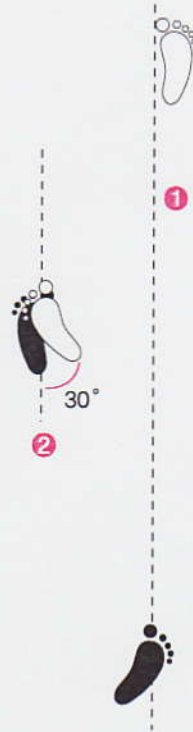


The Book of WTF Poomsae Competition

Poomsae		Poomsaeseon		Poom	Dongjak	Kihap	Duration (seconds)
Taegeuk	1jang	王	☯	18	20	1	17~21
	2jang		☯	18	23	1	18~23
	3jang		☯	20	34	1	20~25
	4jang		☯	19	29	1	26~31
	5jang		☯	20	32	1	28~33
	6jang		☯	19	31	1	32~37
	7jang		☯	25	33	1	32~37
	8jang		☯	27	38	2	32~37
Koryo		士	30	48	2	43~48	
Keumgang		山	27	27	2	58~63	
Taebaek		工	26	38	2	32~37	
Pyongwon		一	21	25	2	28~33	
Sipjin		十	28	31	3	60~65	
Jitae		卄	28	37	2	47~52	
Chonkwon		卅	26	29	1	55~60	
Hansu		水	27	33	2	37~40	
Ilyeo		卅	23	29	2	37~42	
		total	402	537	27		



5.2 Stances and steps



a. Apkubi

when moving forward;

- take your back foot a step forward.
- pivot your back foot heel about 30 degree inside naturally as you take the step.

when moving backward;

- shift your body weight to the back leg and turn your back foot heel perpendicularly.
- take your front foot directly backward and pivot the moved foot hill about 30 degree inside naturally as you take the step.





b. Dwitkubi

when moving forward;

- shift your body weight to the front foot and pivot the heel 90 at a degree angle.
- take your back foot directly a step forward.

when moving backward;

- turn your back foot heel perpendicularly
- shift your body weight to the back leg as you take a step back by placing your back foot at a 90 degree angle.

Taegeuk 5 jang

ra₁

na

da₁



junbi



5-2



20-1

ra₂



16-1



6-1

6-2

6-3

19-2

19-1

da₂



18-2

ra₃



7-1

7-2

7-3

14-3

14-2

14-1

13-2

13-1

da₃



ga

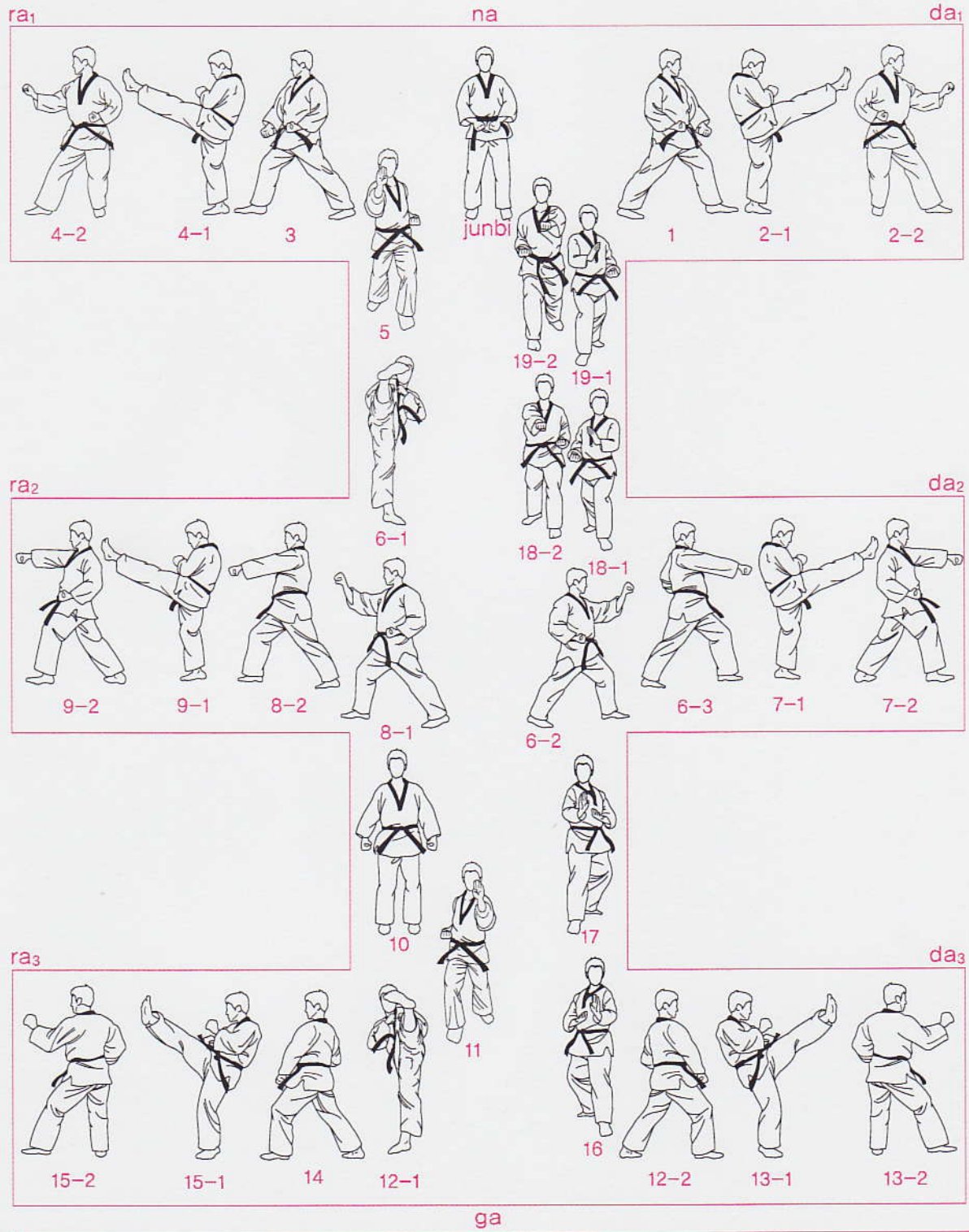


The synoptic table of Taegeuk 5 jang

Order	Way	Eyes	Stance	Action	Poom
junbi	na	ga	naranhi seogi		kibon junbiseogi
1	da ₁	da ₁	wen apkubi	put forth	araemakki
2	da ₁	da ₁	wen seogi	retrieve foot	mejumeok naeryochigi
3	ra ₁	ra ₁	oreun apkubi	change direction, put forth foot	araemakki
4	ra ₁	ra ₁	oreun seogi	retrieve foot	mejumeok naeryochigi
5	ga	ga	wen apkubi	put forth foot, momtongmakki	momtong anmakki
6	ga	ga	oreun apkubi	right foot apchagi, put forth and deungjumeok apchigi	momtong anmakki
7	ga	ga	wen apkubi	left foot apchagi, put forth and deungjumeok apchigi	momtong anmakki
8	ga	ga	oreun apkubi	put forth	deungjumeok apchigi
9	ra ₃	ra ₃	oreun dwitkubi	turn around	hansonnal bakkatmakki
10	ra ₃	ra ₃	oreun apkubi	put forth	palgup dollyochigi
11	da ₃	da ₃	wen dwitkubi	turn around	hansonnal bakkatmakki
12	da ₃	da ₃	wen apkubi	put forth	palgup dollyochigi
13	na	na	wen apkubi	turn and araemakki	momtong anmakki
14	na	na	oreun apkubi	right foot apchagi, put forth and araemakki	momtong anmakki
15	ra ₂	ra ₂	wen apkubi	move to step down	olgulmakki
16	ra ₂	ra ₂	oreun apkubi	right foot yopchagi, step down	palgup pyojeokchigi
17	da ₂	da ₂	oreun apkubi	turn around	olgulmakki
18	da ₂	da ₂	wen apkubi	right foot apchagi and step down	palgup pyojeokchigi
19	na	na	wen apkubi	turn and araemakki	momtong anmakki
20	na	na	dwikkoa seogi	right foot apchagi and step down	deungjumeok apchigi <i>kihap-</i>
baro	na	ga	naranhi seogi	left foot pull to turn leftward	kibon junbiseogi



