Techniques:
- Form
- Kicking
- Self-Defense
- Nun-chucks

Knowledge: The Significance of Poomsae

A poomsae is a systematic, prearranged sequence of martial techniques that are performed either with or without the use of a weapon. In traditional dojangs, poomsaes are used primarily as a form of interval training that is useful in developing proper kinetics with mental and physical fortitude. Poomsae may resemble combat, but are artistically non-combative and woven together so as to be an effective conditioning tool.

Counting Numbers:
81. Palship eel  82. Palship Ee  83. Palship Sam  84. Palship Sah
85. Palship O  86. Palhip Yuk  87. Palship Chil  88. PalshipPal
89. Palship Ku  90. Ku Ship

Home Rules: Age 13 & under