

Techniques du Keumgang Poomse

Ordre	Position	Action
Junbi	naranhiseogi	kibon junbiseogi
1	wen apkubi	anpalmok momtong hecho makki
2	oreun apkubi	oreun batangson teokchigi
3	wen apkubi	wen batangson teokchigi
4	oreun apkubi	oreun batangson teokchigi
5	oreun dwitkubi	wen hanssonal momtong makki
6	wen dwitkubi	oreun hanssonal momtong makki
7	oreun dwitkubi	wen hanssonal momtong makki
8	oreun hakdari seogi	keumgang makki
9	juchum seogi	kheun doltzeogi
10	juchum seogi	kheun doltzeogi
11	juchum seogi	santeul makki, kihap
12	juchum seogi	anpalmok momtong hecho makki
13	naranhiseogi	arae hecho makki
14	juchum seogi	santeul makki
15	wen hakdari seogi	keumgang makki
16	juchum seogi	kheun doltzeogi
17	juchum seogi	kheun doltzeogi
18	wen hakdari seogi	keumgang makki
19	juchum seogi	kheun doltzeogi
20	juchum seogi	kheun doltzeogi
21	juchum seogi	santeul makki, kihap
22	juchum seogi	anpalmok momtong hecho makki
23	naranhiseogi	arae hecho makki
24	juchum seogi	santeul makki
25	oreun hakdari seogi	keumgang makki
26	juchum seogi	kheun doltzeogi
27	juchum seogi	kheun doltzeogi
Baro	naranhiseogi	kibon junbiseogi