

POOMSE: KORYO

On certain motions when changing directions your feet must first come together. This will happen by sliding your left foot to your right foot (* denotes this motion) or by sliding your right foot to your left foot (** denotes this motion).



Koryo Ready Stance



1)90° turn left back stance double knifehand body block



2)Right leg low side kick



3)Right leg high side kick



4)Land in front stance knifehand strike to neck



5)Left hand body punch



6)Right foot steps in pivot on left foot back stance inside body block



12)Left foot steps in pivot on right foot back stance inside body block



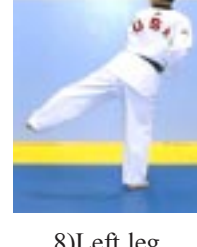
11)Right hand body punch



10)Land in front stance knifehand strike to neck



9)Left leg high side kick



8)Left leg low side kick



7)180° turn right pivot on left foot back stance double knifehand body block



13)90° turn left pivot on right foot front stance, open hand low block



14)Right hand choke grab



15)Right leg front kick



16)Land in front stance open hand low block



17)Left hand choke grab



18)Left leg front kick



19)Land in front stance open hand low block



20)Right hand choke grab



21)Right leg front kick



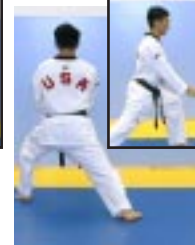
22)Land in front stance, left hand knee break Ki-hap



23)180° turn right by stepping forward pivot on right foot double body block



24)Left leg front kick



25)Land in front stance right hand knee break



26)Step left foot back into walking stance double body block



27)90° turn right pivot on left foot back stance knifehand block



28)Right hand palm target punch



29)Step in front with right leg and execute a left leg side kick



30)180° turn right land in front stance groin strike



31)Step right leg back into walking stance low block



32)Step forward horse stance palm block



33)Step forward horse stance reinforced elbow hit



34)Keep left foot on floor and execute a back stance knifehand block



35)Left hand palm target punch



36)Step in front with left leg and execute a right leg side kick



37)180° turn left land in front stance groin strike



38)Left foot steps back into walking stance low block



39)Step forward horse stance palm block



40)Step forward horse stance reinforced elbow hit



41)Step right foot to left and execute a intermediate ready position



42)180° turn left pivot on right foot open hand knife-hand hit



43)Left hand open hand low block



44)Step forward front stance right hand inside neck hit



45)Right hand open hand low block



46)Step forward front stance left hand inside neck hit



47)Left hand open hand low block



48)Step forward front stance choke grab Ki-hap



180° turn left pivot on right foot Koryo Finish Position