Taegeuk 6 jang

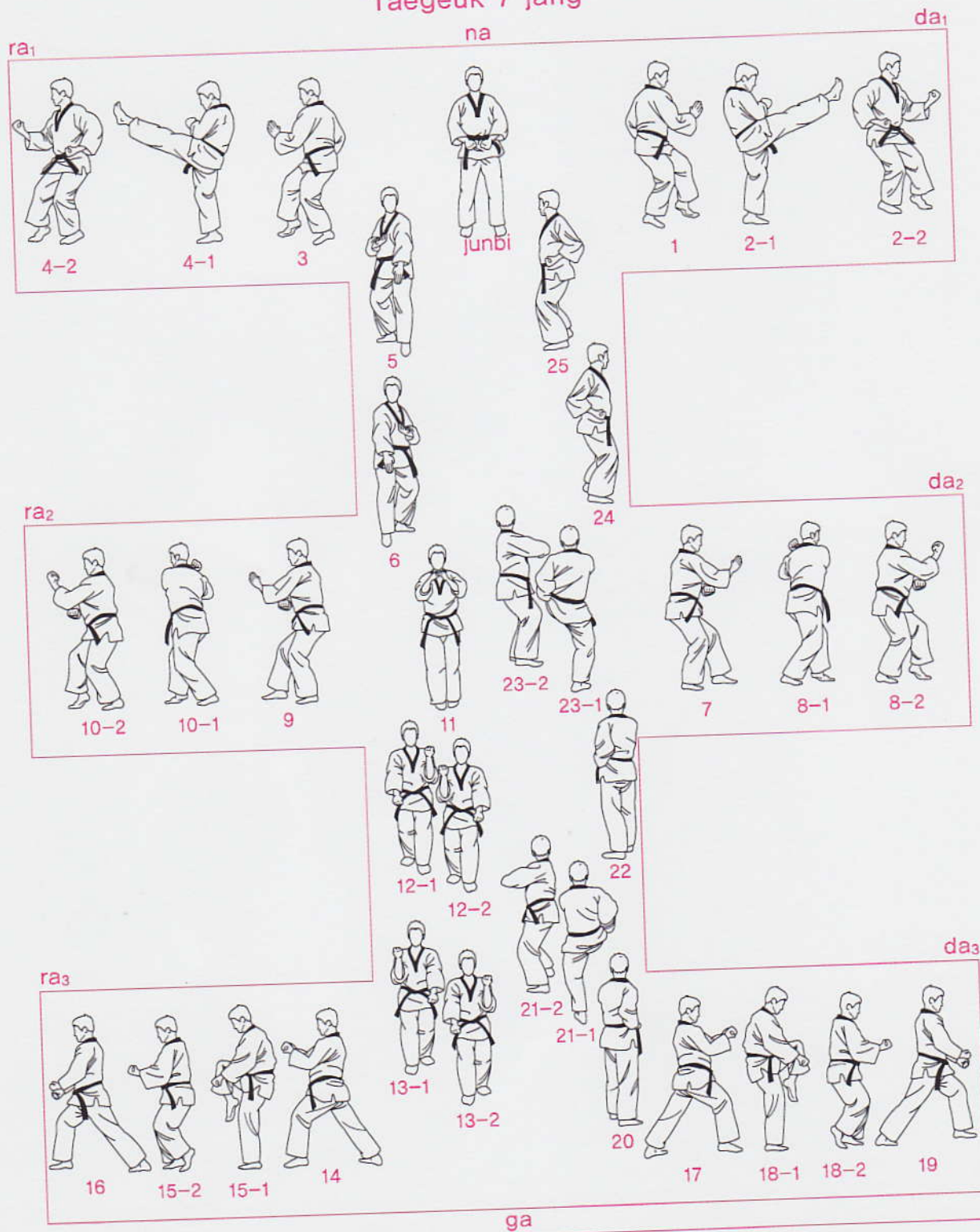


The synoptic table of Taegeuk 6 jang

Order	Way	Eyes	Stance	Action	Poom
junbi	na	가	naranhi seogi		kibon junbiseogi
1	da ₁	da ₁	wen apkubi	put forth	araemakki
2	da ₁	da ₁	oreun dwitkubi	right foot apchagi and retrieve foot	momtong bakkatmakki
3	ra ₁	ra ₁	oreun apkubi	change direction, right foot slightly put forward	araemakki
4	ra ₁	ra ₁	wen dwitkubi	left foot apchagi and retrieve foot	momtong bakkatmakki
5	ga	ga	wen apkubi	turn around	hansonnal olgul bitureomakki
6	da ₂	da ₂	wen apkubi	right foot dollyochagi, left foot put forth and olgul bakkatmakki	momtong barojireugi
7	da ₂	da ₂	oreun apkubi	right foot apchagi, put forth	momtong barojireugi
8	ra ₂	ra ₂	oreun apkubi	turn around and olgul bakkatmakki	momtong barojireugi
9	ra ₂	ra ₂	wen apkubi	left foot apchagi and put forth	momtong barojireugi
10	ga	ga	naranhi seogi	left foot move to step	arae hechomakki
11	ga	ga	oreun apkubi	put forth	hansonnal olgul bitureomakki
12	da ₃	da ₃	oreun apkubi	left foot dollyochagi, <i>-kihap-</i> , right foot move 'da ₃ ' line, turn	araemakki
13	da ₃	da ₃	wen dwitkubi	left foot apchagi, retrieve foot	momtong bakkatmakki
14	ra ₃	ra ₃	wen apkubi	left foot slightly forth after changing direction	araemakki
15	ra ₃	ra ₃	oreun dwitkubi	right foot apchagi and retrieve foot	momtong bakkatmakki
16	na	ga	oreun dwitkubi	right foot move to step	sonnalmakki
17	na	ga	wen dwitkubi	left foot retrieve to step down	sonnalmakki
18	na	ga	wen apkubi	right foot retrieve, batangson momtongmakki	momtong barojireugi
19	na	ga	oreun apkubi	left foot retrieve, batangson momtongmakki	momtong barojireugi
baro	na	ga	naranhi seogi	pull back right foot	kibon junbiseogi



