

POOMSAE

for instructor a visible indication of the student's development and

to concentrate all of the force of a blow at a single point. This is a simple physical strength. A strong person can hit a board or brick and still not break it. In fact, an untrained person will probably not. Focus is achieved by relaxing the entire body until the exact point of impact. At that moment all the muscles in the body tense, focusing all of the point of impact. When proper focus is achieved there is no pain for the puncher.

difficult, but most spectacular methods of breaking boards and bricks with kicks. The board is held just over the heads of the two holders. The person with the non-kicking foot first. By doing this, he gains upward momentum that will be added to the power of the kicking leg. The kicking leg snaps and the board or brick is broken. This technique takes years of practice to master. Only through precise control and focus can one concentrate all of his force at the one specific point, breaking the board and exciting the exhibition crowd.

movement with full force, speed, and power. Picture your mind the impact you are making.

strong shout (Ki-ap) on the power movement.

ways try to go beyond your current capabilities.

negative (I can't) thoughts to enter your mind.

practice in this fashion, then over a period of time you will develop the spirit associated with Martial Arts spirit. You must realize that, even if the strongest punch and fastest kick, it will be ineffective if you haven't stepped in and commit yourself.

The poomsae, or form, is a very important component of Tae Kwon Do. The poomsae is a predetermined sequence of movements integrating punches, blocks, and kicks. All movements must be completed the same way each time.

Some examples of the benefits of practicing poomsae:

- Focus.
- Flexibility.
- High and low speed techniques.
- Correct muscle tone for maximum power.
- Proper breathing for endurance.
- Balance.

Grand Masters S.T. Choe and Sung Cho have composed original forms that are easier to remember. For example, the beginning of each new and more advanced poomsae is very similar to the ending of the previous poomsae. These original poomsaes incorporate the Yin-Yang principles of opposites throughout. In addition, many more kicks are incorporated into these new forms than are traditionally used.

Grand Masters Choe and Cho entitled their forms "Moo Goong Wha." (Rose of Sharon). Every year from July to October, a profusion of these blossoms graces the entire country of South Korea. Unlike most flowers, it is remarkably tenacious and able to withstand both blight and insects. The flower's symbolic significance stems from the Korean word, meaning immortality. This word accurately reflects the enduring nature of Korean culture, and the determination and perseverance of the Korean people.

By practicing forms – which require the student to punch and kick in specific directions, block and attack in a timely manner, and change directions suddenly – the student develops the instincts necessary for Tae Kwon Do. The forms not only help the student get better at the individual techniques (punches, kicks, blocks, and distances), but help the student to develop the focus that is now necessary for success at Tae Kwon Do.

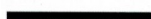
The diagrams on the next page illustrate the basic floor plan of each poomsae.

PATTERNS OF THE MOO GOONG WHA POOMSAE

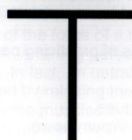
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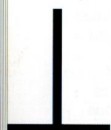
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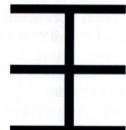
YOOK



CHIL



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SHIP



MOO GOONG WHA POOMSAE DESC

Form #1 (Il-Soo)

1. R/ foot step back, L/hand low block (forward stance)
2. R/hand straight punch
3. R/front snap kick (forward stance) R/hand low block
4. L/hand straight punch
5. L/foot front snap kick, L/hand low block
6. R/hand straight punch (Yell)
7. L/foot step back, R/leg front snap kick, R/hand outside block
8. L/hand side punch
9. R/ foot step back, L/leg front snap kick, L/hand outside block
10. R/hand side punch (Yell).

