Techniques:

Form: Kumkang
Kicking
Self-Defense
Nun-chuck

Knowledge

The Origin of Keumgang Poomsae

Keumgang [meaning diamond] has the significance of "hardness" and "smooth", The Keumgang Mountain on the Korean peninsula, which is regarded as the center of national spirit, and the "Keumgang Yeoksa"[Keumgang warrior] as named by Buddha, who represents the mightiest warrior, are the background of demonstrating this poomsae. The poomsae line is symbolic of the Chinese character mountain. The movement should be powerful and well balanced so as to befit the black belt's dignity.

Counting Numbers:

51. Oship eel 52. Oship Ee 53. OShip Sam 54. OShip Sah 55. OShip O
56. OShip Yuk 57. OShip Chil 58. OShip Pal 59. OShip Ku 60. Yuk Ship

Home Rules: Age 13 & under
Numbers 1-8