


# WTF *Poomsae* Standardization Addendum

Addendum to the *Poomsae* descriptions

This addendum is to the 1996 edition of “Taekwondo”  
by Grand Master Yong Chin Pak

Only differences between the descriptions in the textbook and the descriptions issued by the World Taekwondo Federation (WTF) in their 2004 release of standardizations are noted. This addendum addresses *Taegeuk* 1-8 and *Palgwa* 1-8. Future updates will also address the *Yudanja* series of *poomsae*.

This addendum was last updated on 4/7/2005.  
Additions/changes since the last edition are noted with an arrow in the right margin of the line(s) with the change/addition. (  )

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Please note: only the moves and the forms with differences in relation to Master Pak's 1996 textbook version have been noted. Specific differences and notations are highlighted in bold print.

### Palgwaee Poom`sae

#### PALGWAE IL-JANG

10. Move the right foot one step forward toward "E" forming a right back stance (hoo-gul suh-gi) while executing a **middle block (mom-tong mak-ki)** with right arm.

12. Move the left foot one step forward toward "F" forming a left back stance (hoo-gul suh-gi) while executing a **middle block (mom-tong mak-ki)** with left arm.

#### PALGWAE YI-JANG

15. Move the left foot one step forward toward "C" forming a left back stance (hoo-gul suh-gi) while executing a **middle block (mom-tong mak-ki)** with left arm.

#### PALGWAE SAM-JANG

No changes

#### PALGWAE SA-JANG

23. **Keep the right foot fixed, sliding left foot in to close with the right foot. Planting the left foot, slide the right foot toward "B" into horse stance (*kima suh-gi*)** while looking and executing a down block (*ha-dan mak-ki*) toward "B" with right arm.

#### PALGWAE OH-JANG

13. Move the right foot one step forward toward "D", **stomping the right foot as you are** forming a right front stance (*choon-gul suh-gi*) while executing a right-hand spear-hand strike (hand is vertical) with simultaneous left pressing block (*kwon-su chir-u-ki*). Yell (kiap).

17a. Do side kick (*yup cha-gi*) with left foot toward "E" **while also executing a left hand outside hammer fist strike (*yup joo-muk naeryun chagi*)**. (Note: arm should be parallel with leg, side kick target is mid-chest.)

Palgwae Oh-jang (continued)

22a. Do side kick (*yup cha-gi*) with right foot toward “F” **while also executing a right hand outside hammer fist strike (*yup joo-muk naeryun chagi*)**. (Note: arm should be parallel with leg, side kick target is mid-chest.)

25. Move the right foot one step toward “C” form a right back stance (*hoo-gul suh-gi*) while executing a right **double fist down block (*ssang pal-mok ha-dan mak-ki*)**.

26. Move the left foot one step forward toward “C” forming a left back stance (*hoo-gul suh-gi*) while executing a left **double fist down block (*ssang pal-mok ha-dan mak-ki*)**.

PALGWAE YOOK-JANG


10b. Drop right foot toward “E” forming a right front stance (*choon-gul suh-gi*) while executing middle punch (*choon-dan chi-ki*) with **right** fist.

**10c. Keeping both feet fixed, immediately execute a left middle punch (*choon-dan chi-ki*)**.

13b. Drop left foot toward “F” forming a left front stance (*choon-gul suh-gi*) while executing a middle punch (*choon-dan chi-ki*) with **left** fist.

**13c. Keeping both feet fixed, immediately execute a right middle punch (*choon-dan chi-ki*)**.

PALGWAE CHIL-JANG

17. Twist the x-fist block to the right while pulling **the right fist** downward toward the right side. **Bring the right hand all the way to the belt level while leaving the left hand extended, as if to brush aside a blow.** Follow with a high punch (*sang dan chi-ki*) with the right hand, bringing the left hand back to belt level simultaneously. Yell (*kiap*) with the punch. 

