

Poomsae Keumgang

This is the 2nd Dan pattern and it has 27 movements

"This pattern symbolizes being too strong to be broken. It also has two other meanings, both applicable to Taekwondo: one poetic, and the other spiritual. The Korean people have named the most beautiful mountain in their land Keumgang-san; and hardest substance, the diamond, they have called keumgangseok. These dual qualities of hardness and beauty are therefore associated with the name. Buddhist thought also professes a concept of hardness, which is that quality of spirit impervious to mortal agony; it is the capacity to shun one's physical suffering. This pattern, in turn, is intended to fuse these qualities with one's martial skills, and in so doing, grace them with virtue."

Movements

"Fall" forward – Long stance, Mid-section spreading block.

Forward – Long stance, Palm Heel strike.

Forward – Long stance, Palm Heel strike.

Forward – Long stance, Palm Heel strike.

Backward – Back stance, Inside knife-hand strike.

Backward – Back stance, Inside knife-hand strike.

Backward – Back stance, Inside knife-hand strike.

90 degree turn left – Crane stance, Diamond block.

Step down – Horse-Riding stance, inside "C" punch.

360 turn over left shoulder - Horse-Riding stance, inside "C" punch.

90 degree turn over left shoulder – Horse-riding stance, "W" block – Shout.

180 degree step over right shoulder – Horse-riding stance, mid-section bull block.

Left foot moves – High parallel stance, low section spreading block.

180 degree turn over right shoulder – Horse-riding stance, "W" Block.

90 degree turn behind – over right shoulder - Crane stance, Diamond block.

Step down – Horse-Riding stance, inside "C" punch.

360 turn over left shoulder - Horse-Riding stance, inside "C" punch.

Right foot moves - Crane stance, Diamond block.

Step down – Horse-Riding stance, inside "C" punch.

360 turn over right shoulder - Horse-Riding stance, inside "C" punch.
90 degree turn over right shoulder – Horse-riding stance, "W" block – Shout.
180 degree step over left shoulder – Horse-riding stance, mid-section bull block.
Right foot moves – High parallel stance, low section spreading block.
180 degree turn over left shoulder – Horse-riding stance, "W" Block.
90 degree turn behind – over left shoulder - Crane stance, Diamond block.
Step down – Horse-Riding stance, inside "C" punch.
360 turn over left shoulder - Horse-Riding stance, inside "C" punch – Shout.

Application

"Fall" forward – Long stance, Mid-section spreading block.

Long stance for strength in the block. Defending against a punch toward mid-section. The spreading block means that the non-blocking hand is prepared, ready for the following counter-strike. Moving forward means that you have taken control of the distance of the fight, putting your opponent in range for the counter.

Forward – Long stance, Palm Heel strike.

Delivering maximum power into a strike into your opponent's jaw.

Forward – Long stance, Palm Heel strike.

As above.

Forward – Long stance, Palm Heel strike.

As above.

Backward – Back stance, Inward knife-hand strike.

Retreating, to give you the distance for the strike. Again, the back-stance allows you to control the distance, to enable you to land the strike effectively. The inward knife-hand strike is aimed at the neck, jaw or temple.

Backward – Back stance, Inward knife-hand strike.

As above.

Backward – Back stance, Inward knife-hand strike.

As above.

90 degree turn left – Crane stance, Diamond block.

Defending 2 attacks, a front kick from your left-hand side and a punch to the head, from in front. The crane stance has 2 applications. Firstly, it shifts your body weight backwards,

giving you more time and space to defend against the kick. This is similar in application to a cat-stance.

Secondly, the crane stance is a transitional stance, allowing you to put all of your body weight into the next set of movements.

Step down – Horse-Riding stance, inside “C” punch.

Dropping into a horse stance allows you to maximise your body weight forward and down. This stance also gives maximum stability, as you throw the punch. The punch is thrown into the ribs.

360 turn over left shoulder - Horse-Riding stance, inside “C” punch.

As above but the spin generates more power.

90 degree turn over left shoulder – Horse-riding stance, “W” block – Shout.

Defending against a punch from your right-hand side. This is not really a block. This movement exists to break your opponent’s arm. Catch the attack with your left arm, trapping it in position for right arm to attack the elbow with a hammer-fist strike, breaking the arm. The horse-stance allows you to drop your weight lower, increasing the effectiveness of the strike.

180 degree step over right shoulder – Horse-riding stance, mid-section bull block.

Defending against 2 attacks. The block is, effectively a very wide spreading block. The upper arms are level with the shoulder line and the forearms are straight up (elbows at 90 degrees). It is supposed to resemble the horns of a bull.

Left foot moves – High parallel stance, low section spreading block.

Preparatory position, ready for the next set of movements.

180 degree turn over right shoulder – Horse-riding stance, “W” Block.

As previously.

90 degree turn behind – over right shoulder - Crane stance, Diamond block.

As previously.

Step down – Horse-Riding stance, inside “C” punch.

As previously.

360 turn over left shoulder - Horse-Riding stance, inside “C” punch.

As previously.

Right foot moves - Crane stance, Diamond block.

As previously.

Step down – Horse-Riding stance, inside “C” punch.

As previously.

360 turn over right shoulder - Horse-Riding stance, inside "C" punch.

[As previously.](#)

90 degree turn over right shoulder – Horse-riding stance, "W" block – Shout.

[As previously.](#)

180 degree step over left shoulder – Horse-riding stance, mid-section bull block.

[As previously.](#)

Right foot moves – High parallel stance, low section spreading block.

[As previously.](#)

180 degree turn over left shoulder – Horse-riding stance, "W" Block.

[As previously.](#)

90 degree turn behind – over left shoulder - Crane stance, Diamond block.

[As previously.](#)

Step down – Horse-Riding stance, inside "C" punch.

[As previously.](#)

360 turn over left shoulder - Horse-Riding stance, inside "C" punch – Shout.

[As previously.](#)