

## Poomse Pyongwon



---

Pyongwon means a plain which is a vast stretched-out land. It is the source of life or all the creatures and the field where human beings live their life. The poomsae Pyongwon was based on the idea of peace and struggle resulting from the principles of origin and use. The new techniques introduced in this poomsae are palkupollyo-chigi, kodureo olgul yop-makki, dangkyo teok-jireugi, meongye-chigi, hecho-santeul-makki, etc. the junbi-seogi is the moa-seogi wenkyopson let overlapping hands, which requires concentration of force in the lower abdomen, the source of body strength, as the land is the beginning and source of human life. The line of poomsae means the origin and transformation of the plain.

# POOMSE PYONGWON'S POOMSE-LINE

Na



Joonbi 1 2 3 4 5 6-1 6-2



20-1 20-2 21-1 21-2



10 9-3 9-2 9-1 8 7 6-3

Ra

Da



16 17-1 17-2 17-3 18 19



15 14-3 14-2 14-1 13-2 13-1 12-2 12-1 11

Ga

# Poomse Pyongwon

Order	Eye dir.	Positon	Stance	Action	Name of Poom
junbi	Ga	Na	Moa-seogi		Kyopson junbi-seogi (overlapped hands ready stance)
1	Ga	Da	Naranhi-seogi	L.F. put forth	Sonnal arae hecho-makki (hand blade push blocking)
2	Ga	Da	Ditto	Same posit., stance	Tongmilgi (tube pushing)
3	Ra	Ra	Wen dwtikubi	R.F. put forth	Hansonnal arae-makki(one hand blade underneath blocking)
4	Da	Ra	Oreun dwtikubi	Same opsit., stance; turn direction	Hansonnal momtong bakkat- makki(one hand blade truunk outer blocking)
5	Da	Da	Wen apkubi	L.F. slightly pushed to step forward	Oreunpalkup ollyo-chigi (right elbow lift up hitting)
6	Da	Da	Wen dwtikubi	R.F. ap-chagi, forth; L.F. yop- chagi, turning body, steps down on da	Sonnal momtong-makki (hand blade trunk blocking)
7	Ra	Ra	Wen dwtikubi	Same postion, stance	Sonnal arae-makki(hand blade underneath blocking)
8	Ga	Na	Juchum- seogi	Same position	Kodureo olgul-makki (cutter wrist face blocking)
9	Ga	Da	Ditto	R.F. lifted, pounds down and stamps	Oreundeungjumeok dangkyo teok-chigi, and the same by the left fist back, kihap (right back fist pull jaw hitting)
10	Ra	Na	Wen apkkoa- seogi	L.F. changes step	Meongye-chigi (yoke hitting)
11	Ra	Ra	Juchum- seogi	R.F. changes step	Hecho santeul-makki (push mountain blocking)
12	Ra	Na	Wen hakdari seogi.	R.F. lifted up	Keumgang makki (diamond blocking)
13	Ra	Ra	Oreun apkubi	R.F. yop-chagi, forth	Wenpalup ollyo-chigi (left elbow lift up hitting)
14	Ra	Ra	Oreun apkubi	L.F. ap-chagi & forth, R.F. yop- chagi(body turning), put on ra	Sonnal momtong-makki (hand blade trunk blocking)
15	Da	Na	Oreun apkubi	Same posit., stance	Sonnal arae-makki (hand blade trunk blocking)
16	Da	Na	Juchum- seogi	Same position	Kodureo olgul-makki (cutter wrist face blocking)
17	Ga	Na	Ditto	L.F. lifted,	Wendeungjumeok dangkyo

					pounds and stamps	teok-chigi, and same with the other fist (left back fist pull jaw hitting)
18	Da	Na	Oreun apkkoa seogi.	R.F. changes step		Meongye chigi (yoke hitting)
19	Da	Na	Juchum-seogi	L.F. changes step		Hecho santeul-makki (push mountain blocking)
20	Da	Na	Oreun hakdari seogi.	L.F. lifted up		Keumgang makki (diamond blocking)
21	Da	Na	Wen apkubi	L.F. yop-chagi, steps down		OreunPalkup pyojeok-chigi (right elbow target hitting)
Keuman	Ga	Na	Moa-seogi	L.F. pulled in		Kyopson junbi-seogi (over-lapped hands ready stance)