



Poomsae Koryo (part 1)

Side
'C'
'A' 'B'
'D'

Choombi Tong Milgi (pushing the can)

1. Moving LF 1/4 turn to 'A', R Back Stance, L Knife Hand body Block.
2. R Double Side Kick (thigh & body), landing in R Forward Stance with R Outside Knife Hand Strike and L Body Punch.
3. Drawing in RF to L Back Stance with a R Inside Body Block.
4. Moving RF 1/2 turn right to 'B'. L Back Stance, R Knife Hand body Block..
5. L Double Side Kick (thigh & body), landing in L Forward Stance with L Outside Knife Hand and R Body Punch.
6. Drawing in LF to R Back Stance with a L Inside Body Block.
7. Moving LF 1/4 turn L to 'D' L Forward Stance, L Single Knife Hand Low Block followed by R Kal Jebi (Swallow Hand Strike).
8. R Front Snap Kick stepping into R Forward Stance, R Single Knife Hand Low Block followed by L Kal Jebi.
9. L Front Snap Kick stepping into L Forward Stance with a L Single Knife Hand Low Block followed by R Kal Jebi. (Gihap)
10. R Front Snap Kick , stepping into R Forward Stance with 'Murop Gokgi' (RH pulling up towards stomach as if holding an ankle, with LH pushing downwards simultaneously with a striking down action to attack the knee)
11. One step forward on the LF, Moving RF 1/2 turn R to 'D' into R Walking Stance with a Cleaving Block.
12. L Front Snap Kick stepping into L Forward Stance with a Murop Gokgi (RH striking knee, LH holding ankle)
13. Pulling LF into L Walking Stance with a Cleaving Block.

Poomsei Koryo (continued below)



Poomsae Koryo (part 2)

Side
'C'
'A' 'B'
'D'

Poomsae Koryo (continued)

14. Moving RF 1/2 turn R to face 'C', Horse riding Stance with a L Side Single Knife hand Block immediately followed by a , R Punch target Strike
15. Moving RF to Front Twisting Stance, followed by a L Side Kick to direction 'A', then turning to R to face side 'B' while stepping forward into R Forward Stance, with a L Low Inverted Spear Hand (palm up)
16. Pulling RF into R Walking Stance with a R Low Block.
17. Moving LF one step forward to L Walking Stance with a L Low Pushing down with Heel of Hand Block.
18. Moving RF 1/4 turn L to face 'C' in Horse riding Stance with a R Side Elbow Strike. (R Fist supported by L Hand)
19. R Single Hand Side Single Knife hand Block immediately followed by a , L Punch target Strike
20. Moving LF to Front Twisting Stance followed by a R Side Kick to direction 'B', then turning L to face side 'A' while stepping into L Forward Stance with a L Low Inverted Spear Hand (palm up)
21. Pulling LF into L Walking Stance with a L Low Block.
22. Moving RF one step forward to R Walking Stance with a R Low Pushing down with Heel of Hand Block.
23. Moving LF 1/4 turn R to face 'C', Horse riding Stance with a L Elbow Strike.
24. Moving LF, Bring feet together into 'Moa Sohgi'. Slowly (8 seconds) Starting from above head and in a circular motion, bring L Low Hammer Fist Strike and R Palm together into Low 'Target' Strike.
25. Moving LF 1/2 L to 'D' L Forward Stance with a L Outside Knife hand Strike immediately followed by a L Low Knife Hand Block (double movement)
26. Moving RF one step forward into R Forward Stance with a R Inside Knif Hand Strike immediately followed by a R Low Knife Hand Block (double movement)
26. Moving LF one step forward into L Forward Stance with a L Inside Knife Hand Strike immediately followed by a L Low Knife Hand Block (double movement) .
28. Moving RF one step forward into R Forward Stance with a R Swallow Hand Strike Kal Jebi (Gihap)
29. Gumon: Moving LF return to starting position (Tong Milgi)

If unsure ASK