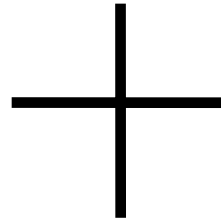


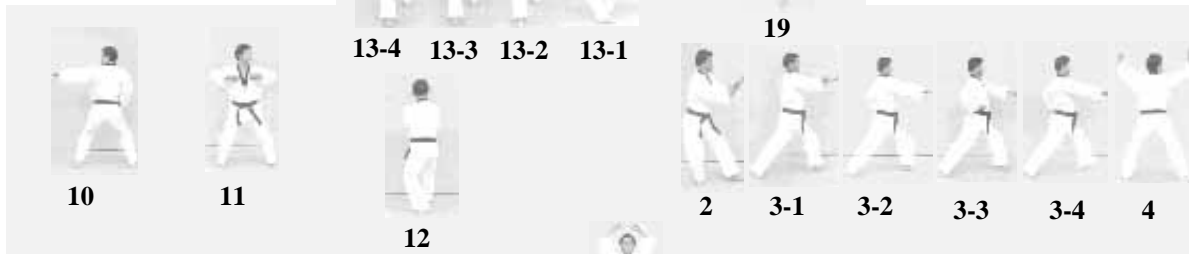
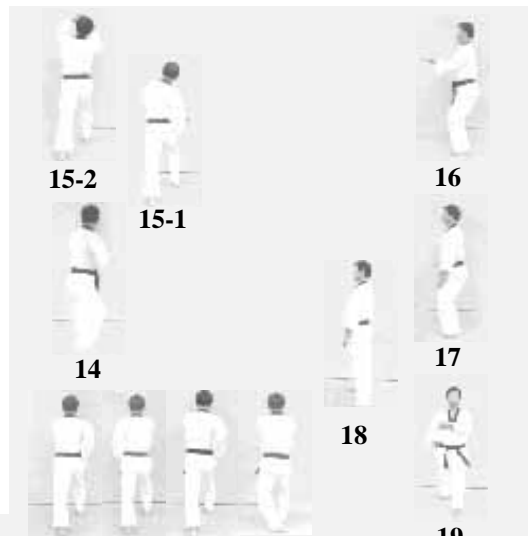
Poomse Sipjin



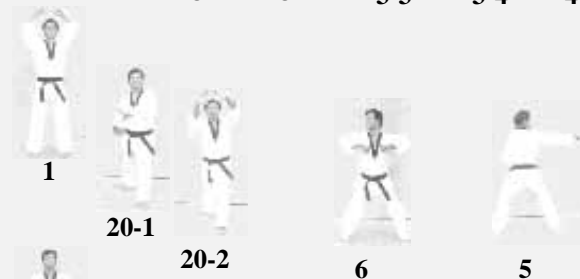
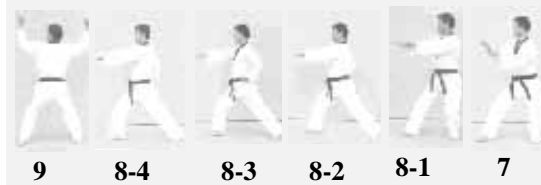
The word sipjin was derived from the thought of 10 longevity, which advocates there are ten creatures of long life, namely, sun, moon, mountain, water, stone, pine tree, herb of eternal youth, tortoise, deer, and crane. They are two heavenly bodies, 3 natural resources, two plants and 3 animals, a giving human being faith, hope and love. The poomsae sipjin symbolizes those things. The new techniques introduced in this poomsae are hwangso-makki (bull makki), sonbadak (palm) kodureo-makki, oeun sonal-tzireugi, sonnal area-makki, bawi milgi (rock pushing), sonnaldeung momtong hecho-makki, kodeo olligi (lifting up), chetari-jireugi (fork-shape jireugi), sonnal otkoreo arrae-makki, sonnladeung momtong-makki, which counts 10. the Chinese letter meaning ten is the form of the poomsae line, which signifies an infinite numbering of the decimal system and ceaseless development