Bring R/foot up L/foot to Return/Ba-Roh

Form #2 (Ee-Soo)

1. R/ leg step to R into a forward stance, R/ hand outside block
2. L/hand Side Punch
3. L/foot Front Snap Kick, L/hand Outside Block
4. R/hand Side Punch
5. R/foot Front Snap Kick, R/hand Outside Block (Forward Stance)
6. L/hand Side Punch (Yell)
7. R/foot and L/foot pivot toward the left 180° L/hand Out to In
8. R/hand Upper Cut (Forward Stance)
9. R/foot Roundhouse Kick, R/hand Out to In Block (Back Stance)
10. L/hand Upper Cut
11. L/foot Roundhouse Kick, L/hand Out to In Block (Back Stance)
12. R/hand Upper Cut (Yell)

L/foot returns to starting position to Return/Ba-Roh

Form #3 (Sahm-Soo)

back & L/hand Out to In Block (Back Stance)
 er Cut (forward stance)
 dhouse Kick, R/hand Out to In Block (back stance)
 er Cut (forward stance)
 dhouse Kick, L/hand Out to In Block (back stance)
 er Cut (forward stance) (Yell)
 stationary R/foot Side Kick and R/hand Straight Punch (horse
 t, L/hand Low Block, R/hand Straight Punch
 / Block & L/hand Straight Punch
 s to L/foot, L/foot Side Kick & L/hand Straight Punch (horse stance)
 t R/hand Low Block, L/hand Straight Punch
 ' Block & R/hand Straight Punch
 p, turn 90° toward back, R & L/hand Inside Block (back stance)
 Snap Kick & R/hand Twist Punch
 s forward in the Back Stance, L & R/hand Inside Block (back stance)
 t Snap Kick & L/hand Twist Punch (Yell)
 to the left 90 degrees (counter clockwise) to Return/Ba-Roh

Form #4 (Sah-Soo)

1. R/foot takes a step to right into Back Stance & L&R/hand Inside Block (back stance)
2. R/foot Front Snap, L/foot Roundhouse Kick & R/hand Twist Punch (forward stance)
3. L/foot moves 180 degree to the left (horse stance) L/hand Outside Block & R/hand Side Punch
4. R/hand Outside Block & L/hand Side Punch
5. R/foot slides to the L/foot, L/foot then slides to the L/side (Back stance) R & L/hand Inside Block
6. L/foot Front Snap Kick, R/foot Roundhouse Kick & L/hand Twist Punch (forward stance)
7. R/foot raises and turns 180° to the right (horse stance) R/hand Outside Block & L/hand Side Punch
8. L/hand Outside Block & R/hand Side Punch
9. L/foot slides to the R/foot, R/foot Side Kick & R/hand Low Block (horse stance) L/hand Twist Punch (forward stance)
10. L/foot Side Kick toward front (horse stance) L/hand Low Block (horse stance) R/hand Twist Punch (forward stance) (Yell)
11. L/foot steps back (back stance), R/foot Roundhouse Kick & R/hand In to Out Block
12. L/hand Palm Attack (forward stance)
13. R/foot step back (back stance), L/foot Roundhouse Kick & L/hand In to Out Block
14. R/hand Palm Attack (forward stance) Yell
R/foot slides forward to Return/Bah-Roh

Form #5 (Oh-Soo)

1. R/foot step back, L/hand In to Out Block (back stance)
2. R/hand Palm Attack (forward stance)
3. R/foot Roundhouse Kick & R/hand Low Block (horse stance)
4. L/hand Palm Attack (forward stance)
5. L/foot Roundhouse Kick & L/hand Low Block (horse stance)
6. R/hand Palm Attack (forward stance) (Yell)
7. R/foot slides toward L/foot, L/foot steps 90° to the left (back stance)
L/hand Low Block & Inside Block (back stance)
8. L/foot Front Snap Kick & R/hand Palm Attack (forward stance)
9. L/foot slides to R/foot, R/foot steps 90 degree to the right (back stance)
10. R/foot Front Snap Kick & L/hand Palm attack (forward stance)
11. R/foot pulls up to the L/inside knee (crane stance)
12. R/foot Side Kick & R/hand High Block L/Spear Hand Attack
13. L/foot moves 90° to the left, R & L/hand Inside Block (back stance)
14. Front foot & Back foot Front Snap Kick in same position, L/hand Palm Attack (horse stance)
15. L/foot moves to the R/foot, R/foot slides to the R/side L & R/hand Inside Block (back stance)
16. Front foot & Back foot Front Snap Kick in same position, R/hand Palm attack (horse stance)
17. R/foot slides back to the L/foot, L/foot pulls up to the R/inside knee (crane stance)
18. L/foot Side Kick, L/hand High Block & R/hand Spear Hand Attack (yell)
R/foot pivots around to the right 180° to L/foot to Ba-Roh

