

TAEKWONDO POOMSAE

Photographic



By

Yong Dai Cho

President

Australian Taekwondo Federation

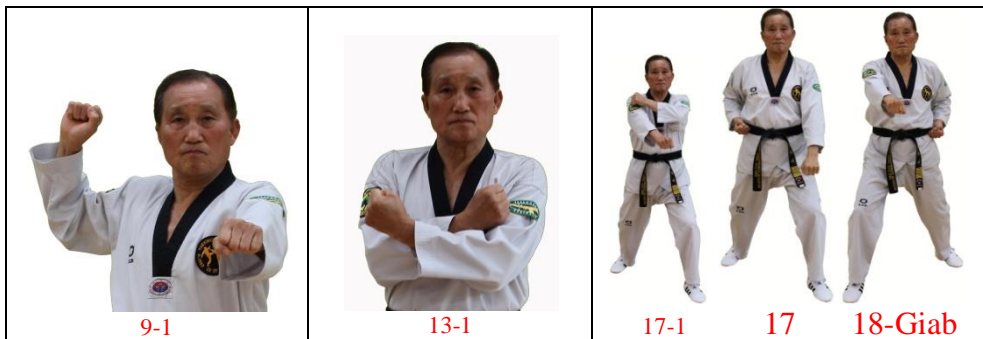
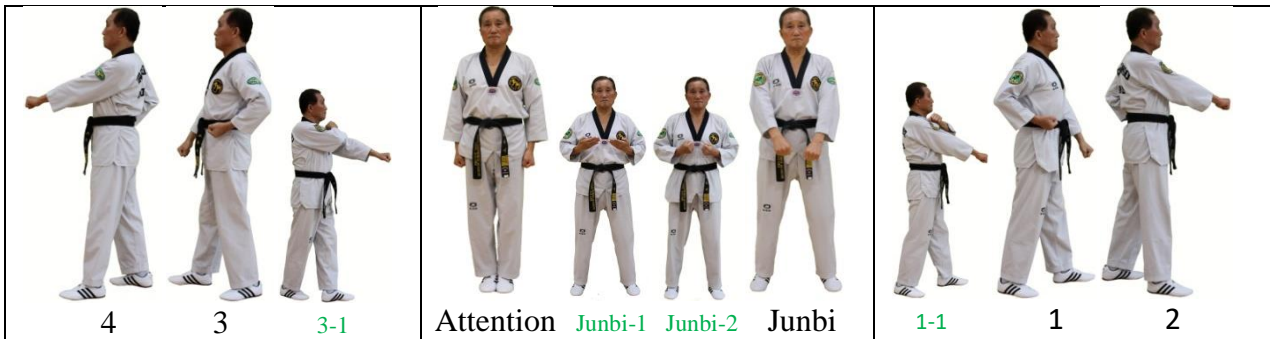
Cho's Taekwondo & Bongsul Academy

