

Poomsae Jitae

Movements

Left, Back Stance, outside forearm block

Forward, long stance, slow high section block - slow mid-section reverse punch

180 degree turn over right shoulder, back stance, outside forearm block

Forward, long stance, slow high section block - slow mid-section reverse punch

Left, long stance, low section block

Back stance, high knife-hand block

Front kick, forward, back-stance double low knife-hand block

Slow single fist guarding block

Front kick, forward, back-stance double low knife-hand block

Long stance, slow high block

Forward, long stance, mountain punch

Inside hammer fist strike

Inside hammer-fist strike

Backwards, back stance, single low knife-hand block

Front kick, pull back into long stance, double punch

90 degree turn over left shoulder, horse stance, bull block

Left, low section knife-hand block

Right, single knife-hand guarding block

Hammer fist into lead hand - Shout!

Crane stance, low block

Traditional chamber position, side kick

Hop down into left side Crane stance, low block

Traditional chamber position, side kick

Step down into long stance, reverse punch

Forward, long stance, walking punch - Shout!

270 degree turn over left shoulder, back stance, double low knife-hand block

Forward, back stance, double knife-hand guarding block

180 degree turn over right shoulder, back stance, double low knife-hand block

Forward, back stance, double knife-hand guarding block

Application

Left, Back Stance, outside forearm block

Defending against a mid-section punch, from your left. The back-stance allows you to control the distance, giving you more time to react.

Forward, long stance, slow high section block - slow mid-section reverse punch

No practical relevance to the speed of these techniques. This is purely to show your command of the techniques themselves and your use of body mechanics.

180 degree turn over right shoulder, back stance, outside forearm block

Defending against a punch from behind, aimed at your spine. Turn your head and body, to remove the immediate target, step back and complete the turn, stepping into a back-stance to allow you the distance to perform an effective block.

Forward, long stance, slow high section block - slow mid-section reverse punch

Again, no practical relevance to the speed of these techniques. This is purely to show your command of the techniques themselves and your use of body mechanics.

Left, long stance, low section block

Defending against a front kick, from your left-hand side, aimed at your mid-section. The long-stance provides stability and generates more power in the block.

Back stance, high knife-hand block

Without moving your foot position, change into a back-stance, to defend a punch thrown at your head. The knife-hand block allows you to control your opponent's arm, once the block is completed.

Front kick, forward, back-stance double low knife-hand block

Kick to mid-section then, as you drop into a back-stance, the double low knife-hand block is actually a strike to your opponent's inner thigh.

Slow single fist guarding block

Without moving your feet, single fist guarding block. Again, no practical relevance to the speed of these techniques. This is purely to show your command of the techniques themselves and your use of body mechanics.

Front kick, forward, back-stance double low knife-hand block

Kick to mid-section then, as you drop into a back-stance, the double low knife-hand block is actually a strike to your opponent's inner thigh.

Long stance, slow high block

Standard high section block. Again, the speed of this technique is purely to demonstrate your knowledge of the appropriate body mechanics.

Forward, long stance, mountain punch

Simultaneous reverse high block and counter punch, to the body.

Inside hammer fist strike

Inside hammer-fist strike to the jaw.

Inside hammer-fist strike

Inside hammer-fist strike to the jaw.

Backwards, back stance, single low knife-hand block

Step backwards, to control the distance, low knife-hand block, in back-stance. The back-stance allows you even greater control of the distance of the fight.

Front kick, pull back into long stance, double punch

Front kick, to stop your opponent, then step back into a long-stance, to deliver the double punch with maximum impact.

90 degree turn over left shoulder, horse stance, bull block

Defending against 2 attacks. Step back with your left foot, dropping into a horse stance, to drop under the attacks, bull block to defend both punches.

Left, low section knife-hand block

Still in horse stance, low knife-hand block to your left, defending a front kick.

Right, single knife-hand guarding block

Still in horse stance, turn to your right to defend a mid-section punch with a single knife-hand guarding block.

Hammer fist into lead hand - Shout!

Hold your opponent's head as you hammer fist strike into their face which you now hold in your hand.

Crane stance, low block

Pull back, into a crane stance and low section block. The crane stance serves 2 purposes. Firstly, it controls the distance, in the same way as a cat stance does. Secondly, it allows you to pre-chamber the side kick.

Traditional chamber position, side kick

Side kick to your opponent's chest.

Hop down into left side Crane stance, low block

The hop speeds up the transition, to defend against a faster approaching attack.

Traditional chamber position, side kick

Side kick to your opponent's chest.

Step down into long stance, reverse punch

The kick stops your opponent, putting them in position for your follow-up punch. Long-stance allows you to generate maximum power in the punch.

Forward, long stance, walking punch - Shout!

Finish this opponent with a walking punch.

270 degree turn over left shoulder, back stance, double knife-hand guarding block

The attack is coming from your right-hand side but, as your right foot is currently in front, it takes too much movement to go straight to your right. Pivoting on the front foot allows you to go into the block quicker. It also generates more momentum and power into the block.

Forward, back stance, double low knife-hand block

This is, in reality, a knife-hand strike to your opponent's groin or inner thigh.

180 degree turn over right shoulder, back stance, double knife-hand guarding block

Defending against a punch from behind, thrown at your spine, between your shoulder blades. Turn your head and body, to take the immediate target away, step backwards and complete the turn as you defend the punch.

Forward, back stance, double low knife-hand block

This is, in reality, a knife-hand strike to your opponent's groin or inner thigh.