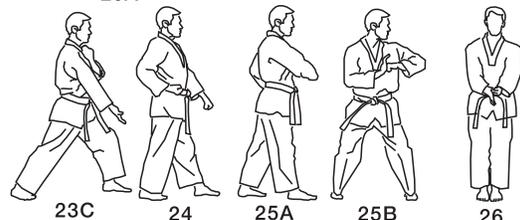
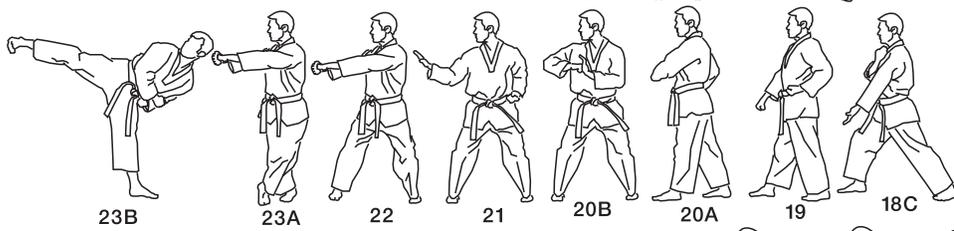
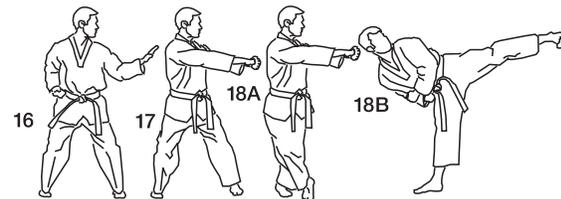
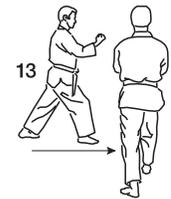
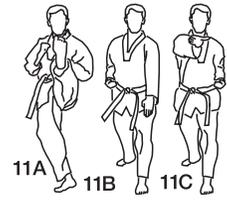
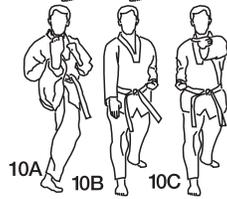
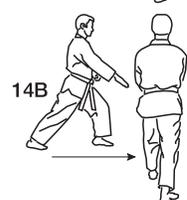
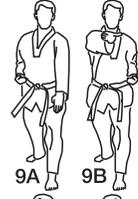
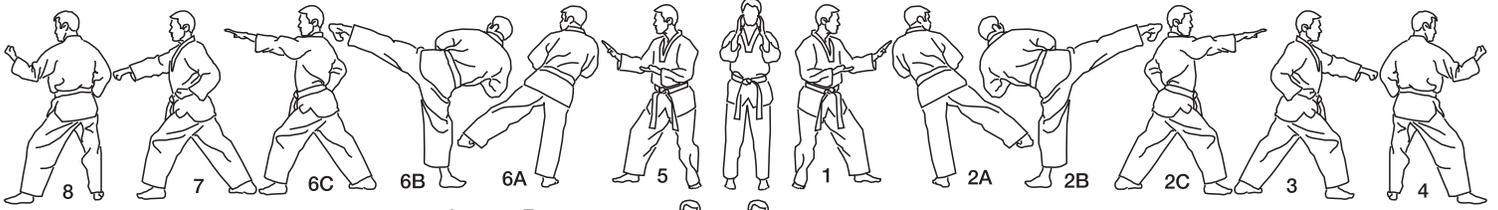


