

Poomsae Sipjin sipjin: Step by Step

Poomsae Sipjin is the fifth of the Black Belt Dan Patterns. Poomsae Sipjin is required for 6th Dan Black Belt grade. The 28 movements (41 techniques) represents infinite numbering and ceaseless development, and should be executed in a systematic and orderly way.

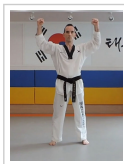
<http://www.phoenixtaekwondo.net/tkdpoomsaesipjin.html>



Parallel
Stance
Kibun Junbi



Parallel
Stance
Bull Horn
Block



Parallel
Stance
(widen) Bull
Horn Block



Back Stance
Palm
Augmented
Outer Block



Back Stance
(open hand
preparation
8s)



Front
Stance:
Reverse
Spear Hand



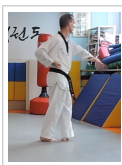
Front Stance
Middle
Punch



Front Stance
Reverse
Punch



Horseriding
Stance
Mountain
Block



Cross Stance
Pressing
Block



Horseriding
Stance
Side Punch
(Kihap!)



Horseriding
Stance:
Double
Elbow Strike



Closed
Stance
(intermediate
step)



Back Stance
Palm
Augmented
Outer Block



Back Stance
(open hand
preparation
8s)



Front
Stance:
Reverse
Spear Hand



Front Stance
Middle
Punch



Front Stance
Reverse
Punch



Horseriding
Stance
Mountain
Block



Cross Stance
Pressing
Block



Horseriding
Stance
Side Punch
(Kihap!)



Horseriding
Stance:
Double
Elbow Strike



Closed
Stance
(intermediate
step)



Back Stance
Palm
Augmented
Outer Block



Back Stance
(open hand
preparation
8s)



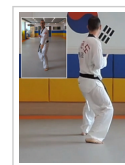
Front
Stance:
Reverse
Spear Hand



Front Stance
Middle
Punch



Front Stance
Reverse
Punch



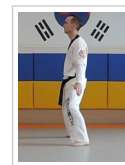
Back Stance
Low Double
Knife Block



Front Stance
Rock
Pushing
Block (5s)



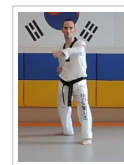
Horseriding
Stance
Knife Hand
Wedging
Block



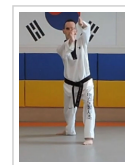
Horseriding
Stance
Low Knife
Hand
Wedging
Block (5s)



Wide Parallel
Stance
Low
Wedging
Block (5s)



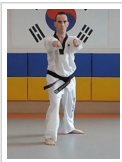
Front Stance
Lifting Block



Front Stance
Reverse
Rock
Pushing
Block (5s)



Front Kick



Front Stance
Fork Punch



Front Kick



Front Stance
Fork Punch



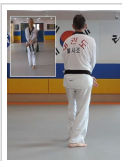
Front Kick



X-Stance
Augmented
Back Fist
Strike
(Kihap!)



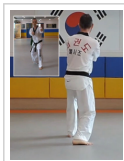
Front Stance
Reverse
Rock
Pushing
Block (5s)



Cat Stance
Low Knife
Hand X-
Block



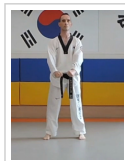
Back Stance
Ridge Hand
Block



Back Stance
Fork Punch



Back Stance
Fork Punch



Parallel
Stance
Kibun Junbi