Taegeuk 7 jang

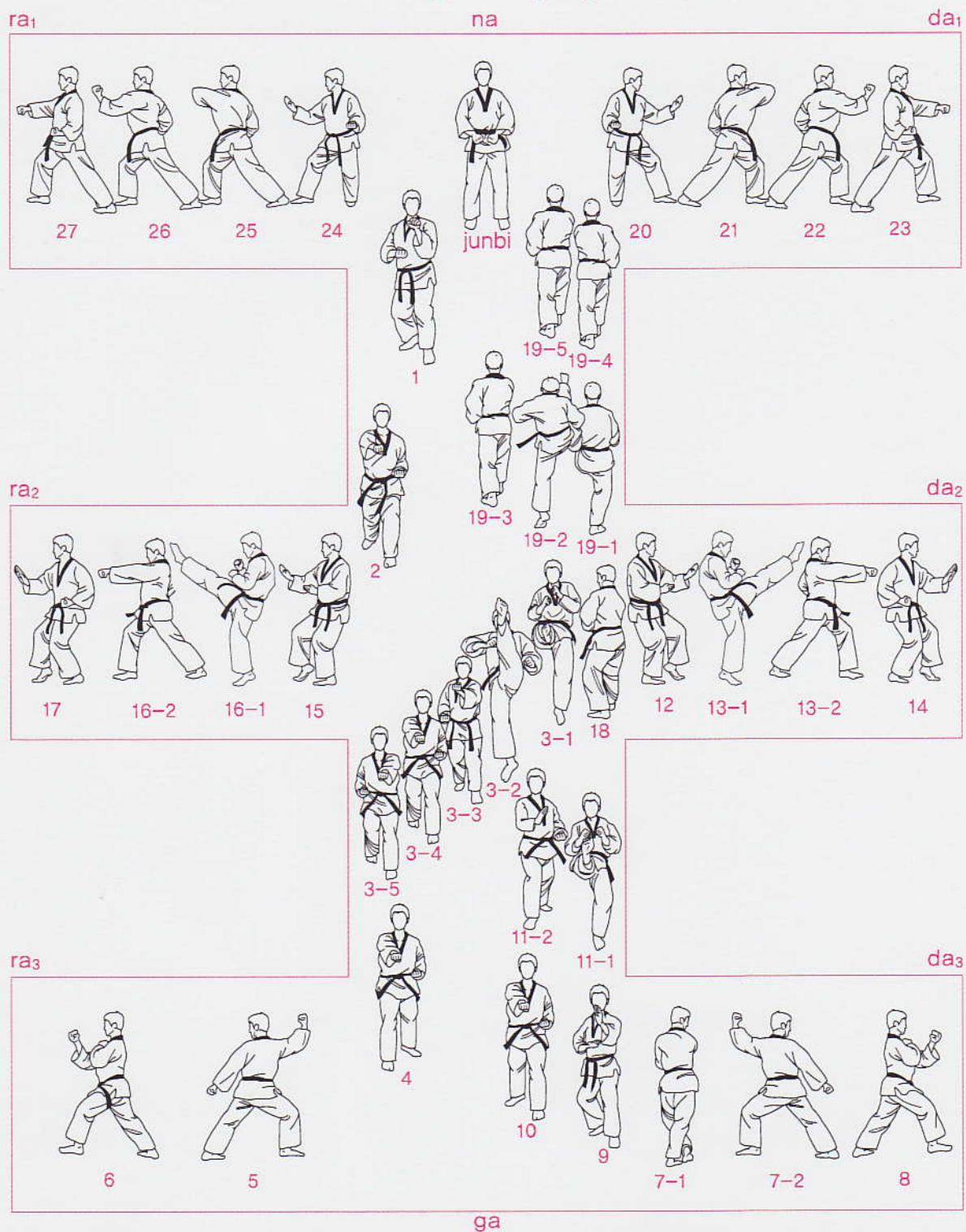


The synoptic table of Taegeuk 7 jang

Order	Way	Eyes	Stance	Action	Poom
Junbi	na	ga	naranhi seogi		kibon junbiseogi
1	da ₁	da ₁	wen beomseogi	left foot put forth	batangson momtong anmakki
2	da ₁	da ₁	wen beomseogi	right foot apchagi and retrieve	momtongmakki
3	ra ₁	ra ₁	oreun beomseogi	foot remain, change direction	batangson momtong anmakki
4	ra ₁	ra ₁	oreun beomseogi	left foot apchagi and retrieve	momtongmakki
5	ga	ga	oreun dwitkubi	left foot move and step down	sonnal araemakki
6	ga	ga	wen dwitkubi	put forth	sonnal araemakki
7	da ₂	da ₂	wen beomseogi	change direction	batangson momtong godureo anmakki
8	da ₂	da ₂	wen beomseogi	feet remain, same stance	deungjumeok apchigi
9	ra ₂	ra ₂	oreun beomseogi	change direction	batangson momtong godureo anmakki
10	ra ₂	ra ₂	oreun beomseogi	feet remain, same stance	deungjumeok apchigi
11	ga	ga	moa seogi	left foot pull to modumbal	bojumeok
12	ga	ga	wen apkubi	put forth, bandae kawimakki	kawimakki
13	ga	ga	oreun apkubi	put forth, bandae kawimakki	kawimakki
14	ra ₃	ra ₃	wen apkubi	turn	momtong hechomakki
15	ra ₃	ra ₃	dwikkoaseogi	mureup chigi, right foot jump forth	dujumeok jeochojireugi
16	ra ₃	ra ₃	oreun apkubi	left foot retrieve	arae otgoreo makki
17	da ₃	da ₃	oreun apkubi	turn around	momtong hechomakki
18	da ₃	da ₃	dwikkoaseogi	mureup chigi, left foot jump forth	dujumeok jeochojireugi
19	da ₃	da ₃	wen apkubi	right foot retrieve	arae otgoreo makki
20	na	na	wen apseogi	turn	deungjumeok bakkatchigi
21	na	na	juchum seogi	right foot pyojeokchagi, put forth	palgup pyojeokchigi
22	na	na	oreun apseogi	body raise, left foot pull slightly	deungjumeok bakkatchigi
23	na	na	juchum seogi	left foot pyojeokchagi, put forth	palgup pyojeokchigi
24	na	na	juchum seogi	feet remain	hansonnal yopmakki
25	na	na	juchum seogi	right foot put forth	momtong yopjireugi -kihap-
baro	na	ga	naranhi seogi	left foot to turn leftward	kibon junbiseogi