# Poomse Koryo Requirement to obtain 2<sup>nd</sup> Dan



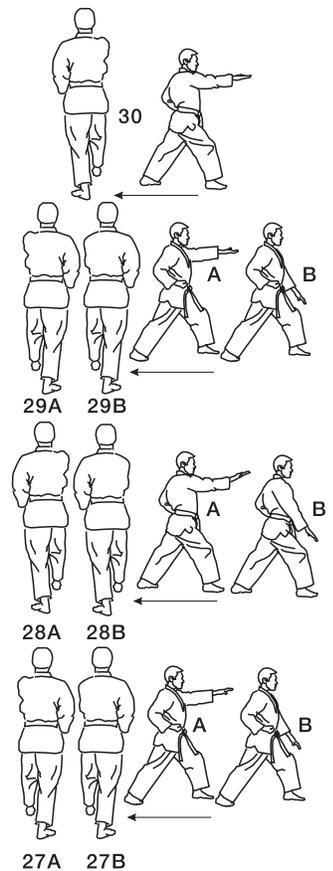
**N**



**S**

**W**

**E**



**K**oryo poomsae symbolizes “seonbae”, which means a learned man, who is characterized by a strong martial spirit as well as a righteous learned man’s spirit. The spirit had been inherited through the ages of Koguryo, Palhae and down to Koryo, which is the background of organizing the Koryo poomsae. The new techniques appearing in this poomsae are kodeup-chagi, sonnall bakkat-chigi, hansonnal arae-makki, khaljaebi, mureup kkukki, momtong hecho-makki, jumeok pyojeok-jireugi, pyonsonkkeut jecho-tzireugi, batangson nullo-makki, palkup yop-chagi, mejumeok arae pyojeok-chigi, etc, which only black-belters can practice. The junbi-seogi is the tongmilgi which requires mental concentration by positioning the hand in between the upper abdomen and the lower abdomen where “sin” (divine) and “jeong”(spirit) converge. The line of poomsae represents the Chinese letter which means “seonbae” or “seonbi”, a learned man or a man of virtue in the Korean language.

-Kukkiwon

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**Junbee Seogi** raise both hands slowly to face level, push forward (“pushing the log”)

1. Turn 90° left facing **E** into right back stance, double knifehand middle block.
2. **A.** Low right side kick. **B.** High right side kick. **C.** Right single knifehand strike in right long stance.
3. In same stance, right middle punch.
4. Right inside middle block in left back stance.
5. Turn right 180° facing **W** and execute left double knifehand middle block in left back stance.
6. **A.** Low left side kick. **B.** High left side kick. **C.** Left single knifehand strike in left long stance.
7. In same stance, left middle punch.
8. Left inside middle punch in right back stance.
9. Turn 90° to the left facing **S**, then, **A.** execute low left single knifehand block in left long stance. **B.** without moving feet, high right arc hand strike.
10. **A.** Execute right front kick. **B.** step right leg down and forward into a right long stance and execute a right low knifehand block. **C.** without moving feet execute left arc hand strike.
11. **A.** Execute left front kick. **B.** step left leg down and forward into a left long stance and execute a left low knifehand block. **C.** without moving feet execute right arc hand strike (*kihap*).
12. **A.** Execute right front kick. **B.** step right leg down and forward into a right long stance executing left hand knee break.
13. Pivot clockwise on the right foot 180°, facing **N** into right long stance and execute double forearm wedging block, palms up.
14. **A.** Execute left front kick. **B.** Step left foot down and forward into a left long stance and execute right hand knee break.
15. Step left foot back into a left walking stance while executing double forearm wedging block, palms up.
16. Pivot clockwise on the left foot 180° into a riding stance, execute left single knifehand block, face **E**.
17. In same stance punch left palm with right forefist.
18. **A.** Step right foot in front of foot. **B.** Left sidekick towards **E**. **C.** Pivot clockwise on base foot towards **W** into a right long stance, execute left thrusting finger tip strike (palm up).
19. Pull right foot back into a right walking stance, execute a right downblock.
20. **A.** Step left foot forward into a left walking stance, execute left pressing block. **B.** pivot on left foot 90° facing **S** and execute right elbow strike towards **W** (right fist is cupped by left hand).
21. In same stance, execute right single knifehand block towards **W**.
22. In same stance, punch right palm with left forefist.
23. **A.** Step left foot in front of right foot. **B.** execute left sidekick towards **W**. **C.** pivot counterclockwise on base foot towards **E** into a left long stance and execute right thrusting finger tip strike towards **W**.
24. Pull left foot back into a left walking stance, execute left down block.
25. **A.** Step right leg forward into a right walking stance, execute right pressing block. **B.** pivot on right foot 90° towards **S** into a riding stance while executing a left elbow strike towards **E**.
26. Pull right foot to left foot into a closed stance, strike right palm with left bottom fist.
27. Pivot on right foot 180° counter clockwise facing **N**, into left long stance, then: **A.** left single hand knifehand strike, palm down (towards neck) **B.** without moving feet, left single hand knifehand low block.
28. Step right foot forward into right long stance, then: **A.** Execute right single knifehand strike with palm up. **B.** Without moving feet, right single knifehand low block.
29. Step left foot forward into left long stance, then: **A.** Execute left single knifehand strike with palm up. **B.** Without moving feet, left single knifehand low block.
30. Step right foot forward into right long stance, execute right arc hand towards throat.

**Baro**

Pivot 180° counter clockwise in ready stance facing **S**, raise both hands slowly to face level, push forward (“pushing the log”)