19. Turn the body to the left toward “C” and slide the left foot into left front stance (*choon-gul-suh-gi*), while executing a **knife-hand strike (*su-do yup taeriki*)** with left hand.

20b. Drop the right foot toward “C” forming a **horse stance (*kima suh-gi*)** while executing a right elbow strike (*pal-gum-chi chi-ki*) to the left palm.

21. Withdraw **using a** sliding stance (*mikeuembal*) toward “C”, forming a left **back stance (*hoo-gul suh-gi*)**, while executing a left diamond block (*hok da-lee suh-gi mak-ki*). Look toward “D”.

## PALGWAE PAL-JANG

2. Keep the right foot fixed. Turn the body to the right, **executing a left wrist escape (*wiro-paegi*)** and bring the left fist in a large circular motion into a left hammer fist (*joo-muk naer-yeun chi-ki*), **while simultaneously bringing the left foot back into a left “L” stance (*wen suhgi*)**. The hammer-fist strike should end at shoulder level.
5. Keep the left foot fixed. Turn the body to the left, **executing a right wrist escape (*wiro-paegi*)** and bring the right fist in a large circular motion into a right hammer fist (*joo-muk naer-yeun chi-ki*), **while simultaneously bringing the right foot back into a right “L” stance (*oreun suhgi*)**. The hammer-fist strike should end at shoulder level.
10. Move the right foot one step toward “D” forming a right front stance (*choon-gul suh-gi*) while executing a **middle punch (*choong dan chi-ki*)** with the right fist. Yell (*kiap*).
12. Turn the body slightly to the right, step forward with left foot **toward starting point (C) approximately 12”**, while still looking toward “E”, and **simultaneously execute a left wrist escape (*wiro paegi*)**, bringing the left hand, palm open, nearly to right shoulder, with palm up.
13. Turn the body back to the left slightly, **step left foot back toward “E” along line of travel F-E**, into left horse stance (*kima suhgi*), keeping the right foot fixed, while executing an unassisted left elbow strike (*pal-gum chi chi-ki*). **Left palm is still open.**
16. Bring left foot **back onto the line of travel E-F**, forming horse stance (*kima sughi*), **bringing left fist to left hip, right fist above left fist on left hip**, look to the right toward “F”. (Note: there is no elbow strike or hook punch in this motion.)
18. Turn the body slightly to the left, step forward with right foot **toward starting point (C) approximately 12”**, while still looking toward “F”, and **simultaneously execute a right wrist escape (*wiro paegi*)**, bringing the right hand, palm open, nearly to left shoulder, with palm up.
19. Turn the body back to the right slightly, **step right foot back toward “F” along line of travel E-F**, into right horse stance (*kima suhgi*), keeping the left foot fixed, while executing an unassisted right elbow strike (*pal-gum chi chi-ki*). **Right palm is still open.**
22. Bring right foot **back onto the line of travel F-E**, forming horse stance (*kima sughi*), **bringing right fist to right hip, left fist above right fist on right hip**, look toward “C”. (Note: there is no elbow strike or hook punch in this motion.)

