

Summary of Slow Motion Moves

Slow motion moves are either 5 seconds or 8 seconds. There is a one-second allowance without an accuracy deduction. Otherwise, there would be a .1 deduction. Every time there is a .1 deduction, presentation for 'speed and power' should also be reduced by .1.

There are two slow moves (about 4 seconds) that are considered for presentation (Shipjin and Chonkwon) rather than accuracy.

<u>Poomsae</u>	<u>Poom</u>	<u>Description</u>
All Poomsae	Joon-bi and Ba-ro	5 seconds
Taegeuk Yuk (6) Jang	Move 10	5 seconds
Taegeuk Chil (7) Jang	Move 11	5 seconds
Taegeuk Pal (8) Jang	Moves 6 and 8	8 seconds, hands meet at 4
Koryo	Move 26	8 seconds, slowly close fist at 4 seconds when left hand is straight out from shoulder
Keumgang	Moves 8, 15, 18, 25	8 seconds, slowly turn head at about 6 seconds (except for third crane stance, eye direction remains to the right)
	Moves 13, 23	5 seconds
Pyongwon	Move 1	5 seconds, foot steps out and hands to side
	Move 2	5 seconds, hands to koryo joon-bi (tongmilgi) motion
Sipjin	Move 1 Presentation	3-4 seconds hands to face height, then quick flip past the eyes And outward (the count is a presentation factor, not accuracy)
	Move 2/3, 7/8, 12/13	5 seconds, open hand for 3, turn on 4, spearhand strike and stance change on 5
	Moves 15, 20, 24	5 seconds 'rock moving' (bawimilgi) blocks
	Move 17	5 seconds from crossed hands to low block (horse stance)
	Move 18	5 seconds, close hands (horse stance) for 3, straighten up for 2
Jitae	Moves 2 and 4	8 seconds, 4 for each the block and the punch
	Moves 8 and 10	8 seconds
Chonkwon	Move 1	5 seconds
	Moves 3/4, 5/6	8 seconds each (turn the hand at 2, step forward by 4, finish punch by 8)
	Move 7/8 Presentation	4 seconds, then the kick (count is a presentation factor, not accuracy)
	Moves 23, 24, 25, 26	5 seconds each