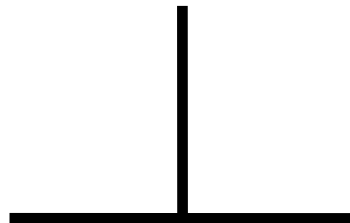


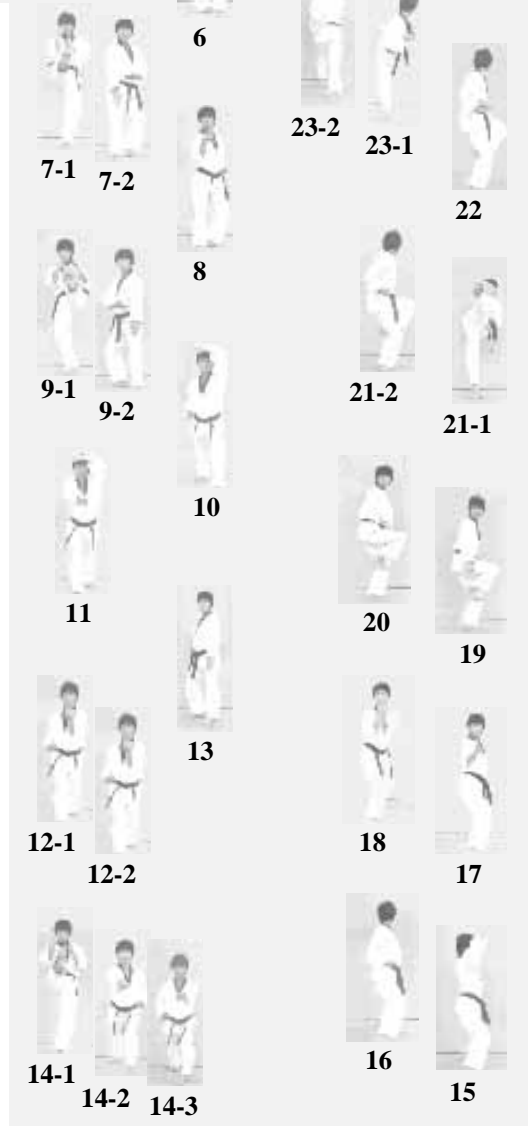
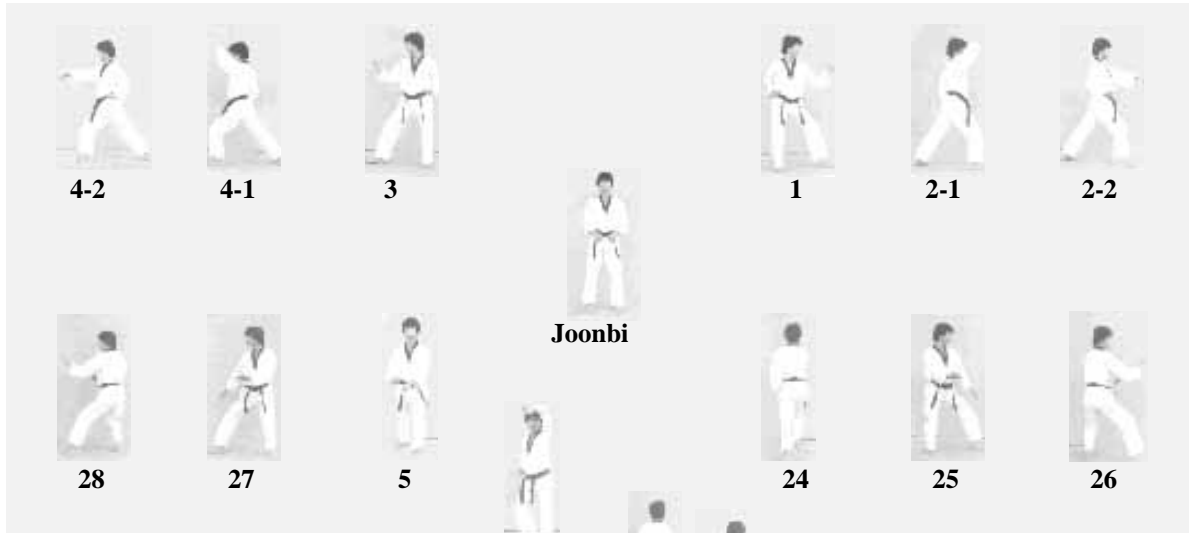
## Poomse Jitae



The word "jitae" means a man standing on the ground with the two feet, looking over the sky. A man on the earth represents the way of struggling for human life, such as kicking, treading and jumping on the ground. Therefore, the poomsae symbolizes various aspects occurring in the course of human being's struggle for existence. The new techniques introduced in this poomsae are hansonnal olgul-makki, keumgang momtong-jireugi, and mejumeok yop pyojeok-chigi only, and the poomsae line signifies a man standing on the earth to spring up toward the heaven.

