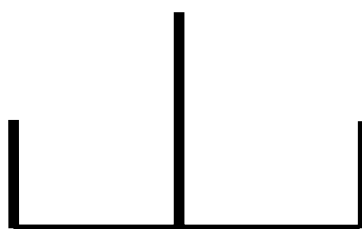


POOMSE KEUMGANG



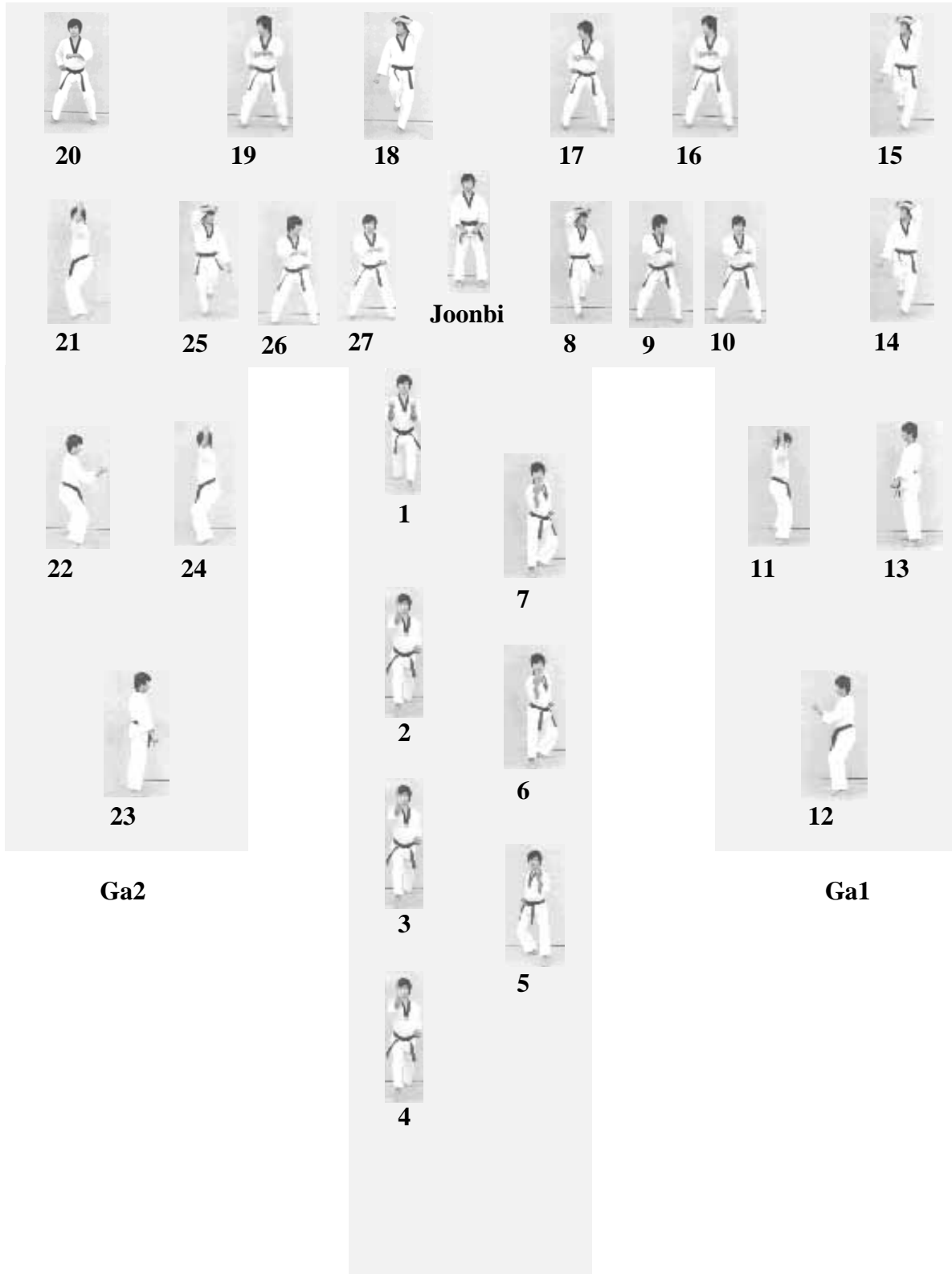
Keumgang(meaning diamond) has the significance of "hardness" and "ponderosity". The Mt.Keumgang on the Korean peninsula, which is regarded as the center of national spirit, and the "Keumgang yoksa" (diamond warrior) as named by Buddha, who represents a mightiest warrior, are the background of denominating this poomsae. New techniques introduced in this poomsae are batangson teok-chigi, hansonnal momtong an-makki, Keumgang-makki, santeul-makki, kheun doltzeogwi (large hinge), etc. , and the hakdari-seogi. The poomsae line symbolizes a mountain displayed by the Chinese letter. The movements should be powerful and well-balanced so as to befit black-belter's dignity.