Form #6(Yook-Soo)

1. R/hand High Block to the right, L/hand Spear Hand attack
2. L/foot Front Snap Kick, R/Roundhouse Kick & R/hand Straight Punch stance)
3. R/foot takes 2 steps to 180° left and L/hand Palm Attack (horse stance)
4. L/hand Inside Block & R/hand Spear Hand Attack
5. R/foot slides to the L/foot, L/hand High Block & R/hand Spear Hand (horse stance)
6. R/foot Front Snap Kick, L/foot Roundhouse Kick & L/hand Straight Punch (horse stance)
7. L/foot takes 2 steps to 180° right and R/hand Palm Attack (horse stance)
8. R/hand Inside Block & L/hand Spear Hand attack (horse stance)
9. L/foot moves to the front & L/hand Low Block (back stance)
10. R/foot Turning Back Kick & R/hand Straight punch (horse stance)
11. R/foot pulls to the L/foot & R/hand Low Block (walking stance)
12. L/foot Turning Back kick & L/hand Straight Punch (horse stance) (Yell)
13. L/foot pulls back to the R/foot (feet together), R/foot Side Kick & R/hand Hand
14. R/foot moves to the L/foot (feet together), L/foot Side Kick & L/hand Side Hand
15. L/foot moves to the R/foot (feet together), R/foot steps backward & L/R Hand Block
16. L/foot Roundhouse Kick & R/hand Knife Hand Chop (forward stance)
17. L/foot steps backward & R/hand Knife Hand Block (back stance)
18. R/foot Roundhouse Kick & L/hand Knife Hand Chop (Yell)
R/foot steps forward to Return/Ba-Roh

Form #7(Chil Soo)

1. R/foot steps back & L/hand Single Knife Hand Block (back stance)
 and Inside Knife Hand Chop (forward stance)
 2. R/foot Out to In Kick & R/hand Single Knife Hand Block (back stance)
 and Inside Knife hand Chop (forward stance)
 3. R/foot Out to In Kick & L/hand Single Knife Hand Block (back stance)
 and Inside Knife Hand Chop (forward stance) (Yell)
 4. R/foot Front Snap Kick to Front and Side Kick to side
 and In to Out Block toward front
 and Inside Chop and R/hand Outside Chop simultaneously (horse stance)
 5. R/foot slides to the L/foot (feet together) L/foot Front Snap Kick to front and Side Kick
 and In to Out Block toward front
 and Inside Chop & L/hand Outside Chop (horse stance)
 6. R/foot slides to R/foot (feet together) & R/L/hand Cross Split Knife Hand Block
 h L & R/hand Inside Chop (feet stays together)
 h L & R/hand bring down R/Knee Attack (drop & slide R/foot down to the front)
 7. R/foot pivot turn to opposite side & L/hand Double Knife Hand Block
 nt L/foot Front Snap Kick & R/hand Outside Chop (forward stance)
 8. R/foot Front Snap toward front & Side Kick to right side & R/hand Inside/Outside Block
 and Inside Chop toward front & R/hand Outside Chop toward R/side (horse stance)
 9. R/foot slide to L/foot (feet together), L/foot Front Kick toward front & Side Kick toward
 and Inside & Outside Block
 and Inside Chop & L/hand Outside Chop simultaneously (horse stance)
 10. R/foot slides to R/foot (bring feet together) & R/foot steps forward &
 ble Knife Hand Block (H & L)
 11. R/foot Front Snap Kick, land in front & L/hand Outside Chop (forward stance)
 12. R/foot Turn 90° to left Double Knife Hand Block (high/low – back stance)
 13. R/foot Side Kick & L/hand Outside Chop
 14. R/foot slides to the R/foot (bringing feet together), then R/foot takes step to the right
 ble Knife Hand Block (high/low)
 15. R/foot Side Kick & R/hand Knife Hand Chop to side (Yell) R/foot slides to L/foot to
 Ba-Roh