Taegeuk 8 jang

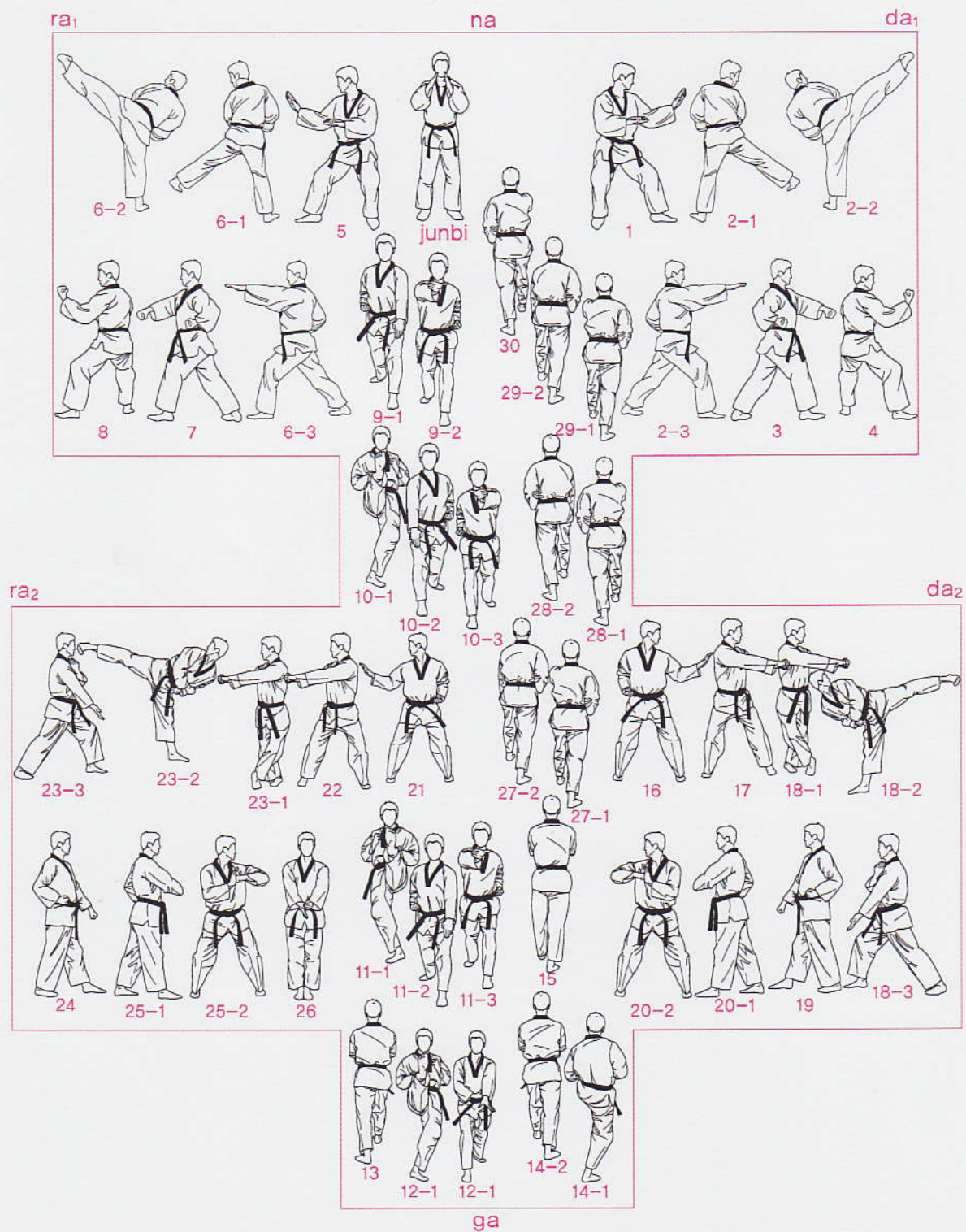


The synoptic table of Taegeuk 8 jang

Order	Way	Eyes	Stance	Action	Poom
junbi	na	ga	naranhi seogi		kibon junbiseogi
1	ga	ga	oreun dwitkubi	left foot put forth	momtong godureo bakkatmakki
2	ga	ga	wen apkubi	same position	momtong barojireugi
3	ga	ga	wen apkubi	dupal dangseong apchagi, kihap , foot forth, momtongmakki	momtong dubeonjireugi
4	ga	ga	oreun apkubi	right foot put forth	momtong bandaejireugi
5	ra ₃	ra ₃	oreun apkubi	turn, left foot move to step down	wesanteulmakki
6	ra ₃	ra ₃	wen apkubi	feet remain, center of mas move	dangkyo teokjireugi
7	da ₃	da ₃	wen apkubi	left foot apkkoaseogi, right foot put forth	wesanteulmakki
8	da ₃	da ₃	oreun apkubi	feet remain, center of mas move	dangkyo teokjireugi
9	na	ga	oreun dwitkubi	right foot move to step down	sonnalmakki
10	na	ga	wen apkubi	left foot forth slightly	momtong barojireugi
11	na	ga	oreun beomseogi	right foot apchagi, foot retrieve, left foot one step backward	batangson momtongmakki
12	da ₂	da ₂	wen beomseogi	left foot move to step down	sonnalmakki
13	da ₂	da ₂	wen apkubi	left foot apchagi, put forth	momtong barojireugi
14	da ₂	da ₂	wen beomseogi	left foot pull	batangson momtongmakki
15	ra ₂	ra ₂	oreun beomseogi	change direction	sonnalmakki
16	ra ₂	ra ₂	oreun apkubi	right foot apchagi, put forth	momtong barojireugi
17	ra ₂	ra ₂	oreun beomseogi	right foot pull	batangson momtongmakki
18	na	na	wen dwitkubi	turn	arae godureomakki
19	na	na	oreun apkubi	left foot apchagi, right foot ttwio apchagi, "kihap", put forth	momtong dubeonjireugi
20	da ₁	da ₁	oreun dwitkubi	turn	hansonnal momtong bakkatmakki
21	da ₁	da ₁	wen apkubi	right foot remains, left foot push forth	oreun palgup dollyochigi
22	da ₁	da ₁	wen apkubi	same position, stance	deungjumeok apchigi
23	da ₁	da ₁	wen apkubi	same position, stance	momtong bandaejireugi
24	ra ₁	ra ₁	wen apkubi	change direction	hansonnal momtong bakkatmakki
25	ra ₁	ra ₁	oreun apkubi	left foot remain, right foot push forth	wen palgup dollyochigi
26	ra ₁	ra ₁	oreun apkubi	same position, stance	deungjumeok apchigi
27	ra ₁	ra ₁	oreun apkubi	same position, stance	momtong bandaejireugi
baro	na	ga	naranhi seogi	left foot pull	kibon junbiseogi



