

AAU Taekwondo Poomsae  
Taekwondo Poomsae Video Resources

Review Taegeuk 1 -8 [\(20\) Taegeuk 1 - 8 - YouTube](#)

**Kukkiwon Taekwondo Videos**  
**Complete Poomsae Series**

Taegeuk 1 Jang to 8 Jang

Black Belt Poomsae Koryo to Ilyeo

<https://www.youtube.com/playlist?list=PLSFr5pEwo7gSwvfg4bjxoF3liyfJkCLAj>

Koryo	<a href="#">(20) KORYO - YouTube</a>
Keumgang	<a href="#">(20) KEUMGANG - YouTube</a>
Taebaek	<a href="#">(20) TAEBAEK - YouTube</a>
Pyeongwon	<a href="#">(20) PYONGWON - YouTube</a>
Sipjin	<a href="#">(20) SIPJIN - YouTube</a>
Jitae	<a href="#">(20) JITAE - YouTube</a>
Chonkwon	<a href="#">(20) CHONKWON - YouTube</a>
Hansu	<a href="#">(20) HANSU - YouTube</a>

Reference Videos

Koryo	<a href="https://www.youtube.com/watch?v=-fJfuu2cr5M">https://www.youtube.com/watch?v=-fJfuu2cr5M</a>
Keumgang	<a href="https://www.youtube.com/watch?v=laVq_OHBdU8">https://www.youtube.com/watch?v=laVq_OHBdU8</a>
Taebaek	<a href="https://www.youtube.com/watch?v=TC9_IUuTkaY">https://www.youtube.com/watch?v=TC9_IUuTkaY</a>
Pyeongwon	<a href="https://www.youtube.com/watch?v=5gzWWywlzcA">https://www.youtube.com/watch?v=5gzWWywlzcA</a>
Sipjin	<a href="https://www.youtube.com/watch?v=HN8icHqz8to">https://www.youtube.com/watch?v=HN8icHqz8to</a>
Jitae	<a href="https://www.youtube.com/watch?v=UIZDYETgBSM">https://www.youtube.com/watch?v=UIZDYETgBSM</a>
Cheonkwon	<a href="https://www.youtube.com/watch?v=tA-dFag6Hu8">https://www.youtube.com/watch?v=tA-dFag6Hu8</a>
Hansu	<a href="https://www.youtube.com/watch?v=ntF8vXZOYrl">https://www.youtube.com/watch?v=ntF8vXZOYrl</a>