Creator of Taekwondo Bongsul, Kumsul & Ssangbongsul

Grandmaster 9th Dan Black belt

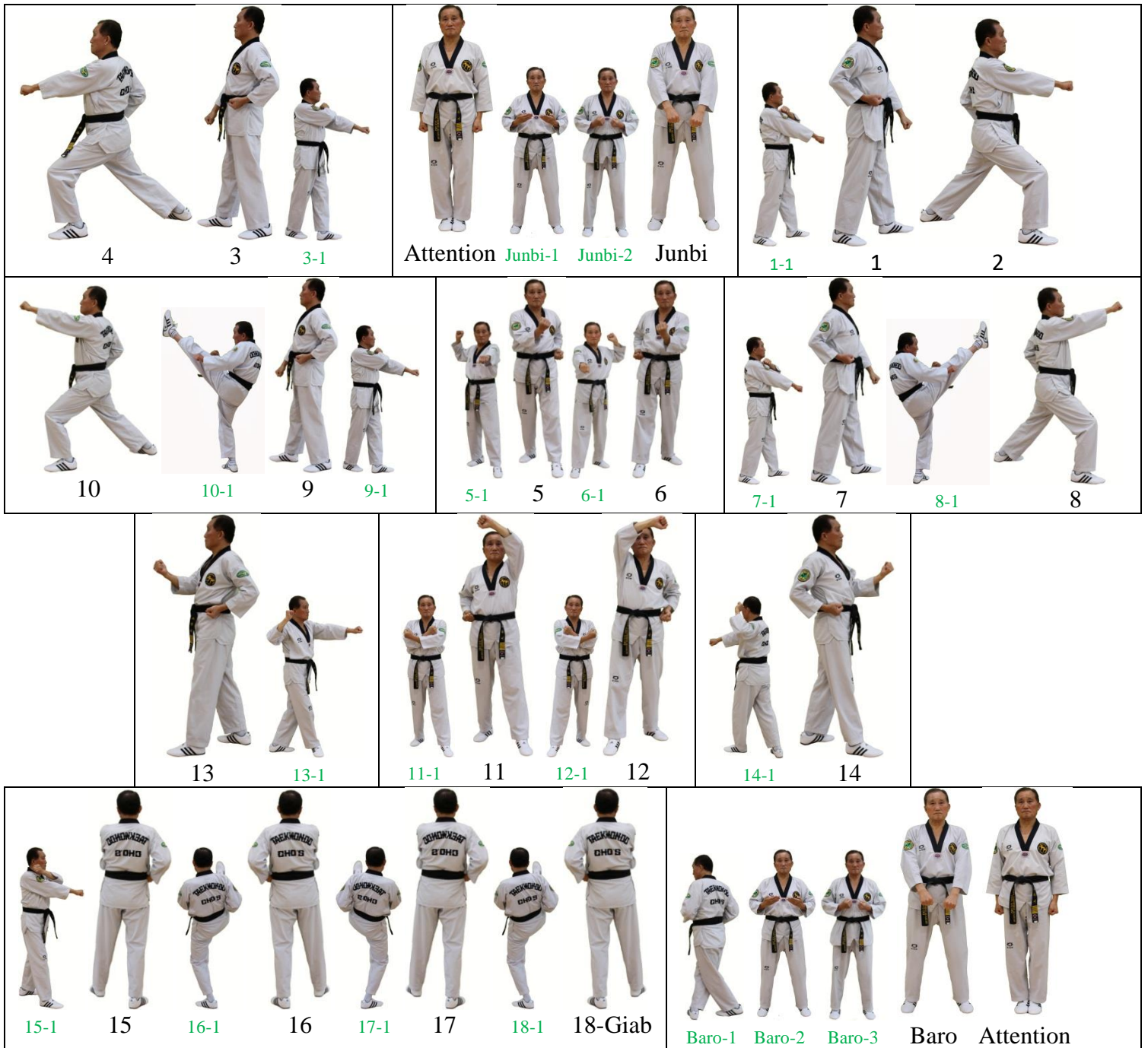
3rd December 2012

TAEGUK 1 JANG



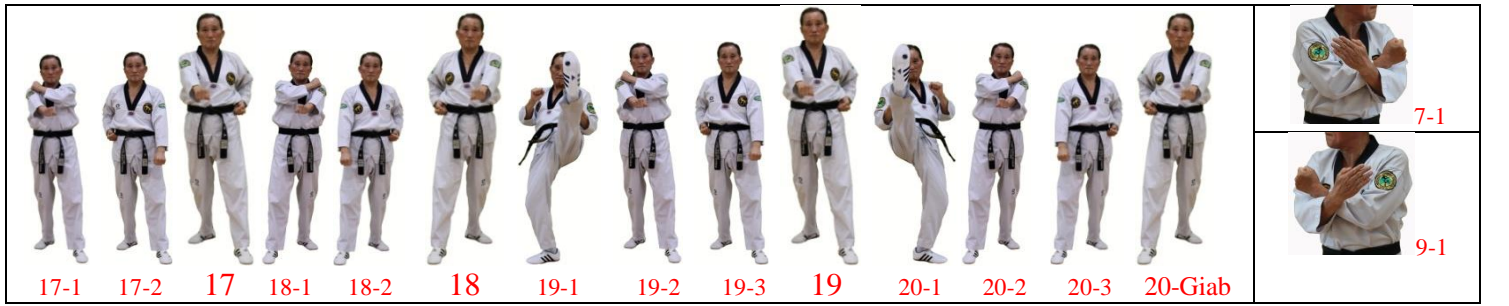
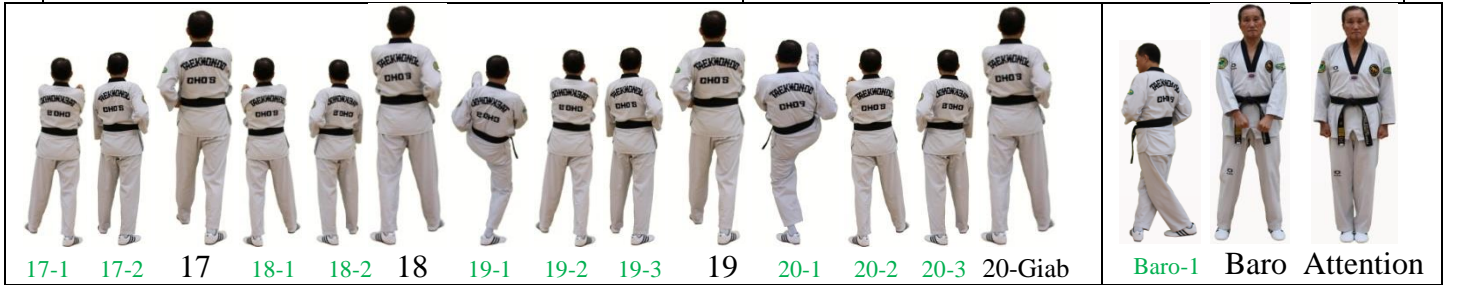
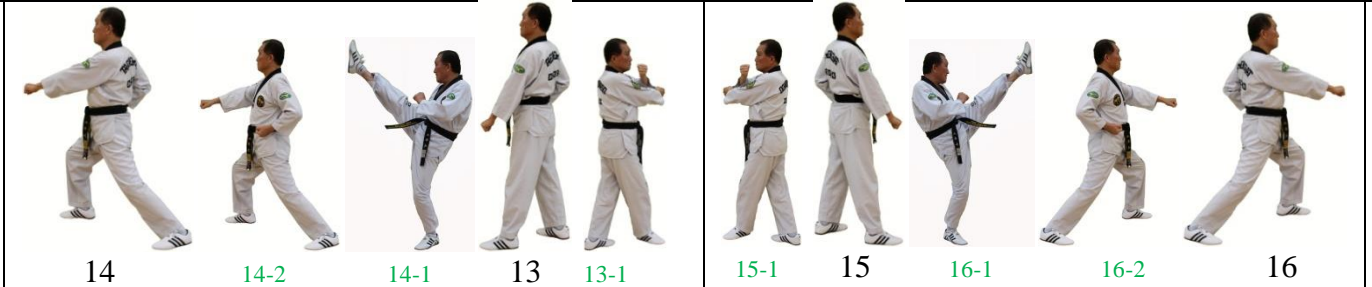
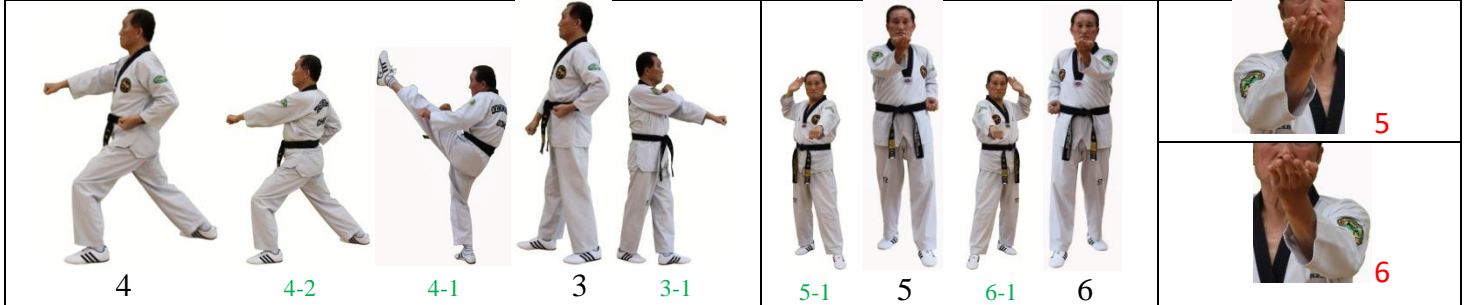
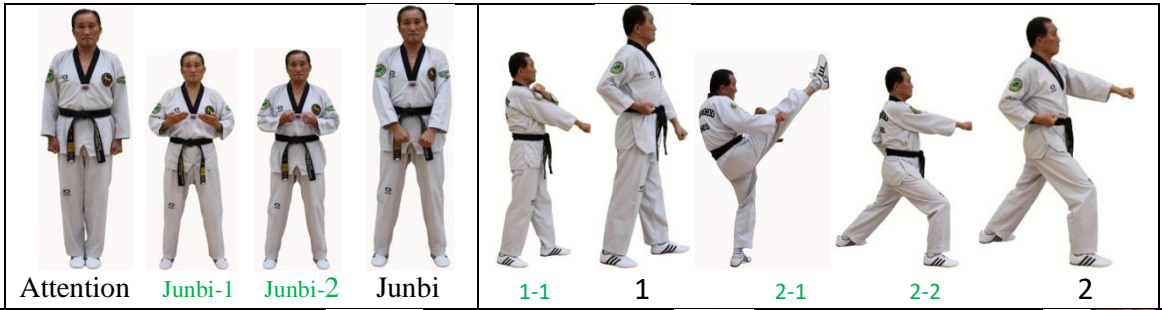
Back view