# POOMSE JITAE'S POOMSE-LINE

Na



Ga

# Poomse Jitae

Order	Eye dir.	Positon	Stance	Action	Name of Poom
	junbi	Ga	Na	naranhi-seogi	kibon junbi-seogi (basic ready stance)
1	Da	Da	oreun dwitkubi	L.F. put forth	momtong yop-makki (trunk side blocking)
2	Da	Da	oreun apkubi	R.F. forth, olgul-makki	momtong baro-jireugi (trunk right punch)
3	Ra	Ra	wen dwitkubi	R.F. changes step, turn around	momtong yop-makki (trunk side blocking)
4	Ra	Ra	wen apkubi	L.F. forth, olgul-makki	momtong baro-jireugi (trunk right punch)
5	Ga	Ga	wen apkubi	L.F. changes step, turn	arae-makki (underneath blocking)
6	Ga	Ga	oreun dwitkubi	L.F. slightly pulled in	wenhansonnal olgul-makki (left one hand blade face blocking)
7	Ga	Ga	wen dwitkubi	R.F. ap-chagi, forth	sonnal arae-makki (hand blade underneath blocking)
8	Ga	Ga	ditto	same position, stance	momtong bakkat-makki (trunk outer blocking)
9	Ga	Ga	oreun dwitkubi	L.F. ap-chagi, forth	sonnal arae-makki (hand blade underneath blocking)
10	Ga	Ga	wen apkubi	L.F. pushed slightly forth	olgul-makki (face blocking)
11	Ga	Ga	oreun apkubi	R.F. put forth	keumgang ap-jireugi (diamond front punch)
12	Ga	Ga	ditto	same posit., stance; momtongan-makki	momtong makki (trunk blocking)
13	Ga	Na	oreun dwitkubi	R.F. retrieved to step	wen hanssonal arae-makki (left one hand blade underneath blocking)
14	Ga	Na	wen apkubi	R.F. ap-chagi, retrieved to step down	momtong dubeon-jireugi (trunk double punch)
15	Da	Na	Juchum-seogi	L.F. retrieved to step	hwangso-makki (bull blocking)
16	Na	Na	ditto	same posit. and stance	wenpalmok arae yop-makki (left wrist underneath side blocking)
17	Ga	Na	ditto	same stance	oreun hanssonal momtong-makki (right one hand blade trunk blocking)
18	Ga	Na	ditto	same stance "kihap <sub>j</sub> ± (left hammer fist target hitting)	
19	Ga	Na	wen hakdari seogi	L.F. remains, R.F. pulled in	arae yop-makki (underneath side blocking)
20	Ga	Na	ditto	same stance, left	jageun doltzeogwi

				waist	(smaller hinge)
21	Ga	Na	oreun hakdari	R.F. ap-chagi, steps down on L.F. postion	wenpalmok arae yop-makki (left wrist underneath sice blocking)
22	Na	Na	ditto	same stance, right waist	jageun doltzeogwi (smaller hinge)
23	Na	Na	wen apkubi	L.F. yop-chagi, and forth	momtong baro-jireugi (trunk right punck)
24	Na	Na	oreun apkubi	R.F. put forth	momtong bandae-jireugi, "kihap <sub>i</sub> ± (trunk opposite punch)
25	Da	Da	oreun dwitkubi	L.F. moves to turn	sonnal arae-makki (hand blade trunk blocking)
26	Da	Da	wen dwitkubi	R.F. put forth	sonnal momtong-makki (hand blade trunk blocking)
27	Ra	Ra	ditto	R.F. moves to turn	sonnal arae-makki (hand blade underneath blocking)
28	Ra	Ra	oreun dwitkubi	L.F. put forth	sonnal momtong-makki (hand blade trunk blocking)
keuman	Ga	Na	naranhi seogi	R.F. remains, L.F. moves to turn	kibon junbi-seogi (basic ready stance)