POOMSE KEUMGANG'S POOMSE-LINE

Na

Ra

Da



Ga

POOMSE KEUMGANG

Order	Eye dir.	Positon	Stance	Action	Name of Poom
	junbi	Ga	Na	naranhi-seogi	kibon junbi-seogi (basic ready stance)
1	Ga	Ga	wen apkubi	put forth foot	anpalmok momtong hecho-makki (inner wrist trunk push blocking)
2	Ga	Ga	oreun apkubi	ditto	oreun batangson teok-chigi (right palm hand jaw hitting)
3	Ga	Ga	wen apkubi	ditto	wenbatangson teok-chigi, (left palm hand jaw hitting)
4	Ga	Ga	oreun apkubi	ditto	oreun batangson teok-chigi (right palm hand jaw hitting)
5	Ga	Na	oreun dwitkubi	foot retrieved, step	wenhansonnal momtong-makki (left one hand blade trunk blocking)
6	Ga	Na	wen dwitkubi	ditto	oreun hansonnal momtong-makki (right one hand blade trunk blocking)
7	Ga	Na	oreun dwitkubi	ditto	wenhansonnal momtong-makki (left one hand blade trunk blocking)
8	Da	Na	oreun hakdari	L.F. pulled up	keumgang-makki (diamond blocking)
9	Da	Da	juchum-seogi	L.F. steps down	kheun doltzeogwi (bigger hinge)
10	Ga2	Da	ditto	body turned leftward, R.F. moves to step, then L.F. follows (turn 360 degrees)	ditto (j°)
11	Ga1	Ga1	ditto	R.F. lifted, downward pounding	santeul-makki, j°kihapj± (wide open blocking)
12	Ra	Ga1	ditto	body turned rightward, L.F. moved to step (180 degrees turn)	anpalmok momtong hecho-makki (inner wrist trunk push blocking)
13	Ra	Ga1	naranhi-seogi	L.F. slightly pulled, raising body	arae hecho-makki (underneath push blocking)
14	Da	Da	juchum-seogi	body turned rightward, L.F. lifted, downward pounding (180 deg. turn)	santeul-makki (wide open blocking)
15	Ra	Da	wen hakdari-seogi	body turned rightward, R.F. pulled	keumgang-makki (diamond blocking)
16	Ra	Na	juchum-seogi	R.F. steps down	kheun doltzeogwi (bigger hinge)
17	Ra	Na	ditto	body turns rightward, L.F. changes step, R.F. follows(360 deg. turn)	ditto (j°)

18	Ra	Na	wen hakdari-seogi	R.F. lifted up	keumgang-makki (diamond blocking)
19	Ra	Na	juchum-seogi	R.F. steps down	kheun doltzeogwi (large hinge)
20	Ga2	Ra	ditto	body turns rightward, L.F. changes step, R.F. follows (360 deg.turn)	ditto (i°)
21	Ga2	Ga2	ditto	L.F. lifted, pounding down	santeul-makki, i° kihapi \pm (wide open blocking)
22	Da	Ga2	ditto	body turns left, R.F. lifted, pounding down (180 deg.turn)	anpalmok momtong hecho-makki (inner wrist trunk push blocking)
23	Da	Ga2	naranhi-seogi	R.F. pulled, raising body	arae hecho-makki (underneath puch blocking)
24	Ra	Ra	juchum-seogi	body turns left, R.F. lifted, pounding down (180 deg. turn)	santeul-makki (wide open blocking)
25	Na	Ra	oreun hakdari	body turns left, L.F. lifted	keumgang-makki (diamond blocking)
26	Na	Na	juchum-seogi	L.F. steps down	kheun doltzeogwi (large hinge)
27	Ga	Na	juchum-seogi	body turns left, R.F. changes step, L.F. follows (360 deg.turn)	kheun doltzeogwi (i°)
keuman	Ga	Na	naranhi seogi	L.F. pulled	kibon junbi-seogi (basic ready stance)