TAEGUK 2 JANG



Back view

TAEGUK 3 JANG



Back view

TAEGUK 4 JANG

 <p>3 3-1</p>	 <p>Attention Junbi-1 Junbi-2 Junbi</p>	 <p>1-1 1 2-1 2</p>	
 <p>4 4-1</p>	 <p>5-1 5 6-1 6</p>	 <p>7 8-1 8-2 8-3 8</p>	
 <p>10 10-2 10-1</p>	 <p>9 9-1</p>	 <p>11-1 11 12-1 12-2 12</p>	
 <p>16 15 15-1</p>	 <p>14 14-2 14-1 13 13-1</p>	 <p>17-1 17 18</p>	
 <p>19-1 19-2 19-3 19 20-1 20-2 20-3 20-Giab</p>	 <p>Baro-1 Baro-2 Baro-3 Baro Attention</p>		



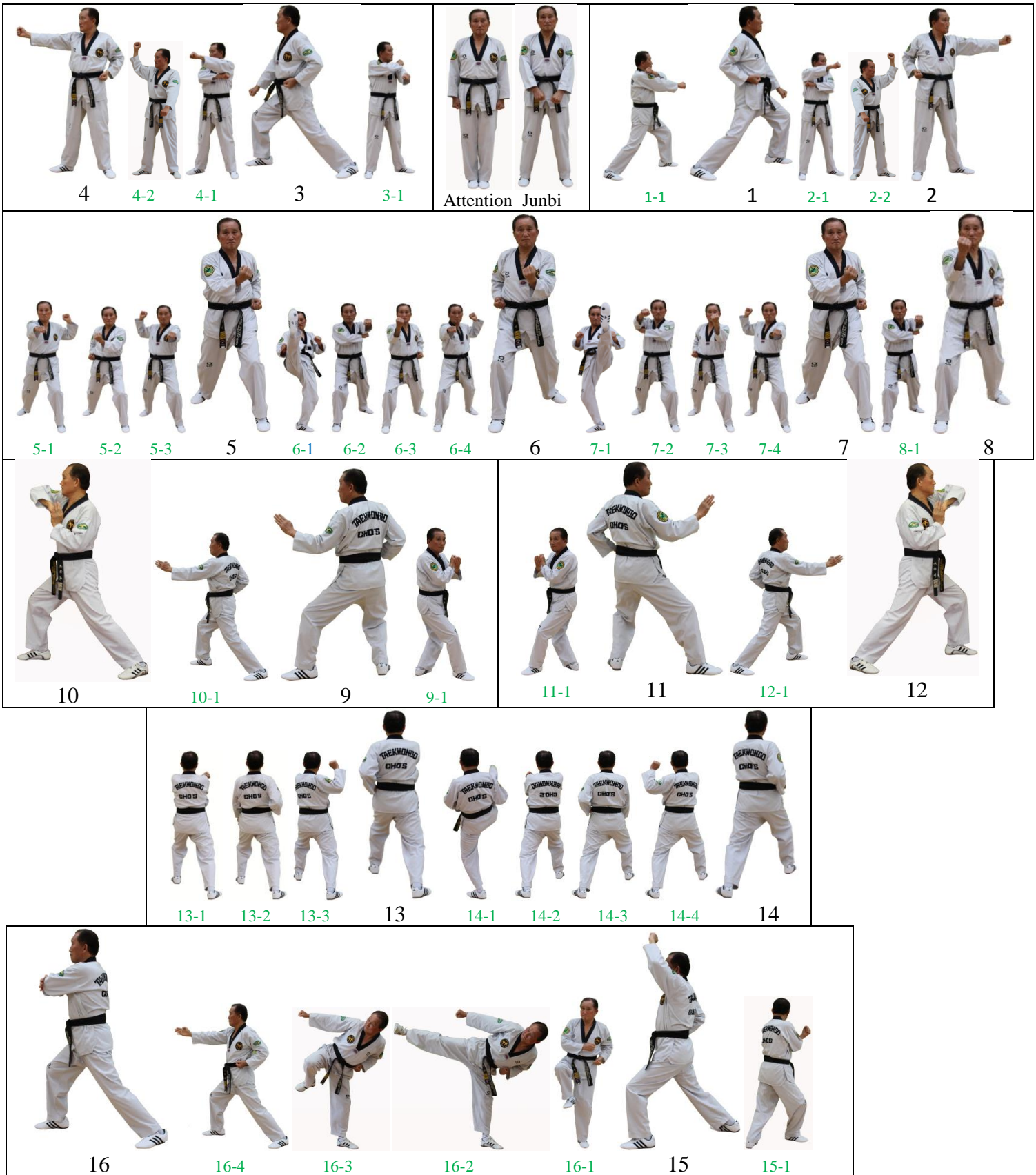
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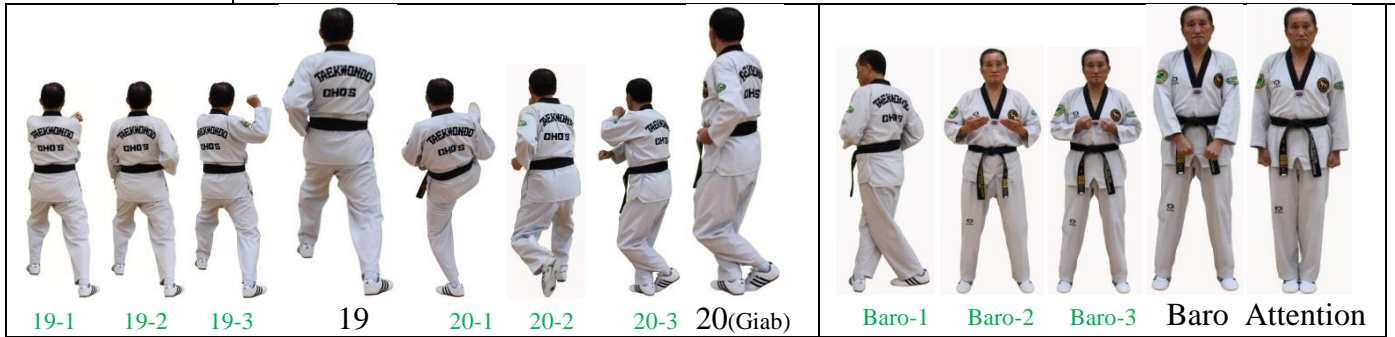
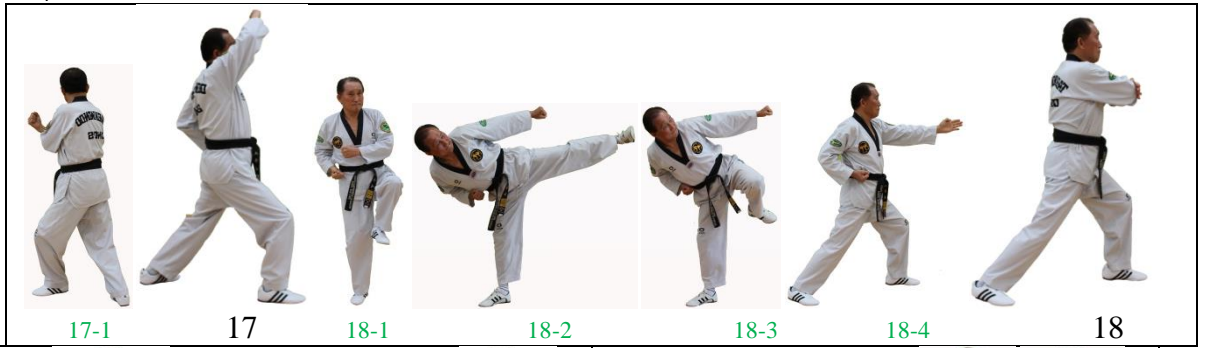