Koryo poomsae

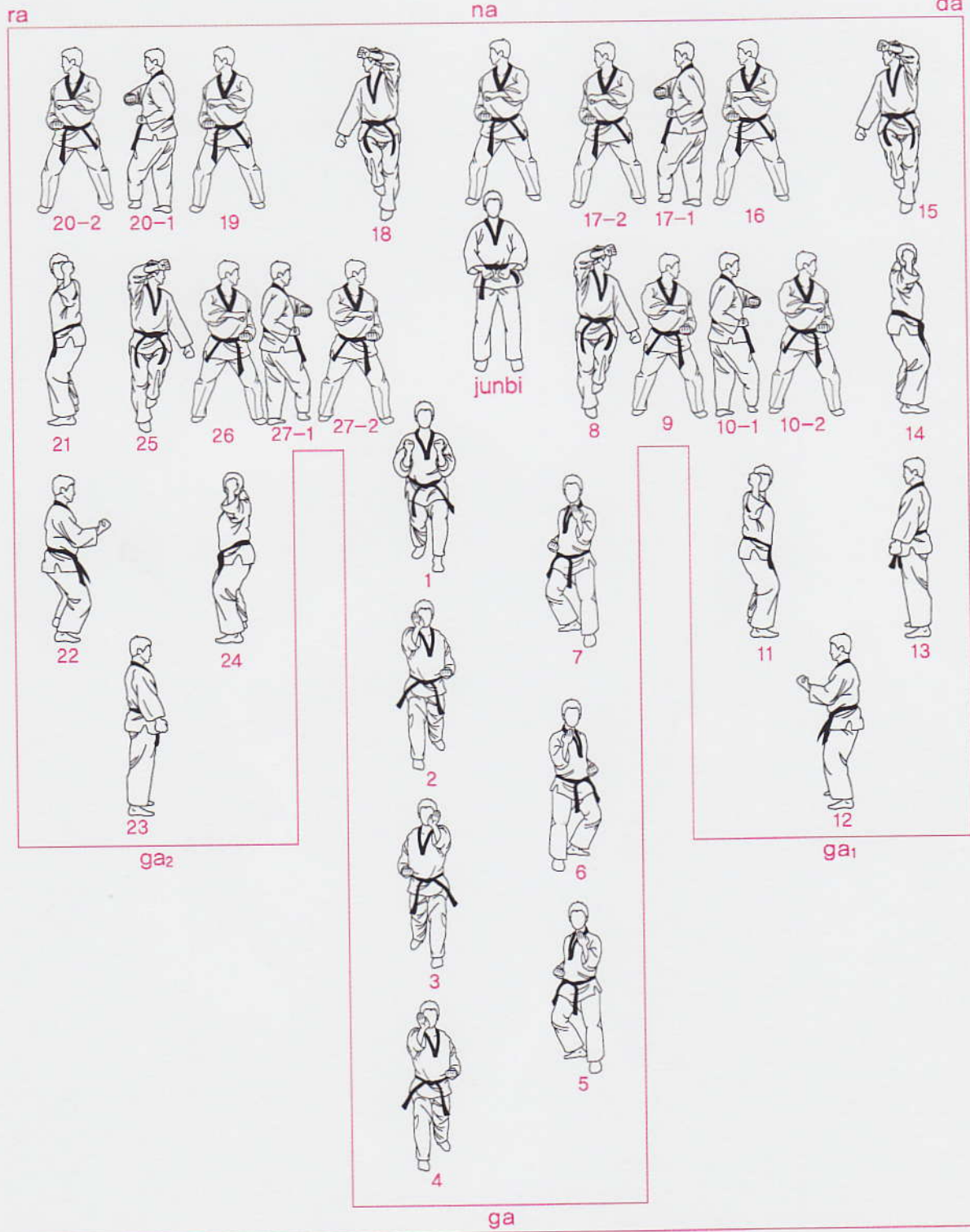


The synoptic table of Koryo poomsae

Order	Way	Eyes	Stance	Action	Poom
junbi	na	ga	naranhi seogi		tongmilgi junbiseogi
1	da ₁	da ₁	oreun dwitkubi	put forth	sonnalmakki
2	da ₁	da ₁	oreun apkubi	right foot keodeup yopchagi, put forth	sonnal bakkatchigi
3	da ₁	da ₁	oreun apkubi	same position, stance	momtong barojireugi
4	da ₁	da ₁	wen dwitkubi	left foot remain, right foot slightly pull	momtongmakki
5	ra ₁	ra ₁	wen dwitkubi	right foot move, turn around	sonnalmakki
6	ra ₁	ra ₁	wen apkubi	left foot kodeup yopchagi, put forth	sonnal bakkatchigi
7	ra ₁	ra ₁	wen apkubi	same position, stance	momtong barojireugi
8	ra ₁	ra ₁	oreun dwitkubi	right foot remain, left foot slightly pull	momtongmakki
9	ga	ga	wen apkubi	turn, wen hansonnal araemakki	khaljaebi
10	ga	ga	oreun apkubi	right foot apchagi, forth, wen hansonnal araemakki	khaljaebi
11	ga	ga	wen apkubi	left foot apchagi, forth, wen hansonnal araemakki	khaljaebi -kihap-
12	ga	ga	oreun apkubi	right foot apchagi, forth	mureupkkukki
13	na	na	oreun apkubi	left foot put forth, turn rightward	anpalmok momtong hechomakki
14	na	na	wen apkubi	left foot apchagi, forth	mureupkkukki
15	na	na	wen apseogi	left foot pull slightly	anpalmok momtong hechomakki
16	ra ₂	da ₂	juchum seogi	left foot axis, body turns rightward, step down	wen hansonnal momtong yopmakki
17	ra ₂	da ₂	juchum seogi	same stance	oreunjumeok pyojeokjireugi
18	da ₂	ra ₂	oreun apkubi	right foot apkoaseogi, change step, left foot yopchagi and step down on da ₂ , change stance toward ra ₂	pyonsonkkeut arae jechozireugi
19	da ₂	ra ₂	oreun apseogi	left foot remains, right foot pull to slightly	araemakki
20	ra ₂	ra ₂	juchum seogi	left foot one step forward batangson nulloemakki, right foot forth	oreun palgup yopchigi
21	ra ₂	ra ₂	juchum seogi	same position, stance	oreun hansonnal momtong yopmakki
22	ra ₂	ra ₂	juchum seogi	same stance	wenjumeok pyojeokjireugi
23	ra ₂	da ₂	wen apkubi	left foot apkoaseogi by foot change, right foot yopchagi and step down on ra ₂ , stance toward da ₂	pyonsonkkeut arae jechozireugi
24	ra ₂	da ₂	wen apseogi	right foot remains, left foot pull slightly	araemakki
25	ra ₂	da ₂	juchum seogi	right foot one step forward, oreun batrangson nulloemakki, left foot put forth	wen palgup yopchigi
26	ga	ga	moa seogi	left foot remain, right foot to modumbal	wen mejumeok arae pyojeokchigi
27	na	na	wen apkubi	right foot remains, turn leftward, hanonal bakkatchigi, then	hansonnal araemakki
28	na	na	oreun apkubi	right foot put forth oreun sonnal mokchigi	hansonnal araemakki
29	na	na	wen apkubi	left foot put forth wen sonnal mokchigi	hansonnal araemakki
30	na	na	oreun apkubi	right foot put forth	khaljaebi -kihap-
baro	na	ga	naranhi seogi	left foot pull, body turned leftward	tongmilgi junbiseogi