## Palgwae Pal-jang (continued)

- 24a. Chamber left foot through crane stance (*haktari sughi*) and execute left side kick (*yup chagi*) **with simultaneous left side hammer-fist (*yup joo-muk naeryun chiki*) toward "C". Target for side kick is mid-chest, left arm and left leg should be parallel to each other.**
- 24b. Drop the left foot toward "C" forming a left front stance (*choon-gul suh-gi*) while executing a right **high section** elbow strike (*pal-gum-chi chi-ki*) to left palm.
25. **Pivot on the right foot, slide the left foot forward toward "A" so that it is now on the center line C-D with the right foot, forming a horse stance (*kima sughi*), bring left fist to left hip, right fist above left fist on left hip, and look toward "D". (Note: there is no elbow strike or hook-punch in this motion.)**
- 27a. Execute right side kick (*yup chagi*) **with simultaneous right side hammer-fist (*yup joo-muk naeryun chiki*) toward "D". Target for side kick is mid-chest, right arm and right leg should be parallel to each other.**
- 27b. Drop the right foot toward "D" forming a right front stance (*choon-gul suh-gi*) while executing a right **high section** elbow strike (*pal-gum-chi chi-ki*) to left palm.
30. Move the left foot one step forward toward "C", forming a left back stance (*hoo-gul suh-gi*) while executing a left **knife-hand middle-section block (*hahn sohn-nal mon-tong mak-ki*) [motion is from outside to inside – as if blocking the wrist of an opponent's punch at your face].**
31. Twist the left hand **over the imagined wrist of the opponent's punch**, pivot on the left foot, sliding the right foot 180-degrees to the right forming a **horse stance (*kima sughi*)** toward "C" and execute an unassisted backward elbow strike (*palgumchi chiki*) with right arm. Look over right shoulder toward "A". **[target of elbow strike is opponent's exposed kidney area]. Palm of right hand is up, hand is open.**
32. Bring the left foot to the right foot while turning the body 90-degrees to the left so you are facing "D", feet are in attention (*charyut*) stance. **Bring hands together solar-plexus high, palms open and toward you, left is outside of right.** Execute a **slow** low section crossed-palms block. **Block ends at the groin, hands are still together. Approximately 3 seconds to execute.**
33. **Explosively** move the left foot toward "A" forming a horse stance (*kima suhgi*) while executing a double elbow strike (*palgumchi chiki*). **Palms are flat, facing down, and are shoulder-high.**
34. Maintaining a horse stance (*kima sughi*) slide both feet toward "B" while executing a **right middle-section elbow strike and a left hook punch over the right shoulder**, looking backward over the right shoulder. **Right hand is open, palm facing up.** ←
35. Maintaining a horse stance (*kima sughi*) slide both feet toward "A" while executing a **left middle-section elbow strike and a right hook punch over the left shoulder**, looking backward over the left shoulder. **Left hand is open, palm facing up. Yell** ←  
(*kiap*).

**Taeguk Poom`sae**

The Taeguk forms are presented with recommended durations by the WTF. It is expected that the forms will be performed within these time-frame guidelines.

**TAEGUEK IL-JANG – 18”-24”**

No other changes.

**TAEGUEK YI-JANG – 20”-25”**

No other changes.


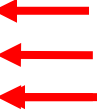


**TAEGUEK SAM-JANG – 22”-27”**

No other changes.


**TAEGUEK SA-JANG – 28”-32”**

No other changes.


**TAEGUEK OH-JANG - 30”-35”**

2. Bring left foot back to form a **left “L” stance (*wen suhgi*)** [feet form an “L”, are **approximately shoulder width apart, knees straight, weight is 50/50**], **turn the body slightly to the right and execute a low-section left wrist escape (*wiro paegi*)** while executing a large circular motion of the left arm, end with a shoulder-level left hammer fist (*joo-muk naeryeun chiki*). 
4. Bring right foot back to form a **right “L” stance (*oreun suhgi*)** [feet form an “L”, are **approximately shoulder width apart, knees straight, weight is 50/50**], **turn the body slightly to the left and execute a low-section right wrist escape (*wiro paegi*)** while executing a large circular motion of the right arm, end with a shoulder-level right hammer fist (*joo-muk naeryeun chiki*). 
10. Move right foot one step forward into a right front stance (*choon-gul suh-gi*) while executing a **high section** assisted right elbow strike (*pal-gum-chi chiki*), right fist in palm of left hand. (**Note: The open left hand comes back no further than to mid-chest, the right fist is brought to the left hand.**) 
12. Move left foot one step forward into a left front stance (*choon-gul suh-gi*) while executing a **high section** assisted left elbow strike (*pal-gum-chi chiki*), left fist in palm of right hand. (**Note: The open right hand comes back no further than to mid-chest, the left fist is brought to the left hand.**) 

Taeguk Oh-jang (continued)

16a. Execute a mid-section side kick (yup cha-gi) with right foot toward "F" **while also executing a right hand side punch (yup jureugi).** 

16b. (Note: the target for the elbow strike is mid-chest).