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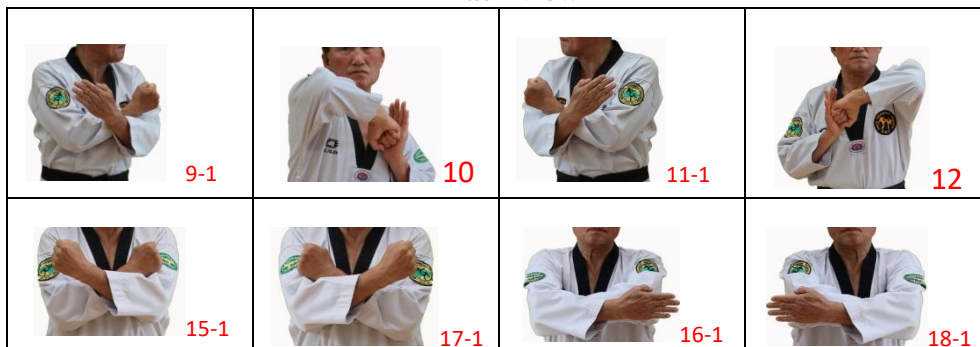


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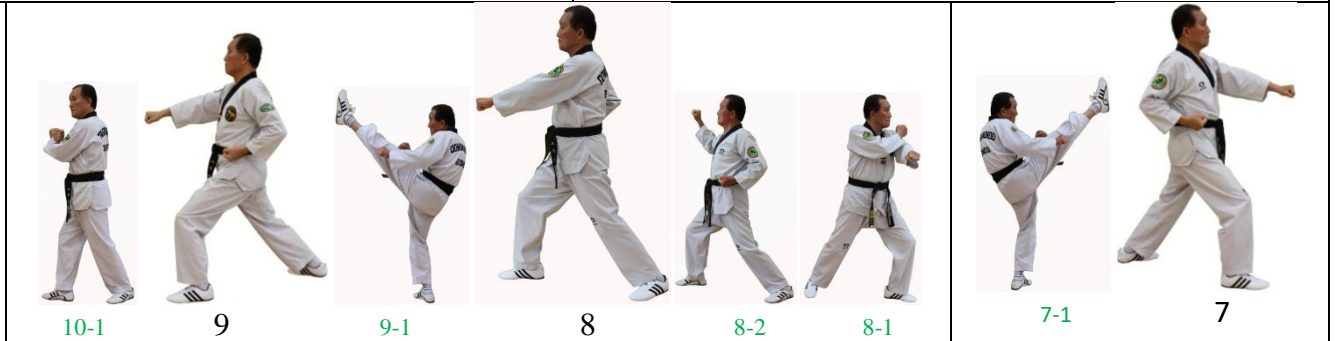
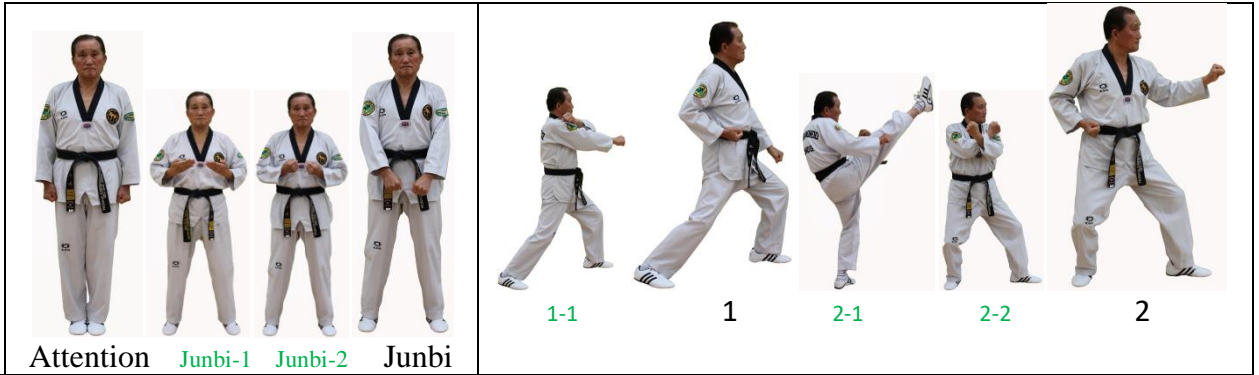