Keumgang poomsae

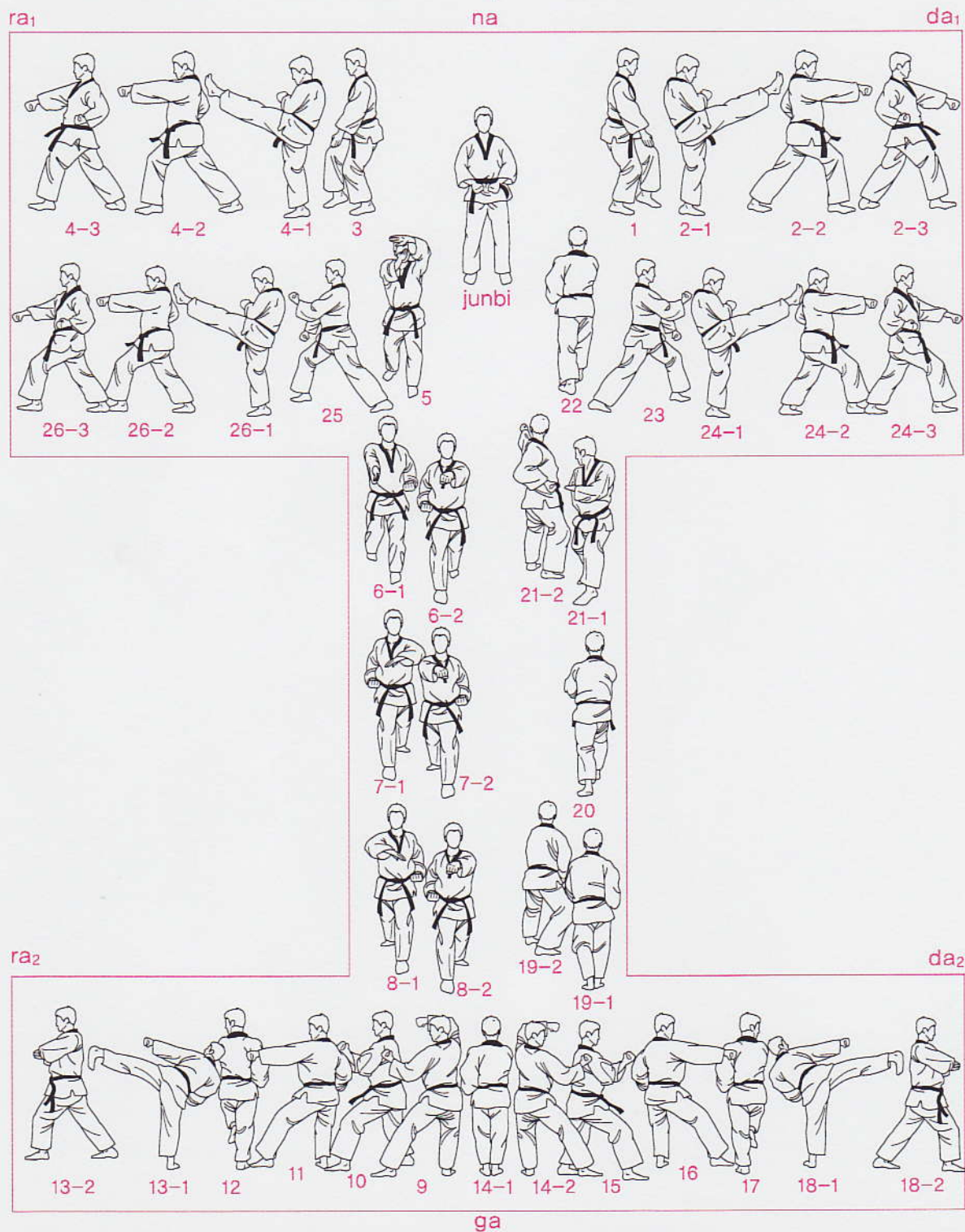


The synoptic table of Keumgang poomsae

Order	Way	Eyes	Stance	Action	Poom
junbi	na	ga	naranhi seogi		kibon junbiseogi
1	ga	ga	wen apkubi	put forth	anpalmok momtong hechomakki
2	ga	ga	oreun apkubi	put forth	oreun batangson teokchigi
3	ga	ga	wen apkubi	put forth	wen batangson teokchigi
4	ga	ga	oreun apkubi	put forth	oreun batangson teokchigi
5	na	ga	oreun dwitkubi	foot retrieve, step	wen hanssonal momtongmakki
6	na	ga	wen dwitkubi	foot retrieve, step	oreun hanssonal momtongmakki
7	na	ga	oreun dwitkubi	foot retrieve, step	wen hanssonal momtongmakki
8	na	da	oreun hakdariseogi	left foot pull up	keumgangmakki
9	na	da	juchum seogi	left foot step down	kheun doltzeogwi
10	da	da	juchum seogi	body turn leftward, right foot move to step, then left foot follows (turn 360 degrees)	kheun doltzeogwi
11	ga ₁	ga ₁	juchum seogi	right foot lift, downward pounding	santeulmakki -kihap-
12	ga ₁	ra	juchum seogi	body turn rightward, left foot move to step (180 degrees turn)	anpalmok momtong hechomakki
13	ga ₁	ra	naranhi seogi	left foot slightly pull, raising body	arae hechomakki
14	da	da	juchum seogi	body turn rightward, left foot lift downward pounding (turn 180 degrees)	santeulmakki
15	da	ra	wen hakdariseogi	body turn rightward, right foot pulled	keumgangmakki
16	na	ra	juchum seogi	right foot step down	kheun doltzeogwi
17	na	ra	juchum seogi	body turn rightward, left foot change step, right foot follows (turn 360 degrees)	kheun doltzeogwi
18	na	ra	wen hakdariseogi	right foot lift up	keumgangmakki
19	ra	ra	juchum seogi	right foot step down	kheun doltzeogwi
20	ra	ra	juchum seogi	body turns rightward, left foot change step, right foot follows (turn 360 degrees)	kheun doltzeogwi
21	ga ₂	ga ₂	juchum seogi	left foot lift, pounding down	santeulmakki -kihap-
22	ga ₂	da	juchum seogi	body turns left, right foot lifted pounding down (turn 180 degrees)	anpalmok momtong hechomakki
23	ga ₂	da	naranhi seogi	right foot pull, raising body	arae hechomakki
24	ra	ra	juchum seogi	body turns left, right foot lifted, pounding down (turn 180 degrees)	santeulmakki
25	ra	na	oreun hakdariseogi	body turns left, left foot lifted	keumgangmakki
26	na	na	juchum seogi	left foot step down	kheun doltzeogwi
27	na	da	juchum seogi	body turns left, right foot change step, left foot follows (turn 360 degrees)	kheun doltzeogwi
baro	na	ga	naranhi seogi	left foot pulled	kibon junbiseogi



