

PMT Lesson Plan #2

-Review the 10 Rules of Poomsae Practice (5 mins)

Rules of Poomsae Practice

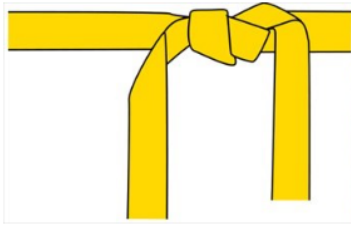
1. **Form:** To effectively perform poomsae techniques. This includes proper kihap, eye direction, speed, power, timing, order, breathing, focus, and the structure and angle of the movements.
2. **Meaning:** To learn the history of poomsae, meaning of individual techniques, how they relate to one another, and the overall purpose of the form.
3. **Spirit:** Learn how to use the meaning of each poomsae to give movements a purpose, representation, rhythm, flow and energy.
4. **Strength:** Train to improve power, speed, stamina, and health.
5. **Balance:** Train to improve your form, stability, and prevent injury.
6. **Flexibility:** Train to improve your form, kick higher, and prevent injury.
7. **Repetition:** Practice, practice practice.
8. **Application:** Learn to apply specific techniques practiced with poomsae for self-defense and striking opponents.
9. **Leadership:** You must share your knowledge and assist instructors with teaching poomsae. Take responsibility for passing on poomsae.
10. **Mastery:** Applying all the above to your highest personal level. But understand that mastery is a life-long process, and there is always room for improvement.

-Practice Form, Strength, Balance, Flexibility, and Repetition: Basic stances, loads, and transitions (10-15 mins)

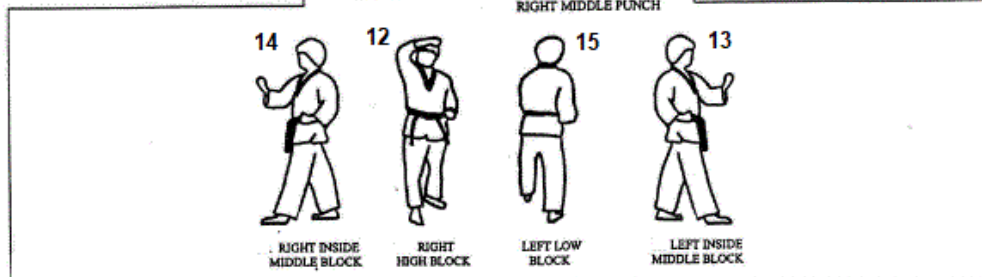
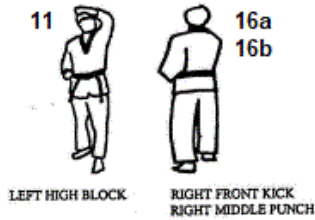
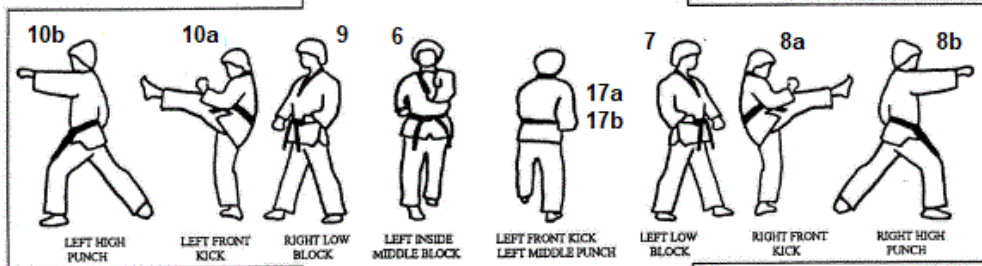
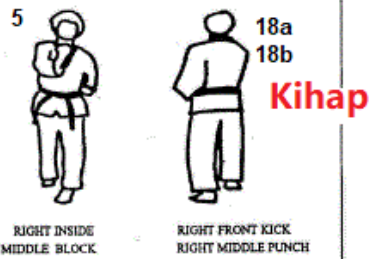
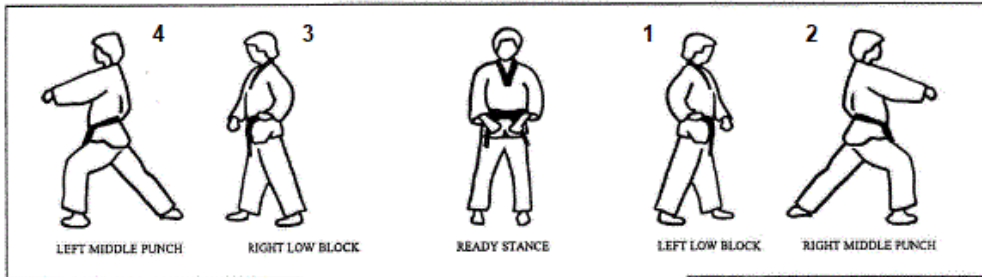
-Taegeuk Ee Jang

This Poomsae emphasizes the concept of inner strength and outer fragility. This symbolizes the meaning of Tae (lake or pond). The movements should be executed with the understanding that as humans, we have limitations, but we have the ability to overcome them. This realization should bring about a sense of happiness and control over our future. The Poomsae also suggests that there are treasures and mysteries to be discovered within the depths of the lake.

Key Movements: low blocks (arae-makki), high block (olgul-makki), inward middle blocks (momtong-makki), middle punch (momtong-jireugi), high punch (olgul-jireugi), and front kicks (ap-chagi), walking stance (ap-sogi), front stance (sogi)













Taeguk Ee Jang



Lesson 2 Homework

Match the definition with the correct word

1. Form  _____
2. Meaning  _____
3. Spirit  _____
4. Strength  _____
5. Balance  _____
6. Flexibility  _____
7. Repetition  F
8. Application  _____
9. Leadership  _____
10. Mastery  _____

- A. Train to improve your form, kick higher, and prevent injury.
- B. Learn how to use the meaning of each poomsae to give movements a purpose, representation, rhythm, flow and energy.
- C. Learn to apply specific techniques practiced with poomsae for self defense and striking opponents.
- D. To effectively perform poomsae techniques. This includes proper kihap, eye direction, speed, power, timing, order, breathing, focus, and the structure and angle of the movements.
- E. Train to improve your form, stability, and prevent injury.
- F. Practice, practice practice.
- G. To learn the history of poomsae, meaning of individual techniques, how they relate to one another, and the overall purpose of the form.
- H. Applying all the above to your highest personal level. But understand that mastery is a life-long process, and there is always room for improvement.
- I. Train to improve power, speed, stamina, and health.
- J. You must share your knowledge and assist instructors with teaching poomsae. Take responsibility for passing on poomsae.