Form #8(Pal Soo)

1. R/hand Double Knife Hand Block (high/low) to right (back stance)
2. R/foot Front Snap Kick & L/hand Outside Chop (forward stance)
3. L/Roundhouse Kick, R/Turning Back Kick & L/Double Knife Hand Block (face opposite)
4. L/Inside Chop (front hand), turn 180°, R/Outside Chop & L/Straight Punch (forward stance)
5. L/foot step forward, face toward front L/Knife hand Circular outside block + R/Upper Cut
6. R/foot slides to the L/foot (bring feet together) L/foot moves to the left, L/hand Double Knife Hand Block (back stance)
7. L/Front Snap Kick & R/Outside Chop
8. R/Roundhouse Kick, L/Turning Back Kick & R/Double Knife Hand Block (facing opposite side)
9. R/Inside Chop (front hand), turn 180°, L/Outside Chop & R/Straight Punch (forward stance)
10. R/foot step forward, facing toward front, R/hand Circular Outside Block & L/Upper Cut
11. L/foot slides to the right foot (bring feet together), R/In to Out Kick, R/High Block & L/Upper Cut at the same time (forward stance)
12. L/High Block and R/Upper Cut at the same time (forward stance)
13. Move L/foot to left side, R/Circular Knife Hand Block and L/Inside Chop (same time)
14. L/foot slides to the R/foot (bring together)
R/foot moves to right side, L/Circular Knife Hand Block and R/hand Chop (same time)
15. R/foot slides to L/foot (bring together)
L/In to Out Kick, L/High Block & R/Upper Cut at the same time (forward stance)
16. R/High Block & L/Upper Cut at the same time (forward stance)
17. L/foot pivot inside and R/foot turns around 180°, L/Single Knife Hand Block and same hand Inside Chop
18. L/Side Kick & L/Outside Chop (horse stance)
19. R/foot slides to the L/foot (bring feet together), L/foot slides back
R/Single Knife Hand Outside Block and Same hand Inside Chop,
20. R/Side Kick & R/Outside Chop (horse stance)
21. L/foot steps back, facing front & R & L/hand Palm Down Block (back stance)
22. R/hand Back Fist & L/hand Back Fist (forward stance)
23. R/foot full step back, L/Side Kick, L & R Palm Low Block, & L/Back Fist (only one time)
24. L/foot full step back, R/Side Kick, R/L Palm Low Block, & R/Back Fist (only one time) (Yell) L/foot slides forward to Return/Ba-Roh

Form #9(Ku-Soo)