Taebak poomsae

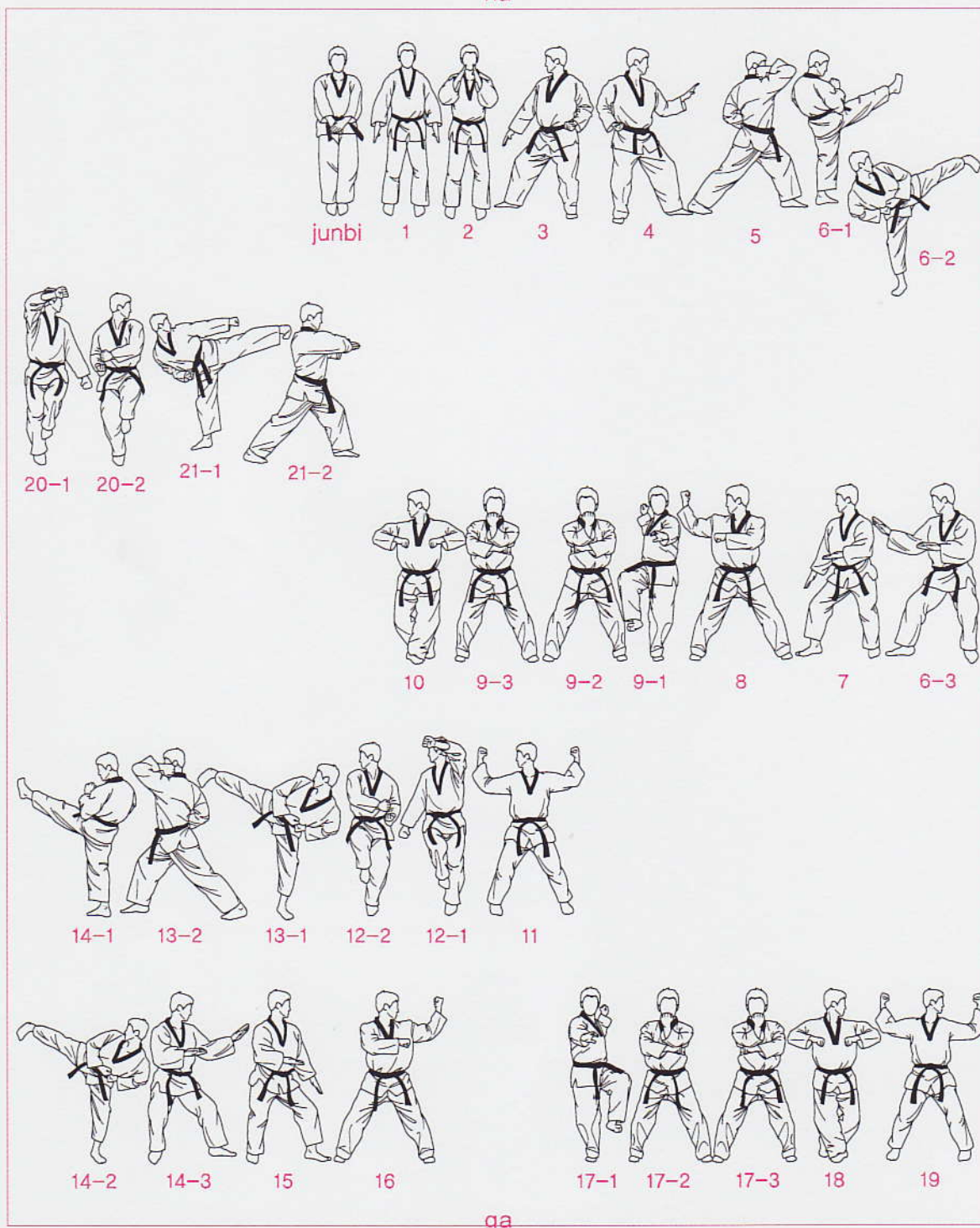


The synoptic table of Taebak poomsae

Order	Way	Eyes	Stance	Action	Poom
junbi	na	ga	naranhi seogi		kibon junbiseogi
1	da ₁	da ₁	wen beomseogi	left foot put forth	sonnal arae hechomakki
2	da ₁	da ₁	oreun apkubi	right foot apchagi, forth	momtong dubeonjireugi
3	ra ₁	ra ₁	oreun beomseogi	turn around, right foot forth	sonnal arae hechomakki
4	ra ₁	ra ₁	wen apkubi	left foot apchagi, forth	momtong dubeonjireugi
5	ga	ga	wen apkubi	turn left foot, change step	jebipoom mokchigwi
6	ga	ga	oreun apkubi	right wrist push put, right foot put forth	momtong barojireugi
7	ga	ga	wen apkubi	left wrist push put, right foot put forth	momtong barojireugi
8	ga	ga	oreun apkubi	right wrist push put, right foot put forth	momtong barojireugi -kihap-
9	ra ₂	ra ₂	oreun dwitkubi	turn, left foot change step	keumgang momtongmakki
10	ra ₂	ra ₂	oreun dwitkubi	same position, stance	dangkyo teokjireugi
11	ra ₂	ra ₂	oreun dwitkubi	same position, stance	momtongjireugi
12	ra ₂	ra ₂	oreun hakdariseogi	left foot lift up	jageun doltzeogwi
13	ra ₂	ra ₂	wen apkubi	left foot yopchagi, forth	palgup pyojeokchigi
14	da ₂	da ₂	wen dwitkubi	left foot pull to modumbal, right foot put forth	keumgang momtongmakki
15	da ₂	da ₂	wen dwitkubi	same position, stance	dangkyo teokjireugi
16	da ₂	da ₂	wen dwitkubi	same position, stance	momtongjireugi
17	da ₂	da ₂	wen hakdariseogi	right foot lift up	jageun doltzeogwi
18	da ₂	da ₂	oreun apkubi	right foot yopchagi, forth	palgup pyojeokchigi
19	ga	na	oreun dwitkubi	right foot pull to modumbal, left foot put forth	sonnalmakki
20	na	na	oreun apkubi	left foot hand nullomakki, right foot put forth	pyonsonkkeut sewotzireugi
21	na	na	oreun dwitkubi	body turns left, slips downward, left foot forth	deungjumeok bakkatchigi
22	na	na	oreun apkubi	right foot put forth	momtong bandaejireugi -kihap-
23	da ₁	da ₁	wen apkubi	turn, left foot change step	kawimakki
24	da ₁	da ₁	oreun apkubi	right foot apchagi, forth	momtong dubeonjireugi
25	ra ₁	ra ₁	oreun apkubi	turn around, right foot change step	kawimakki
26	ra ₁	ra ₁	wen apkubi	left foot apchagi	momtong dubeonjireugi
baro	na	ga	naranhi seogi	left foot pulled	kibon junbiseogi