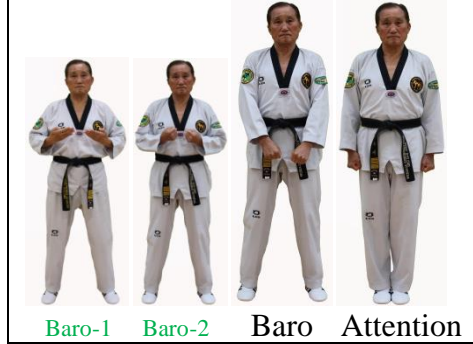


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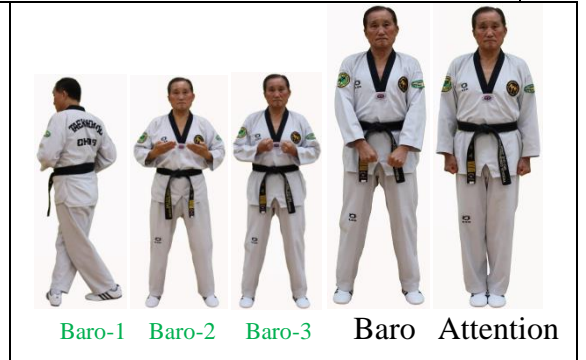
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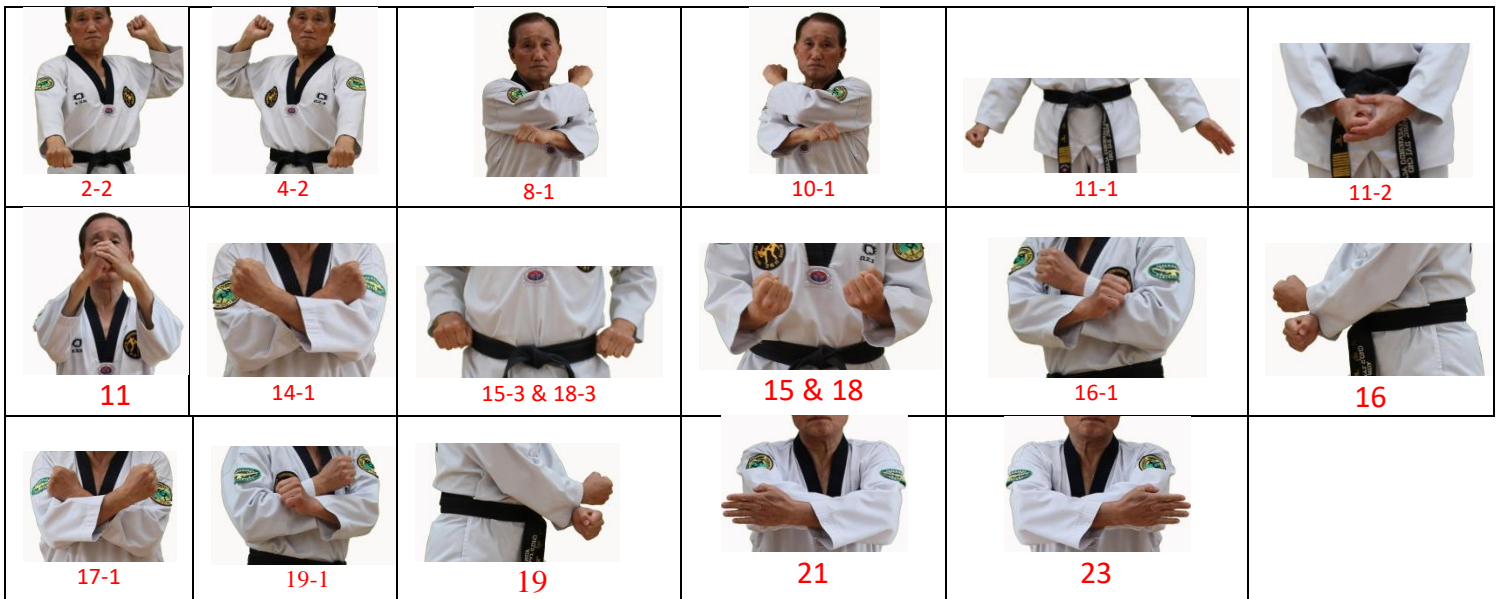


