

Bewegingen welke langzaam uitgevoerd dienen te worden in de Poomsae**5 seconds**

	Name of Poomsae	Stance	Name of Poom & action
1	Taeguk 6	Naranhi seogi	Arae hechomakki
2	Taeguk 7	Moa seogi	Bojumeok
3	Koryo	Naranhi seogi	Tongmilgi
4	Kumgang	Naranhi seogi	Arae hechomakki
5	Pyongwon	Naranhi seogi	Sonnal arae hechomakki
6	Shipjin	Dwikubi-Apkubi Apkubi Juchumseogi Juchumseogi	Fist opened twisting inward, pyonsonkkeut opeotzireugi Bawimilgi Sonnal area hechomakki Arae hechomakki
7	Chonkwon	Moa seogi Dwikubi Beom seogi	Nalgaepyogi Sonnal wesanteulmakki Taesanmilgi

8 seconds

	Name of Poomsae	Stance	Name of Poom & action
1	Taeguk 8	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 cleching a fist, twisting the wrist, get your behind leg to step forward to make apkubi and do momtong barojireugi