

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

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