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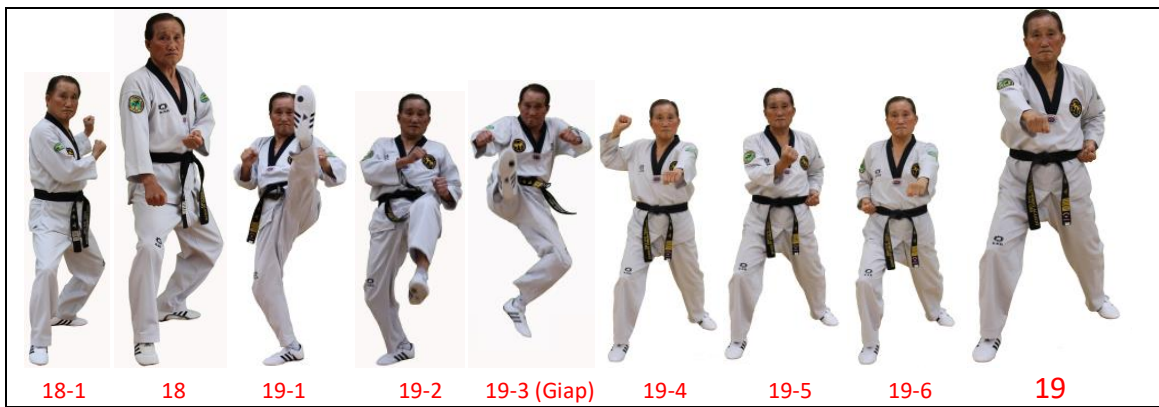


Back view



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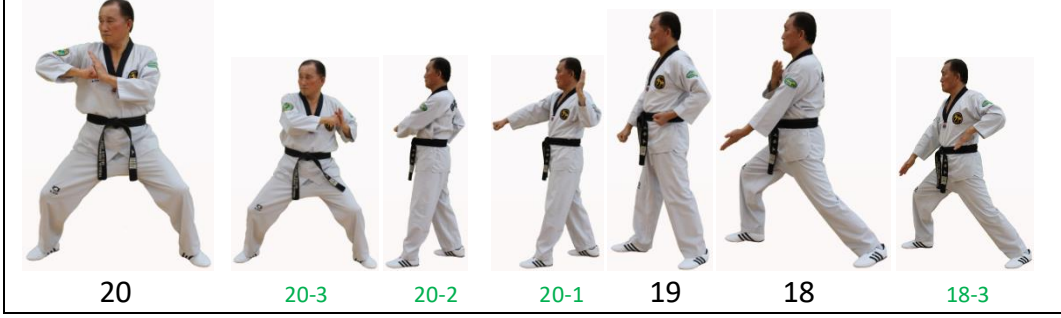
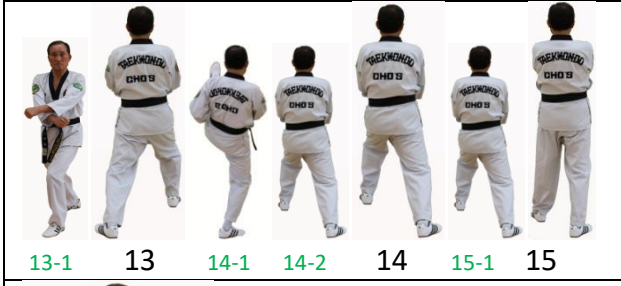
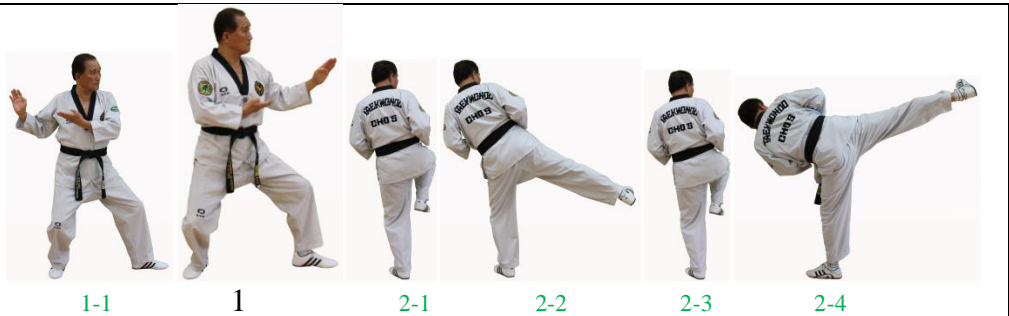


