

Rules of Poomsae Practice

1. Don't be in a hurry.
2. Never give up.
3. Be patient.
4. Be consistent.
5. When you encounter a difficult movement, practice persistently until you master it.
6. Understand the relationship between the individual techniques.
7. Practice the movements of each Poomsae in the prescribed order.
8. Follow the Poomsae line accurately so you begin and end in the same place.
9. Remember the three principles of Poomsae practice:
 - Poomsae must have beauty and power.
 - Rhythm is derived from softness and strength of force.
 - Technique is made of the slowness and rapidness of movement and the contraction and expansion of the body.
10. Poomsae begins and ends with etiquette.