

Poomsae Sipjin

Movements

Slow, overhead bull block (two movements)

Left, Back stance – Assisted outside forearm block

Slow step out, into Long stance – Spear-hand punch, double punch.

Forward, side-on Horse-riding stance – W Block.

Slide forward, side-on Horse-riding stance – side punch.

Pivot on left foot – 180 degree turn – side-on Horse-riding stance, double outside elbow strike.

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Slow step out, into Long stance – Spear-hand punch, double punch.

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Pivot on right foot – 180 degree turn – side-on Horse-riding stance, double outside elbow strike.

Pivot on left foot, 90 degree turn over right shoulder - Back stance – Assisted outside forearm block

Slow step out, into Long stance – Spear-hand punch, double punch.

Forward, Back stance – double knife-hand low block

Forward, Long stance – slow “boulder push” double palm heel strike.

Left turn into Horse-riding stance – mid-section knife-hand spreading block.

Straighten legs (without moving the feet) low-section knife-hand spreading block.

Left turn into Long-stance – inward C punch.

Same stance - slow “boulder push” double palm heel strike.

Front kick – Long stance – double fist punch

Front kick – Long stance – double fist punch

Front kick – Crossed cat stance – assisted back-fist strike – Shout.

180 degree turn, left leg lead, Long stance - slow “boulder push” double palm heel strike

Pull back into – Cat stance – Low section knife-hand X block

Forward, Back stance – “inverted” double knife-hand guarding block

Forward, Back stance – double fist punch

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Application

Slow, overhead bull block (two movements)

Left, Back stance – Assisted outside forearm block

Back-stance allows you more distance and time to effect the block. The assisting arm adds strength to the block.

Slow step out, into Long stance – Spear-hand punch, double punch.

The initial part of this is done slowly. Your opponent has held onto your wrist, the spear-hand, in this case, is designed to force your fingers under your opponent's grip until, once the grip is broken, you are able to counter-attack with the double punch.

Forward, side-on Horse-riding stance – W Block.

The W-block is not actually a block. It exists to break your opponent's arm. Therefore, for the block to be effective, do not spread the arms too wide. They need to be approximately shoulder width. The arm that becomes the back hand, as you step forward, traps the attacking arm. The other arm is a hammer-fist strike to the elbow (or just behind), to snap the elbow joint. Horse stance allows you to drop your weight lower, adding power to the technique.

Slide forward, side-on Horse-riding stance – side punch.

Drop under the arm, as you attack the ribs.

Pivot on left foot – 180 degree turn (forward, not spinning behind) – side-on Horse-riding stance, double outside elbow strike.

The attack is now coming from the opposite direction and aimed at your head. Turn, to close the distance, drop under the attacking punch and attack the ribs with an outside elbow strike.

Slide forward, Back stance - Assisted outside forearm block

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Pivot on left foot, 90 degree turn over right shoulder - Back stance – Assisted outside forearm block

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Forward, Back stance – double knife-hand low block

Defending against a front kick, aimed at low to mid-section. Back-stance allows you to control the distance and gives you more time to complete the block.

Forward, Long stance – slow “boulder push” double palm heel strike.

This is done slowly and with tension. The long-stance is for stability as the strike is pushing your opponent away. One hand is pushing your opponent's chest while the other is at solar plexus level.

Left turn into Horse-riding stance – mid-section knife-hand spreading block.

Adjust the right foot, to align properly for a horse stance, knife-hand spreading block (hands facing toward you).

Straighten legs, low-section knife-hand spreading block.

Don't move the feet but, slowly, straighten the knees as you block with a knife-hand low spreading block.

Left turn into Long-stance – inward C punch.

Adjust you left foot, to turn to face to the left in a long-stance. Inside C-punch to your opponent's mid-section.

Same stance - slow “boulder push” double palm heel strike.

Again, this is done slowly and with tension. The long-stance is for stability as the strike is pushing your opponent away. One hand is pushing your opponent's chest while the other is at solar plexus level.

Front kick – Long stance – double fist punch

Front kick, then close the distance with a long-stance. Both arms perform a straight punch but the left arm should be approximately 10cm further back than the right.

Front kick – Long stance – double fist punch

Front kick, then close the distance with a long-stance. Both arms perform a straight punch but the right arm should be approximately 10cm further back than the left.

Front kick – Crossed cat stance – assisted back-fist strike – Shout.

Front kick then close the distance even more, into a cross cat stance. Assisted back-fist strike to your opponent's face (nose).

180 degree turn, over your left shoulder, Long stance - slow "boulder push" double palm heel strike

Your opponent has grabbed you by the shoulders, from behind. The turn will break their grip whilst exposing their ribs. A long-stance allows you to come in close to your opponent while attacking their ribs with the double palm-heel strike.

Pull back into – Cat stance – Low section knife-hand X block

A low knife-hand X-block can only be used to block a groin level front kick. The cat stance gives you more distance and time to effect the block.

Forward, Back stance – "inverted" double knife-hand guarding block

After the kick, your opponent throws a punch, which you defend against with a double knife-hand guarding block but, in this case, both hands are facing the opposite direction to the standard guarding block. Your front hand faces toward you and the rear hand faces down.

Forward, Back stance – double fist punch

Attack the ribs with a double fist punch. As you are in a back stance, the rear hand must be approximately 10 – 15cm further back than the front hand.

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