trunk punch
•Direction North-East
•Operation Underneath block and trunk punch

14



Right fly kick 3 times
•Direction North-East
•Operation Fly kick

15



Left roundhouse kick
•Direction North-East
•Operation Roundhouse kick

새 품새

NEW POOMSAE

16



Right trunk, face back whip kick 2 times

- Direction North-East
- Operation Back whip kick

17



Jump back whip kick

- Direction North-East
- Operation Jump back whip kick



18



(under) Hand blade under side blocking

- Direction West
- Operation Hand blade under side blocking

19



Turning back hang kick and roundhouse kick

- Direction West
- Operation Turning back hang kick and roundhouse kick

20



Back whip kick

- Direction West
- Operation Back whip kick

21



Tornado kick, jump back whip kick

- Direction West
- Operation Back whip kick



540 back whip kick 2 steps
 •Direction West
 •Operation 540 back whip kick



(trunk) Right back hand blade assist out blocking, (trunk) Left hand blade scissor block
 •Direction South-East
 •Operation Hand blade scissors block



Right under block, (trunk) Left punch
 •Direction South-East
 •Operation Punch



Taking 3 steps forward and scissors kick 3 targets
 •Direction South-East
 •Operation Scissor kick



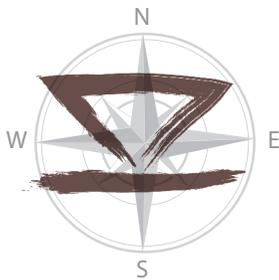
Right face block, (trunk) Double punch (shout)
 •Direction North
 •Operation Punch



Basic ready
 •Direction North
 •Operation Basic ready

Bigak

Flying Kick



- **Poomsae lines** ▽
- **Trainee** 18~30 years old
- **Number of movements** 36 operations, 52 movements
- **Duration** More or less than 70 seconds
- **Meaning of Poomsae**

-‘Bigak’ is named after ‘Baek-gi-sin-tong-bi-gak-ssul’, a word that was featured in literature on martial arts and meant 100 amazing flying kick techniques. ‘Bigak’ expresses the dynamic and ever-changing technical characteristics of Taekwondo well.

-‘Bigak’ allows practitioners to develop lively and active personalities by performing its exciting kicking techniques with its running and flying strength. In other words, ‘Bigak’ helps practitioners develop great spirits so they live as confident Taekwondo practitioners who show no fear or shame when dealing with other people.

-The Poomsae lines of ‘Bigak’ is an upside-down triangle. As the triangle represents a human, the upside-down triangle is a symbolic representation of a person flying with their feet raised to the sky

• Technical characteristics

-‘Bigak Poomsae’ contains high-level kicking techniques that are performed in the air, such as Jumping Side Kick, Twisting Kick, Jumping Front Kick, Single Tornado Kick, Jumping Back Side Kick, and Double Turning Kick, and various blocking techniques such as Striking Block, Deflecting block, Absorbing Block, Cross Block, and Palm heel downward strike

-The ‘Bigak Poomsae’ was developed to challenge various high-level techniques, overcome mental and physical limitations, and live as true Taekwondo practitioners who are mentally and physically healthy through self-control training. In particular, as ‘Bigak’ is not only helpful for boosting physical health but contains a harmonious balance of the 5 critical elements of Poomsae training, it can be utilized to create an optimal body condition for Taekwondo.

-By practicing ‘Bigak’, which expresses high-level kicking techniques dynamically by leaping into the air, practitioners can experience unique kicking techniques. The harmony of energy and strength at the end of the hands and feet presents spectators with esthetic beauty, so it is also valuable as a demonstration technique. Furthermore, mastering the fancy high-level techniques will also help improve self-defense skills.

Action
Composition of
**Bigak
Poomsae**

Junbi



Overlapped ready
•Direction North
•Operation Overlapped ready

01



(trunk) After back hand blade out block, Arc hand neck hitting
•Direction West
•Operation Arc hand neck hitting

02



Right front kick
•Direction West
•Operation Front kick

03



Left roundhouse kick
•Direction West
•Operation Roundhouse kick

04



Right back kick
•Direction West
•Operation Back kick

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NEW POOMSAE

05



Right jump side kick, Hand blade out hitting

- Direction West
- Operation Hand blade out hitting

06



(face) Right back fist out hitting, (trunk) Left punch

- Direction East
- Operation Punch

07



(face) Right punch (Shout)

- Direction East
- Operation Punch

08



Right small hinge

- Direction East
- Operation Small hinge
- Point Taking a breathe

09



(face) Right swallow form front hitting

- Direction North-East
- Operation Swallow form front hitting

10



(under) Right received block, (trunk) Left elbow hitting

- Direction North-East
- Operation Elbow hitting

11



(face) Right elbow back hitting, (trunk) Elbow back hitting
 •Direction North-East
 •Operation Elbow back hitting

12



Right sieve-frame leg punch
 •Direction South-West
 •Operation Right sieve-frame leg punch

13



(trunk) Left inner wrist out blocking, (trunk) Right punch
 •Direction South-West
 •Operation Punch

14



Right roundhouse kick taking step, Sparring stance
 •Direction South-West
 •Operation Sparring stance



15



Left right fly kick, Sparring stance
 •Direction North-East
 •Operation Sparring stance

16



Left swift roundhouse kick
 •Direction North-East
 •Operation Swift roundhouse kick

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17



Right roundhouse kick
 •Direction North-East
 •Operation Roundhouse kick

18



Left 540 back whip kick, Right sparring stance
 •Direction North-East
 •Operation Sparring stance

19



Left jump turning back side kick
 •Direction North-East
 •Operation Jump turning back side kick

20



Right hand blade diamond blocking
 •Direction West
 •Operation Hand blade diamond blocking

21



(trunk) Right hand blade assist out blocking
 •Direction West
 •Operation Hand blade assist out blocking

22



(trunk) Right back hand blade out blocking, Left palm hand jaw hitting
 •Direction West
 •Operation Palm hand jaw hitting

23



Left swift roundhouse kick
 •Direction West
 •Operation Roundhouse kick

24



Right left fly kick
 •Direction West
 •Operation Fly kick

25



Jump roundhouse kick 3 steps
 •Direction West
 •Operation Jump roundhouse kick

26



(face) Left back fist out hitting (shout)
 •Direction West
 •Operation Back fist out hitting



27



(face) left hand blade out hitting
 •Direction South-East
 •Operation Hand blade out hitting

28



Left twisted target kick
 •Direction South-East
 •Operation Twisted target kick

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NEW POOMSAE

29



Right elbow target hitting

- Direction South-East
- Operation Target hitting

30



(face) Right back fist out hitting , (trunk) Left punch

- Direction South-East
- Operation Punch

31



Left front kick

- Direction South-East
- Operation Front kick

32



Right roundhouse kick

- Direction South-East
- Operation Roundhouse kick

33



Right tornado kick

- Direction South-East
- Operation Tornado kick

34



Left back kick

- Direction South-East
- Operation Back kick

35



Right tornado kick, Hand blade underneath push blocking
•Direction South
•Operation Tornado kick, Underneath push blocking

36



(trunk) Left punch (shout)
•Direction North
•Operation Punch

Baro



Overlapped ready
•Direction North
•Operation Overlapped ready

Date of Printing July, 20, 2017

Date of Publishing July, 20, 2017

Published by KUKKIWON

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