POOMSE SIPJIN'S POOMSE-LINE

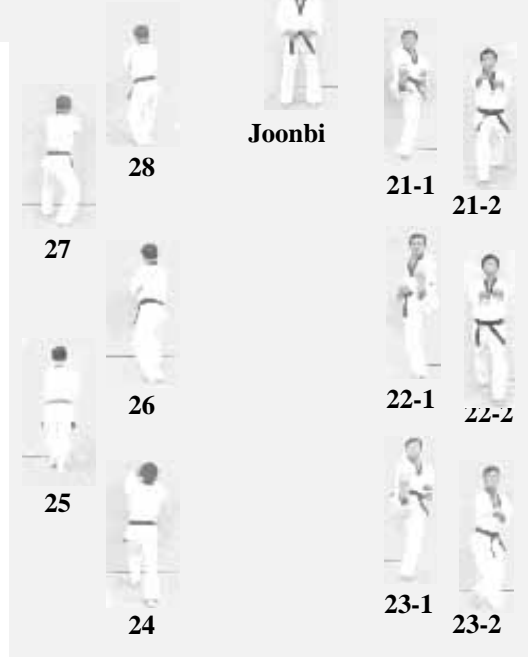
Ma



Ra



Da



Joonbi

Ga

Poomse Sipjin

Order	Eye dir.	Positon	Stance	Action	Name of Poom
Jumbi	Ga	Na	Naranhi-seogi		Kibon jumbi-seogi (basic ready stance)
1	Ga	Na	Naranhi-seogi	Two fist pulled up	Hwangso-maki (bull blocking)
2	Da	Da	Oreun dwitkubi	Two fists opened, L.F. put forth	Sonbadak kodureo momtong bakkat-makki(palm hand assist trunk outer blocking)
3	Da	Da	Wen apkubi	L.F. slightly pushed forth, oreun pyonson-kkeut opeotzireugi	Momtong dubeon-jierugi (trunk double punch)
4	Da	Da	Juchum-seogi	R.F. put forth(body toward ma)	Hecho santeul-makki (push mountain blocking)
5	Da	Da	Ditto	L.F. apkkoa-seogi(by change of step), R.F. changes step	Yop-jireugi, kihap (side punch)
6	Ra	Na	Ditto	L.F. remains R.F. put forth(body ga dir.)	Meongye-chigi (yoke hitting)
7	Ra	Na	Wen dwitkubi	R.F. remains, L.F. pulled to modumbal, instantly R.F. forth	Sonbadak kodureo momtong bakkat-makki(palm hand assist trunk outer blocking)
8	Ra	Ra	Oreun apkubi	R.F. slightly pushed forth, wenpyonson-kkeut opeo-tzireugi	Momtong dubeon-jireugi (trunk double punch)
9	Ra	Ra	Juchum-seogi	L.F. forth(body ma directions)	Hecho santeul-makki (push mountain blocking)
10	Ra	Ra	Ditto	R.F. apkoa-seogi(by change of ste), L.F. also changes step	Yop-jireugi kihap (side punch)
11	Da	Na	Ditto	R.F. remains, L.F. forth(body ga dir.)	Meongye-chigi (yoke hitting)
12	Ma	Na	Wen dwitkubi	L.F. remains, turn and R.F. changes step	Sonbadak kodureo montong bakkat-makki(palm-hand assist trunk outer blocking)
13	Ma	Ma	Oreun apkubi	R.F slightly pushed forth, wen pyonson-kkeut opeo-tzireugi	Momtong dubeon-jireugi (trunk double punch)
14	Ma	Ma	Oreun	L.F. put forth	Sonnal area-makki(hand blade

			dwitkubi		underneath blocking)	
15	Ma	Ma	Oreunapkubi	R.F. put forth	Bawi-milgi(rock pushing)	
16	Ra	Ra	Juchum-seogi	R.F remains, L.F. slightly pulled in	Sonnaldeung momtong hecho-makki(back hand blade trunk push blocking)	
17	Ra	Ma	Ditto	Feet remain	Sonnal area hecho-makki (hand blade underneath push blocking)	
18	Ra	Ma	Ditto	Ditto	Area hecho-makki (underneath-push blocking)	
19	Ga	Na	Wen apkubi	R.F remains, L.F. slightly pushed forth	Lift-up	
20	Ga	Na	Ditto	Same posit, stance	Bawi-milgi (rock pushing)	
21	Ga	Na	Erun apkubi	R.F. ap-chagi. Forth	Chetdari-jireugi (folkok-shape punch)	
22	Ga	Ga	Wen apkubi	L.F ap-chagi, forth	Ditto	
23	Ga	Ga	Wen dwikko s.	R.F. ap-chagi, forth	Deungjumeok kodureo olgulap-chigi, kihap(back fist assist face hitting)	
24	Na	Na	Wen akubi	R.F. remains, L.F. pulled in	Bawi-milgi (rock pushing)	
25	Na	Na	Wen beom-seogi	R.F. remains, L.F. pulled in	Sonnal otkoreo area-makki(hand blade cross underneath blocking)	
26	Na	Na	Wen dwitkubi	R.F. put forth	Sonnaldeung momtong-makki (back hand blade trunk blocking)	
27	Na	Na	Oreun dwitkubi	L.F. put forth	Chetdari-jireugi (folk shape unch)	
28	Ma	Ma	Wen dwitkubi	R.F. put forth	Ditto(")	
keuman	Ga	Na	Naranhi seogi	L.F. pulled	Kibon jumbi-seogi (basic ready stance)	