- R/foot step back, L&R/hand Palm down Block (back stance)
- L & R/hand Back Fist Attack
- R/Hook Kick, R & L/hand Palm down Block & R/Back Fist (back stance)
- L/Hook Kick, L & R/hand Palm Down Block & L/Back Fist (back stance)
- R/foot steps to the right & Double Knife Hand Block (back stance)
- R/Side Kick, L/Back Side Kick and L/back Fist (horse stance)
- Facing opposite, R/hand low & Inside Block (back stance)
- Same position, R/Front foot Front Snap Kick, R/Low Block & L/Straight Punch (forward stance)
- R/foot Step over Roundhouse Kick, R/Low Block & L/Straight Punch (forward stance)
- 0. R/foot pulls back to L/foot & R/In to Out Kick as L/foot lands front, R/hand attack the throat (forward stance)
- 1. R/foot steps up to L/foot, bringing feet together and L/foot steps to left, Double Knife Hand Block (back stance)
- 2. L/Side Kick, R/Back Kick and R/back Fist
- 3. Facing opposite, L/Low & Inside Block (back stance)
- 4. Same Position, L/foot Front Kick, L/Low Block & R/Straight Punch (forward stance)
- 5. L/Step over Roundhouse Kick, L/low Block & R/Straight Punch (forward stance)
- 6. L/foot pulls back to R/foot and R/foot In to Out Kick
- As R/foot lands in front, L/hand attacks the throat (forward stance)
- 7. L/foot steps at 45° angle Double Knife Hand, Low/High Block (back stance)
- 8. L/Inside Chop & R/Outside Chop while turning 180 degree back to right (horse stance)
- 9. Turn body 180° to the left and L/hand Low Block/Inside Block
- 0. In same position, L/hand Back Fist & Turn 180 degrees R/Back Fist (horse stance)
- 1. Pull L/foot to the R/foot (bringing feet together) 45° Angle R/Double Knife Hand Block (back stance)
- 2. R/hand Inside Chop and L/hand Outside Chop as turning 180° to the left.
- 3. Turn body 180° to the right and R/hand Low/Inside Block (back stance)
- 4. In same position, R/Back Fist and Turn 180 degrees, L/hand Back Fist (horse stance)
- 5. Pull R/foot to the L/foot, (bringing feet together), R/hand and L/hand Palm Face Block (forward stance)
- 6. L/foot Side Kick & R/Elbow Face Attack (forward stance)
- 7. In same position, L/hand and R/hand Palm Face Block (forward stance)
- 8. R/Side Kick & L/Elbow Face Attack (forward stance) (Yell)
- R/foot pivots inside & Bring L/foot to R/foot to Return/Ba-Roh*

Form #10(Ship-Soo)

- 1. R/foot takes a step into a Back Stance, L & R Palm Face Block
- 2. R/Step over Front Snap Kick, R/Low Block & L/Straight Punch (forward stance)
- 3. R/foot pulls back to L/foot, (bring feet together) L/Roundhouse Kick L/Low Block & R/Straight Punch (forward stance)
- 4. L/foot full step back (B/stance) R/Side Kick & R/Elbow face attack (horse stance)
- 5. R/foot pulls back to L/foot, (bring feet together) L/foot moves to the left (B/stance) R & L/hand Palm Face Attack
- 6. L/Step over Front Snap Kick, L/Low Block & R/Straight Punch (forward stance)
- 7. L/foot pulls back to R/foot, (bring feet together) R/Roundhouse Kick R/Low Block & L/Straight Punch (forward stance)
- 8. R/foot full step back (B/stance) L/Side Kick & L/Elbow face attack (horse stance)
- 9. L/foot moves to R/foot, (bring foot together) R/foot steps to front right in a 45° (R/Palm Inside Block (Back Stance))
- 10. L/Back Spin Kick, L/step forward L/Palm Attack (horse stance)
- 11. Face opposite direction, L/Low & Inside Block (back stance)
- 12. L/foot (front foot) Roundhouse Kick, L/Inside Elbow & turn 180°, R/Outside Elbow Attack
- 13. R/foot moves to L/foot, bring together, L/foot steps to front left 45° (V) angle L/Palm Block (back stance)
- 14. R/Back Spin Kick, R/foot steps forward, R/Palm Attack (horse stance)
- 15. Face opposite direction, R/Low & Inside Block (back stance)
- 16. R/foot (front foot) Roundhouse Kick, R/Inside Elbow & turn 180°, L/Outside Elbow Attack
- 17. L/foot moves to R/foot, bring feet together, turn body facing front, Scissor Block together)
- 18. Scissor Block (R/Low & L/Outside) (both feet together)
- 19. R/Out to In Block Kick and Side Kick as foot lands, L/Twist Punch (forward stance)
- 20. L/Out to In Block Kick and Side Kick as foot lands, R/Twist Punch (forward stance) (Yell)
- 21. L/foot full steps back, R/Hook Kick and R/Low Block (back stance)
- 22. In same position, R/Straight Punch, Outside Block and L/Side Punch (forward stance) (Yell) *Bring R/foot up to the L/foot to Return/Ba-Roh*