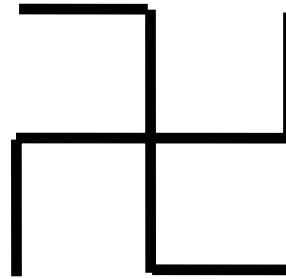


## Poomse Ilyeo



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"Ilyeo" means the thought of a great Buddhist priest of Silla Dynasty, Saint Won-hyo, which is characterized by the philosophy of oneness of mind (spirit) and body (material).

It teaches that a point, a line or a circle ends up after all in one. Therefore, the poomsae Ilyeo represents the harmonization of spirit and body, which is the essence of martial art, after a long training of various types of techniques and spiritual cultivation for completion of Taekwondo practice. The new techniques introduced in this poomsae are sonnol (olgul) makki, wesanteul yop-chagi, dusonpyo (two opened hands) bitureo jabadangkigi (twisting and pulling), twio yop-chagi and the first stance of ageum (knee back)hakdari-seogi. junbi-seogi is the bojumeok moa-seogi (wrapped-up first moa-seogi), in which as the last step of poomsae training, two wrapped-up fists are placed in front of the chin, which has the significance of unification and moderation, so that the spiritual energy can flow freely into the body as well as the two hands. The line of poomsae symbolizes the Buddhist mark (reversed swastika), in commemoration of Saint Wonhyo, which means a state of perfect selflessness in Buddhism where origin, substance and service come into congruity.



# Poomse Ilyeo

Order	Eye dir.	Positon	Stance	Action	Name of Poom
junbi	Ga	Na	moa-seogi	L. hand wide and holds right fist	bojumeok junbi-seogi (covered fist ready stance)
1	Ga1	Ga1	oreun dwitkubi	L.F. put forth	sonnal momtong-makki (hand blade trunk blocking)
2	Ga1	Ga1	oreun apkubi	R.F. put forth	momtong bandae-jireugi (trunk opposite punch)
3	Ga1	Ga1	oreun dwitkubi	L.F. moved to step	keumgang-makki (diamond blocking)
4	Ma1	Na	ditto	L.F. moved to turn	sonnal momtong-makki (hand blade trunk blocking)
5	Ma1	Na	ditto	same posit., and stance	momtong baro-jireugi "kihap" (trunk right punch)
6	Ma1	Na	oreun ogeumseogi	R.F. jumps to step forth	pyonsonkkeut momtong sewo-tzireugi (fingertip trunk erect punch)
7	Ma1	Na	oreunbal wedariseogi	L.F. yop-chagi	wesanteul-makki (single hand wide open blocking)
8	Ma1	Ma1	oreun dwitkubi	L.F. steps down	otkoreo olgul-makki (outer wrist face cross blocking)
9	Ma1	Ma1	oreun apkubi	R.F. forth. twists and pulls the punching wrist	momtong bandae-jireugi (trunk opposite punch)
10	Ra1	Ra1	oreun dwitkubi	L.F. moved to step down	keumgang-makki (diamond blocking)
11	Ga1	Na	ditto	L.F. moved to turn	sonnal momtong-makki (hand blade trunk bloking)
12	Ga1	Na	ditto	feet at their places	momtong baro-jireugi (trunk right punch)
13	Ga1	Na	oreun ogeum-s.	R.F. jumps to step forth pyonsonkkeut	momtong sewo-tzireugi, "kihap" (fingertip trunk erect punch)
14	Da1	Na	oreun wedari-s.	L.F. yop-chagi	wesanteul-makki (single hand wide open blocking)
15	Da1	Da1	oreun dwitkubi	L.F. steps down	otkoreo olgul-makki (outer wrist face cross blocking)
16	Da1	Da1	oreun apkubi twists and pulls the crossed wrist,	R.F. put forth	momtong bandae-jireugi (trunk opposite punch)
17	Ma2	Ma2	oreun dwitkubi	L.F. moved to step down	keumgang-makki (diamond blocking)
18	Ra1	Da1	moa-seogi	R.F. remains, body turned left, L.F. pulled in dujumeok	heori-seogi (fists on the waist stance)
19	Ra1	Ra1	oreun dwitkubi	R.F. ap-chagi,	one step forth, L.F. jumps to make yop-chagi, step
20	Ra1	Ra1	oreun apkubi twists and pull the wrist,	R.F. put forth	momtong bandae-jireugi (trunk opposite punch)
21	Ga2	Ga2	oreun	L.F. moved to step	keumgang-makki

			dwitkubi	down	(diamond blocking)
22	Da1	Ra1	moa-seogi	R.F. remains, body turns left,	L.F. pulled in dujumeok heori-seogi (fists on the waist stance)
23	Da1	Na	wen dwitkubi	L.F. ap-chagi, one step forth,	R.F. jumps to make yop-chagi, forth otkoreo olgul-makki (outer wrist face cross blocking)
keuman	Ga	Na	Naranhi seogi	L.F. pulled	Kibon junbi-seogi (basic ready stance)