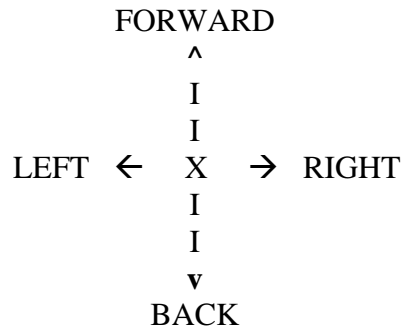


GRANT'S FAMILY MARTIAL ARTS CENTER

POOMSE

Poomse is a series of movements that incorporate various blocks, kicks and punches that have been learned at each belt level. For the following forms, use the following rules. Read each line from left to right. Always start facing forward. CW means turn clockwise (right) and CCW means turn counter-clockwise (left). Number tells how many degrees to turn and the letter tells what direction you will be facing after the turn (L-left, R-right, F-forward, B-back). See diagram below for direction of movements.



GRANT'S FAMILY MARTIAL ARTS CENTER

TIGER ONE

The creative force which inhibits all physical forms. It is powerful and aggressive, and it is represented by heaven and light. This form is the base for all other forms. With practice, you should end exactly where you started. This form introduces the Long Stance. When performed correctly, the weight of your body is 75% on the front leg. Your hips and shoulders are parallel to each other and perpendicular to your movement. The step that is taken will be a movement that allows for your leg to move in toward the other leg, and then, moves forward and outward at a 45 degree angle. Your feet should be about one and one half shoulder's width apart and as far forward as possible. BEND your forward knee. Only the low block and middle punches are used. The form is exactly the same moving forward, as it is when moving back to the original position. ALL FORMS START WITH YOU FACING FORWARD.

From Joon-bi:

<u>Turn</u>	<u>Face</u>	<u>Foot Movement</u>	<u>Stance</u>	<u>Hand Movement</u>
CCW 90	L	Step L foot	Long Stance	Low block L hand
		Step R leg	Long Stance	Middle punch R hand
CW 180	R	Step R foot	Long Stance	Low block R hand
		Step L leg	Long Stance	Middle punch L hand
CCW 90	F	Step L foot	Long Stance	Low block L hand
		Step R foot	Long Stance	Middle punch R hand
		Step L foot	Long Stance	Middle punch L hand
		Step R foot	Long Stance	Middle punch R hand <yell> KI-AP
CCW 270	R	Step LEFT foot	Long Stance	Low block L hand
		Step R foot	Long Stance	Middle punch R hand
CW 180	L	Step R foot	Long Stance	Low block R hand
		Step L foot	Long Stance	Middle punch L hand
CCW 90	B	Step L foot	Long Stance	Low block L hand
		Step R foot	Long Stance	Middle punch R hand
		Step L foot	Long Stance	Middle punch L hand
		Step R foot	Long Stance	Middle punch R hand <yell> KI-AP
CCW 270	L	Step LEFT foot	Long Stance	Low block L hand
		Step R foot	Long Stance	Middle punch R hand
CW 180	R	Step R foot	Long Stance	Low block R hand
		Step L foot	Long Stance	Middle punch L hand

Wait for instructor to release you.

GRANT'S FAMILY MARTIAL ARTS CENTER

TIGER TWO

This form introduces the face block which replaces the middle punches in TIGER ONE when moving forward or back toward the original starting position. Every move is performed in the Long Stance.

From Joon-bi:

<u>Turn</u>	<u>Face</u>	<u>Foot Movement</u>	<u>Stance</u>	<u>Hand Movement</u>
CCW 90	L	Step L foot	Long Stance	Low block L hand
		Step R leg	Long Stance	Middle punch R hand
CW 180	R	Step R foot	Long Stance	Low block R hand
		Step L leg	Long Stance	Middle punch L hand
CCW 90	F	Step L foot	Long Stance	Low block L hand
		Step R foot	Long Stance	Face block R hand
		Step L foot	Long Stance	Face block L hand
		Step R foot	Long Stance	Middle punch R hand <yellow> KI-AP
CCW 270	R	Step LEFT foot	Long Stance	Low block L hand
		Step R foot	Long Stance	Middle punch R hand
CW 180	L	Step R foot	Long Stance	Low block R hand
		Step L foot	Long Stance	Middle punch L hand
CCW 90	B	Step L foot	Long Stance	Low block L hand
		Step R foot	Long Stance	Face block R hand
		Step L foot	Long Stance	Face block L hand
		Step R foot	Long Stance	Middle punch R hand <yellow> KI-AP
CCW 270	L	Step LEFT foot	Long Stance	Low block L hand
		Step R foot	Long Stance	Middle punch R hand
CW 180	R	Step R foot	Long Stance	Low block R hand
		Step L foot	Long Stance	Middle punch L hand

Wait for instructor to release you.

GRANT'S FAMILY MARTIAL ARTS CENTER

TIGER THREE

This form introduces the Back Stance and In-to-Out Chest Block. To perform a proper Back Stance, the weight of your body should be 75% on your back leg. Your feet should be perpendicular to each other (L shaped), and your knees bent. Your Hips and shoulders will still be parallel to the original starting position after the first move. Only your head will turn to the left and your left hand will perform an in-to-out chest block. The right hand will protect your solar plexus. To go from the Back Stance to the Long Stance, twist your hips and your shoulders prior to your punches. Remember to keep your shoulders and hips parallel to each other when performing in the Long Stance. This form also initiates a kick followed by a punch.

From Joon-bi:

<u>Turn</u>	<u>Face</u>	<u>Foot Movement</u>	<u>Stance</u>	<u>Hand Movement</u>
CCW 90	L	Step L foot	<i>Back Stance</i>	In-to-out chest block L hand
		Step R foot	Long Stance	Middle punch R hand
CW 180	R	Step R foot	<i>Back Stance</i>	In-to-out chest block R hand
		Step L foot	Long Stance	Middle punch L hand
CCW 90	F	Step L foot	Long Stance	Low block L hand
		Front kick R foot	Long Stance	Middle punch R, then L hand
		Front kick L foot	Long Stance	Reverse middle punch R hand
		Front kick R foot	Long Stance	Reverse middle punch L hand <yell> KI-AP
CCW 270	R	Step L foot	<i>Back Stance</i>	In-to-out chest block L hand
		Step R foot	Long Stance	Middle punch R hand
CW 180	L	Step R foot	<i>Back Stance</i>	In-to-out chest block R hand
		Step L foot	Long Stance	Middle punch L hand
CCW 90	B	Step L foot	Long Stance	Low block L hand
		Front kick R foot	Long Stance	Middle punch R, then L hand
		Front kick L foot	Long Stance	Reverse middle punch R hand
		Front kick R foot	Long Stance	Reverse middle punch L hand <yell> KI-AP
CCW 270	L	Step L foot	<i>Back Stance</i>	In-to-out chest block L hand
		Step R foot	Long Stance	Middle punch R hand
CW 180	R	Step R foot	<i>Back Stance</i>	In-to-out chest block R hand
		Step L foot	Long Stance	Middle punch L hand

Wait for the instructor to release you.