

Yells During Poomse

All Poomse end with a yell on the final move. The following also have a yell during the body of the form.

Taegeuk Yuk – at the 2nd front round kick (left foot).

Taegeuk Pal – at the 2nd jump kick moving forward (left jumping front snap; this is for height) and at the jump kick heading back (right jump front snap; this sequence is for distance).

Koryo – at arc hand knee strike.

Keumgang – at mountain blocks going forward on each wing. When going by the count this move continues until the double low section blocks in the horse-riding stance.

Taebaek – at last punch going forward and last punch heading back.

Pyongwon – at 2nd downward backfist on both sequences. (count stops at yell).

Sipjin – at both side punches. All rock pushes are stops.

Jitae – at hammer fist. (count continues to crane stance) and at last punch going towards the back.

Cheonkwon – at left side thrust kick moving forward. At the ending sequence both tiger stances are done with the same count.

Hansoo – at both downward backfists that follow leap.

Ilyo – at 1st spear finger.