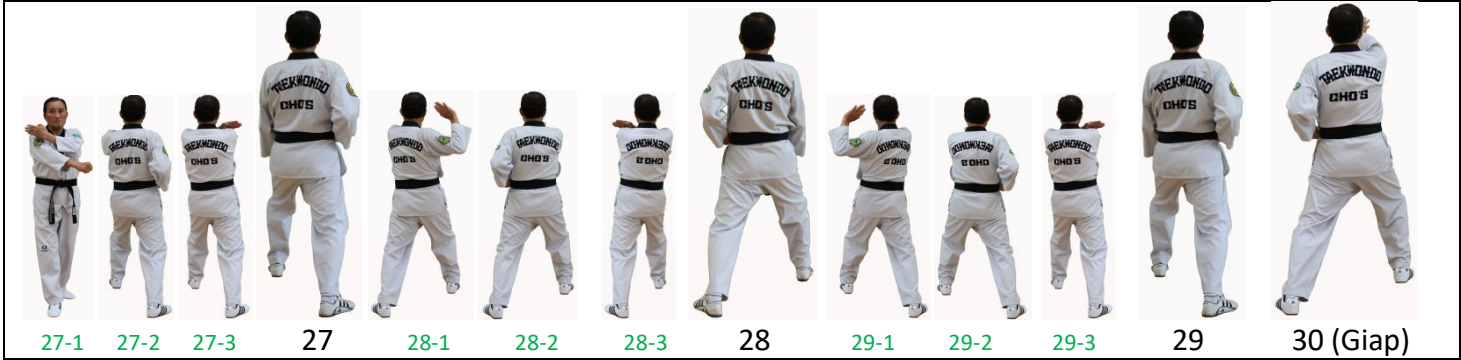


Back view



KORYO





Back view



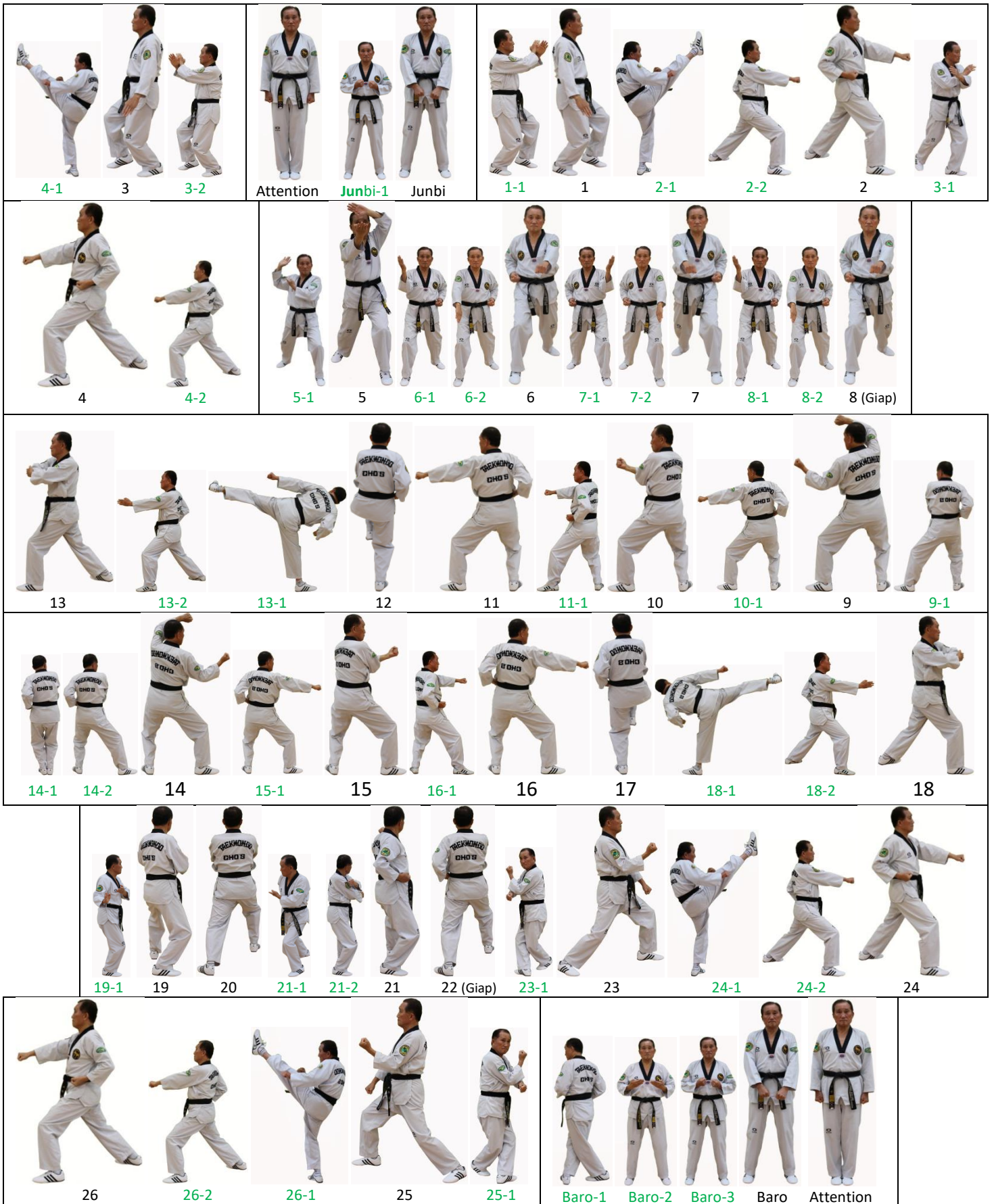
Back view

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 <p>14-2</p>	 <p>14</p>	 <p>15-1</p>	 <p>17</p>
 <p>20</p>	 <p>22</p>	 <p>18-3</p>	 <p>23-3</p>
 <p>25</p>	 <p>26-1</p>	 <p>26-2</p>	 <p>26</p>
 <p>20-2</p>	 <p>25-2</p>	 <p>28-2</p>	 <p>29-2</p>

