

A special movement is performed slowly intentionally

In case of 5 seconds

Name of Poomsae	Stance (Seogi)	Name of Poom & Action
1. Taegeuk 6 Jang	Naranhi Seogi	Arae hechomakki
2. Taegeuk 7 Jang	Moa Seogi	Bojumeok
3. Koryo	Naranhi Seogi	Tongmilgi
4. Kumgang	Narangi Seogi	Arae hechomakki
5. Pyongwon	Naranhi Seogi	Sonnal area hechomakki
6. Shipjin	Dwikubi –Apkubi Apkubi Juchumseogi (Juchumseogi)distance Seogi	Fist opened twisting inward,pyonsonkkeut opeotzireugi Bawimilgi Sonnal arae hechomakki Arae hechomakki
7. Chonkwon	Moa Seogi Dwikubi Beom Seogi	Nalgaepyogi Sonnal wesanteulmakki Taesanmilgi

In case of 8 seconds

Name of Poomsae	Stance (Seogi)	Name of Poom & Action
1. Taegeuk 8 Jang	Apkubi	Dangkyo teokjireugi
2. Koryo	Moa Seogi	Mejumeok arae Pyojeokchigi
3. Keumgang	Hakdariseogi	Keumgang makki
4. Jitae	Apkubi Dwikubi Apkubi	Olgulmakki followed by momtong Barojireugi Momtong bakkatmakki Olgulmakki
5. Chonkwon	Apkubi	As clenching a fist, twisting the wrist, get your hind leg to step forward to make Apkubi and do momtong Barojireugi.