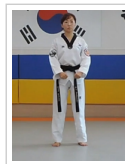


Poomsae Keumgang Keumgang: Step by Step

Poomsae Keumgang is the second of the Black Belt Dan Patterns. Poomsae Keumgang is required for 3rd Dan Black Belt grade.

The 27 movements (31 techniques) represent the diamond and the mountain and should be performed with a strong clarity in the movements.

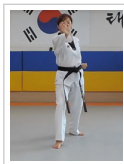
<http://www.phoenixtaekwondo.net/tkdpoomsaekumgang.html>



Junbi



Front Stance
Wedging Block



Front Stance
Palm Heel
Strike



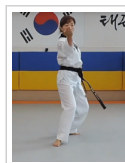
Front Stance
Palm Heel
Strike



Front Stance
Palm Heel
Strike



Back Stance:
Knife Hand
Block



Back Stance:
Knife Hand
Block



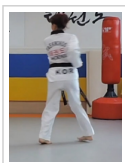
Back Stance:
Knife Hand
Block



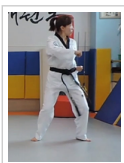
Crane Stance:
Diamond Block
(8s)



Horseriding
Stance:
Hinge Punch



(Walking
Stance width)
Turn 360
degrees



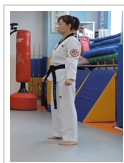
Horseriding
Stance:
Hinge Punch



Horseriding
Stance
Mountain
Block (Kihap!)



Horseriding
Stance
Wedging Block



Parallel Stance
Low Wedging
Block (5s)



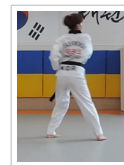
Horseriding
Stance
Mountain
Block



Crane Stance:
Diamond Block
(8s)



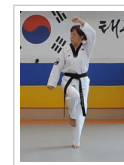
Horseriding
Stance:
Hinge Punch



(Walking
Stance width)
Turn 360
degrees



Horseriding
Stance:
Hinge Punch



Crane Stance:
Diamond Block
(8s)



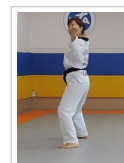
Horseriding
Stance:
Hinge Punch



(Walking
Stance width)
Turn 360
degrees



Horseriding
Stance:
Hinge Punch



Horseriding
Stance
Mountain
Block (Kihap!)



Horseriding
Stance
Wedging Block



Parallel Stance
Low Wedging
Block (5s)



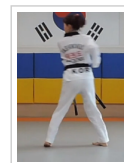
Horseriding
Stance
Mountain
Block



Crane Stance:
Diamond Block
(8s)



Horseriding
Stance:
Hinge Punch



(Walking
Stance width)
Turn 360
degrees



Horseriding
Stance:
Hinge Punch



Junbi