GUMKANG

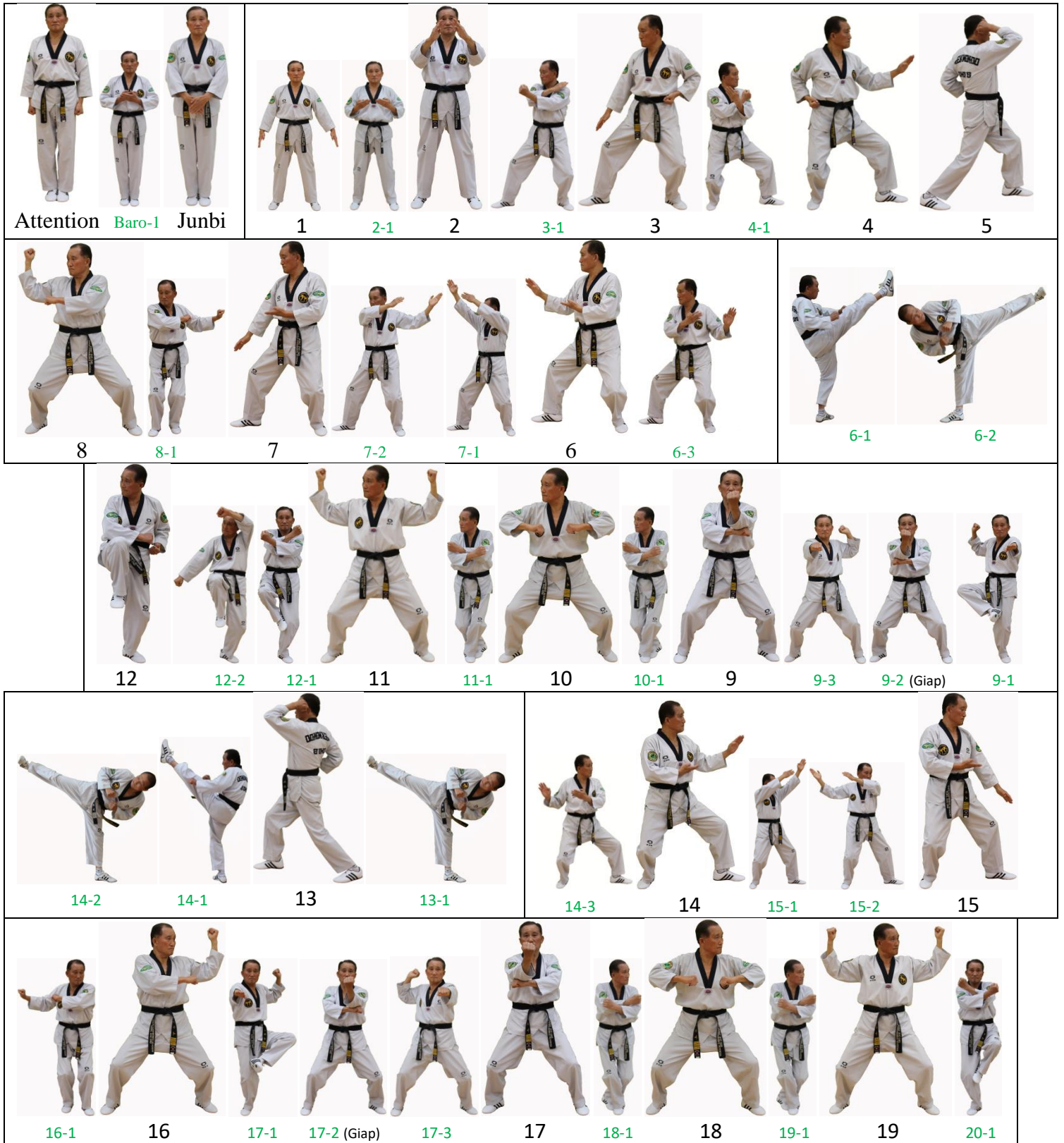
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 <p>8-1 8 9-1 9 10-1 10-2 10 11-1 11(Giap) 12-1 12 13-1 13</p>													
 <p>19-1 18 18-1 17 17-2 17-1 16 16-1 15 15-1 14 14-1</p>													
 <p>20 20-2 20-1 19</p>				 <p>21-1 21(Giap) 22-1 22 23-1 23 24-1 24 25-1 25</p>									
 <p>13-1 23-1</p>		 <p>26-1 26 27-1 27-2 27 Baro-1 Baro-2 Baro Attention</p>											

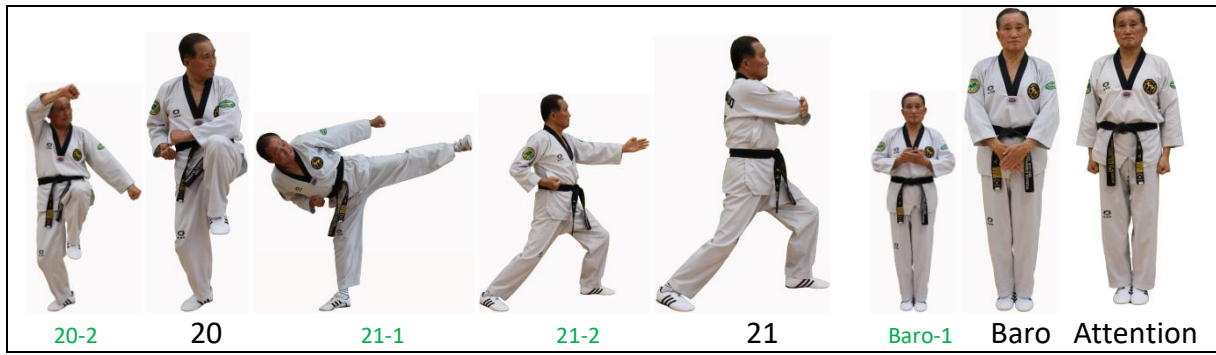
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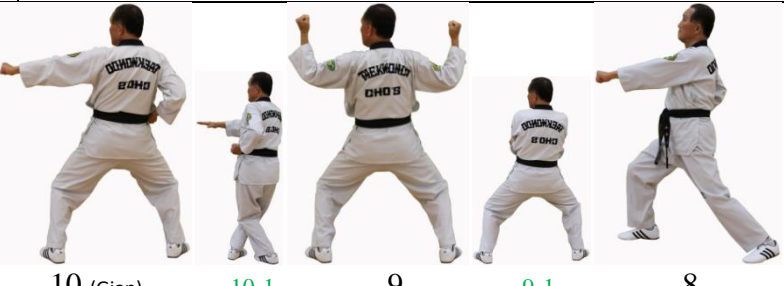






 1-1	 1	 3-1 & 3-2	 3	 9-1(Back view)
 10-1 (Back view)	 10 (Back view)	 12 (Back view)	 13	 14-1(Back view)
 14-2 (Back view)	 15-1 (Back view)	 15 (Back view)	 17 (Back view)	 18
 19-1 (Back view)	 19 (Back view)	 20 (Back view)	 21-1 (Back view)	 21-2 (Back view)
 21	 22 (Back view)	 23-1	 23	 25-1
 25				

PYUNGWON





SIPJIN

 <p>Attention Junbi</p>		 <p>1-1 1-2</p>		 <p>1</p>		 <p>2-1</p>		 <p>2</p>		 <p>3-1 3-2</p>		 <p>3-3</p>		 <p>3-4</p>		 <p>3</p>	
 <p>8-1 7 7-1 6 6-2 6-1</p>				 <p>4-1 4 5-1 5 (Giap)</p>													
 <p>10 (Giap) 10-1 9 9-1 8</p>				 <p>8-4 8-3 8-2</p>													
 <p>11-1 11-2 11 12-1 12 13-1 13-2 13-3 13-4 13 14-1 14 15-1 15 16-1 16</p>																	
 <p>19-1 19 20-1 20 21-1 21 22-1 22 23-1 23-2 23-3 23 (Giap) 24</p>												 <p>17-1 17 18</p>					
 <p>25-1 25 26-1 26 27-1 27 28-1 28</p>								 <p>Baro-1 Baro-2 Baro-3 Baro Attention</p>									



HANSU - 한수

