



POOMSE INFORMATION

	Poomse	Meaning	Memory Tech	Movements	Kicks	Kyup
	PALGWE					
1	Palgwe Il Jang	View Rightly	V	20	0	2
2	Palgwe Yee Jang	Feel Rightly	F	20	6	2
3	Palgwe Sam Jang	Think Rightly	T	22	0	2
4	Palgwe Saw Jang	Speak Rightly	S	24	2	2
5	Palgwe Oh Jang	Order Rightly	O	35	2	2
6	Palgwe Yuk Jang	Contribute Rightly	C	19	8	2
7	Palgwe Chil Jang	Have Ability	H	23	6	2
8	Palgwe Pal Jang	Conduct Rightly	C	35	2	2
	TAEGEUK					
1	Taegeuk Il Jang	understand origin of universe	understand	18	2	1
2	Taegeuk Yee Jang	strong inside / fragile outside	strong	18	5	1
3	Taegeuk Sam Jang	hot / bright like fire	hot	20	6	1
4	Taegeuk Saw Jang	pious state of mind	pious	20	6	1
5	Taegeuk Oh Jang	breeze / strong wind	breeze	20	6	2
6	Taegeuk Yuk Jang	flexible / pious like water	flexible	23	8	2
7	Taegeuk Chil Jang	mountain massive & great	mountain	25	4	1
8	Taegeuk Pal Jang	earth / sky / land	earth	24	6	2