

품새 금강

POOMSAE - KEUMGANG

Keumgang - Mountain and Diamond (Performed by Pablo Baldwin)



Begin Junbi Stance



Wedging Block Front Stance



Palm Heel Strike Front Stance



Palm Heel Strike Front Stance



Palm Heel Strike Front Stance



Knife Hand Block Back Stance



Knife Hand Block Back Stance



Knife Hand Block Back Stance



Diamond Block



Side Punch Horseriding Stance



Spin Horseriding Stance



Side Punch Horseriding Stance



Mountain Block preparation



Mountain Block Horseriding Stance



Wedging Block Horseriding Stance



Double Low Block Parallel Stance



Mountain Block preparation



Mountain Block Horseriding Stance



Diamond Block



Side Punch Horseriding Stance



Spin Horseriding Stance



Side Punch Horseriding Stance



Diamond Block



Side Punch Horseriding Stance



Spin Horseriding Stance



Side Punch Horseriding Stance



Mountain Block preparation



Mountain Block Horseriding Stance



Wedging Block Horseriding Stance



Double Low Block Parallel Stance



Mountain Block preparation



Mountain Block Horseriding Stance



Diamond Block



Side Punch Horseriding Stance



Spin Horseriding Stance



Side Punch Horseriding Stance



Finish Junbi Stance