18a. Execute a mid-section side kick (yup cha-gi) with left foot toward "E" **while also executing a left hand side punch (yup jureugi).** 

18b. (Note: the target for the elbow strike is mid-chest.)

20b. **Slide** (don't leap!) one step forward forming a right cross-leg stance (*kyo-cha suh-gi*) while executing a forward right backfist (*son-deung chi-ki*). Yell (*kiap*) with backfist.

TAEGUEK YOOK JANG 35" – 40"

5. Turn body to the left, moving left foot toward "D" forming a left front stance (choon-gul suh-gi) while executing a right knifehand **mid-section block** (han sohn-nal chuk-kyo mak-ki). **Hand should** be about face-height, arm at 45-degree angle, rotated 45-degrees on central axis of arm.

6. Execute a roundhouse kick (tol-lyo cha-gi) toward "D" with right foot, **striking with ball of foot.**

11. Turn body left, moving left foot back to face "D" forming a ready stance (jhoon-bi) while slowly executing (eight count) an open crossing block with both arms.

12. Move right foot one step forward toward "D" forming a right front stance (choon-gul suh-gi) while executing a left knifehand **mid-section block** (han sohn-nal chuk-kyo mak-ki). **Hand should be about face-height, arm at 45-degree angle, rotated 45-degrees on central axis of arm.**

13. Execute a roundhouse kick (tol-lyo cha-gi) toward "D" with left foot, **striking with ball of foot.** Kiap.

TAEGEUK CHIL JANG 35" – 40"

1. (Note: blocking hand stops in center of body, palm facing left, hand nearly vertical)
3. (Note: blocking hand stops in center of body, palm facing right, hand nearly vertical)
7. (See note in 1 about position of blocking hand.)
9. (See note in 3 about position of blocking hand.)
11. Turn body left to face "D" forming an attention (*charyut*) stance, right foot brought to left, while placing left hand into palm of right hand. Hands meet at solar plexus, and slowly come up the body to the level of the throat, and then are turned so that the outside edges of the hands face forward toward "D". There is no "snap" on this motion, it is continuous and slow, taking approximately 3 seconds. It is a *ki*-gathering motion.
- 15a. Execute a midsection strike toward "H" with right knee, bringing hands down on either side of the knee as you strike. Do not strike the knee with the hands.
- 18a. Execute a midsection strike toward "H" with left knee, bringing hands down on either side of the knee as you strike. Do not strike the knee with the hands.

TAEGEUK PAL-JANG - 35" – 40"

- 2a. Execute a right front snap kick (*ap-cha pus-u-gi*) immediately followed by a left jumping front snap kick. These should be done as a continuous motion. Yell (*kiap*) on the left jumping front snap kick.
4. Turn body to left, moving left foot toward "H" forming a right reverse front stance (*choongul suhgi*), while executing a left diamond block (*hok dalee suhgi makki*). Both feet should be on the line G-H.
5. Pivot to the left, sliding left foot out into a left front stance (*choongul suhgi*) toward "H", while executing, simultaneously, a high section uppercut with right fist and bringing left fist in front of right shoulder. Note: slow, tense movement with snap at the end.
- 6b. Move right foot towards "G" forming a left reverse front stance (*choongul suhgi*) while executing a right diamond block (*hok dalee suhgi makki*). Both feet should be on the line H-G.
- 10b, 13, 16: (See previous notes in Taegeuk 7, moves 1 and 3, in regard to proper hand position for midsection palm heel block (*batangson makki*).

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 (Final note on side kicks in Palgwae and Taegeuk *poomsae* – there are NO high-section targets for side kicks in these *poomsae*. All side kick targets are chest level.)