Pyongwon poomsae na

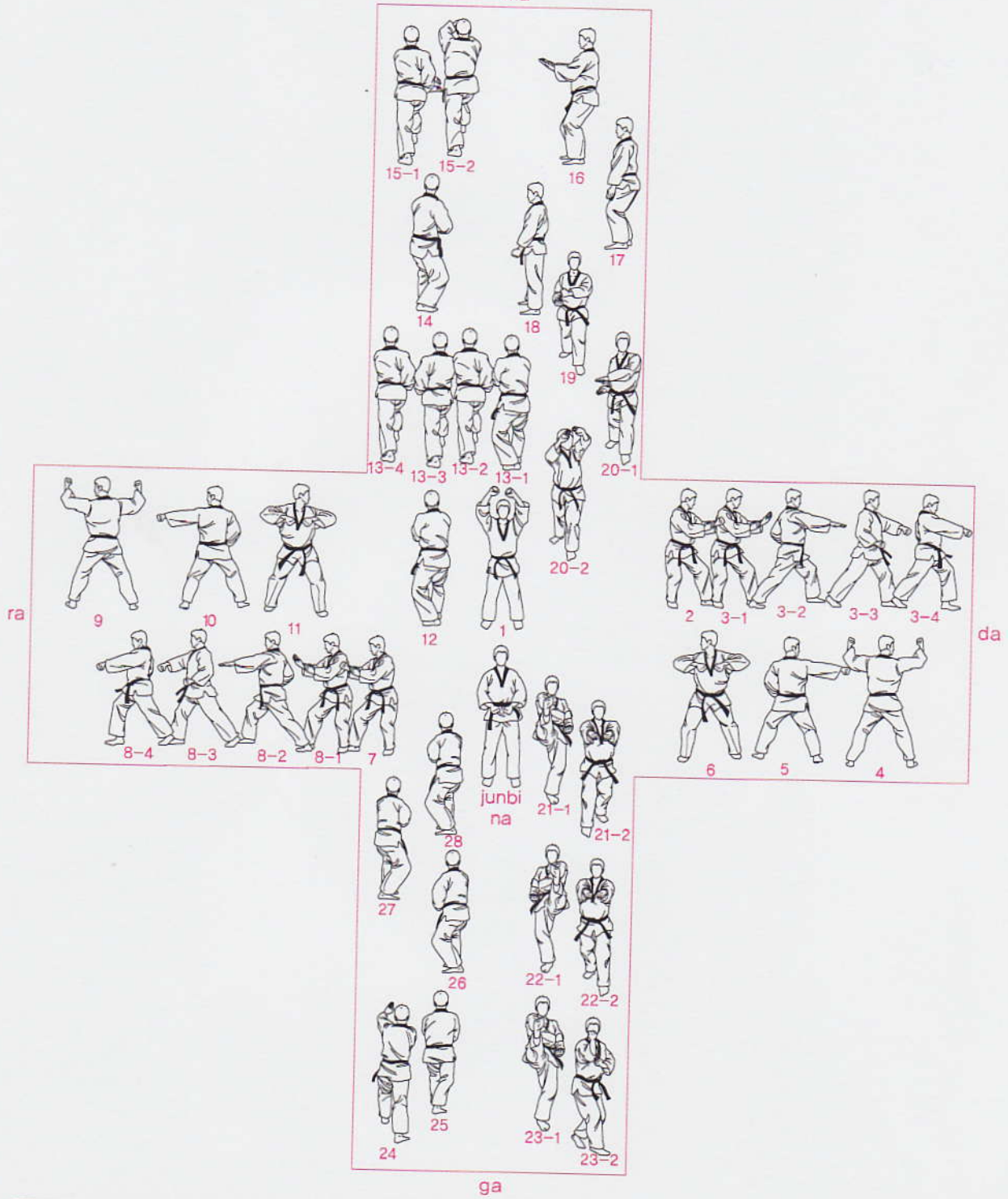


The synoptic table of Pyongwon poomsae

Order	Way	Eyes	Stance	Action	Poom
junbi	na	ga	moa seogi	left foot put forth	kyopson junbiseogi
1	da	ga	naranhi seogi	left foot put forth	sonnal arae hechomakki
2	da	ga	naranhi seogi	same position, stance	tongmilgi
3	ra	ra	wen dwitkubi	right foot put forth	hansonnal araemakki
4	ra	da	oreun dwitkubi	same position, stance, turn direction	hansonnal momtong bakkatmakki
5	da	da	wen apkubi	left foot slightly push to step forward	oreun palgup ollyochigi
6	da	ra	wen dwitkubi	right foot apchagi, forth, left foot yopchagi, turning body, step down on 'da'	sonnalmakki
7	da	ra	wen dwitkubi	same position, stance	sonnal araemakk
8	ra	ra	juchum seogi	same position	godureoy olgulopmakki
9	na	ga	juchum seogi	right foot lift, pound down and stamps, oreun deungjumeok dangkyo teokchgi -kihap-	wen deungjumeok dangkyoteokchigi
10	na	ra	wen apkoaseogi	left foot change step	meongyechigi
11	ra	ra	juchum seogi	right foot change step	hecho santeulmakki
12	ra	ra	wen hakdariseogi	right foot lift up keumgangmakki	jageun dlotzeogwi
13	ra	ra	oreun apkubi	right foot yopchagi, forth	wen palgup ollyochigi
14	ra	da	oreun dwitkubi	left foot apchagi, right foot side kick (body turning), put on 'ra'	sonnalmakki
15	ra	da	oreun dwitkubi	same position	sonnal araemakki
16	na	da	juchum seogi	same position	godureo olgulyopmakki
17	na	ga	juchum seogi	right foot lifted, pounds down and stamps, wen deungjumeok dangkyo teokchigi -kihap-	oreun deungjumeok dangkyo teokchgi
18	na	da	oreun apkoaseogi	right foot change step	meongyechigi
19	na	da	juchum seogi	left foot change step	hecho santeulmakki
20	na	da	oreun hakdariseogi	left foot lift up diamond blocking	jageun dlotzeogwi
21	na	da	wen apkubi	left foot yopchagi, step down	oreun palgup pyojeokchigi
baro	na	ga	moa seogi	left foot pull in	kyopson junbiseogi



Sipjin poomsae ma



The synoptic table of Sipjin poomsae

Order	Way	Eyes	Stance	Action	Poom
junbi	na	ga	naranhi seogi		kibon junbiseogi
1	na	ga	naranhi seogi	two fist pull up	hwangsomakki
2	da	da	oreun dwitkubi	two fists open, left foot put forth	sonbadak godureo momtong bakkatmakki
3	da	da	wen apkubi	left foot slightly push forth, oreun pyonsonkkeut opeotzireugi	momtong dubeonjireugi
4	da	da	juchum seogi	right foot put forth (body toward 'ma')	hecho santeulmakki
5	da	da	juchum seogi	left foot apkkaseogi (by changing step), right foot change step	yopjireugi -kihap-
6	na	ra	juchum seogi	left foot remain, right foot put forth (body 'ga' direction)	mongyechigi
7	na	ra	wen dwitkubi	right foot remain, left foot pull to modumbal, instantly right foot forth	sonbadak godureo momtong bakkatmakki
8	ra	ra	oreun apkubi	right foot slightly push forth wen pyonsonkkeut opeotzireugi	momtong dubeonjireugi
9	ra	ra	juchum seogi	left foot forth (body 'ma' direction)	hecho santeulmakki
10	ra	ra	juchum seogi	right apkkaseogi (by changing step), left foot also change step	yopjireugi -kihap-
11	na	da	juchum seogi	right foot remains, left foot forth (body 'ga' direction)	mongyechigi
12	na	ma	wen dwitkubi	left foot remains, turn and right foot changes step	sonbadak godureo momtong bakkatmakki
13	ma	ma	oreun apkubi	right foot slightly push forth, wen pyonsonkkeut opeotzireugi	momtong dubeonjireugi
14	ma	ma	oreun dwitkubi	left foot put forth	sonnal araemakki
15	ma	ma	oreun apkubi	right foot put forth	bawimilgi
16	ma	ra	juchum seogi	right foot remains, left foot slightly pull in	sonnaldeung momtong hechomakki
17	ma	ra	juchum seogi	feet remain	sonal arae hechomakki
18	ma	ra	neolpke beollyo seogi	feet remain	arae hechomakki
19	na	ga	wen apkubi	feet remain	kklyeolligi
20	na	ga	wen apkubi	same position, stance	bawimilgi
21	na	ga	oreun apkubi	right foot apchagi, forth	chetdari jireugi
22	ga	ga	wen apkubi	left foot apchagi, forth	chetdari jireugi
23	ga	ga	wen dwikko seogi	right foot apchagi, forth	deungjumeok godureo apchigi -kihap-
24	na	na	wen apkubi	right foot remain, left foot pull in	bawimilgi
25	na	na	wen beomseogi	right foot remain, left foot pull in	sonnal arae otgoreomakki
26	na	na	wen dwitkubi	right foot put forth	sonnaldeung momtongmakki
27	na	na	oreun dwitkubi	left foot put forth	chetdari jireugi
28	ma	ma	wen dwitkubi	right foot put forth	chetdari jireugi
baro	na	ga	naranhi seogi	body turn leftward, right foot pull in	kibon junbiseogi

