

Koryo Poomse – Korean Terms

Step	Movement	Stance	Technique
		Tong Milgi Joonbi Seogi	
1.	Turn 90° Left	Oreun Dwitkubi	Sonnal Momtong Makki
2.	Oreunbal Arae Yop Chagi then Oreunbal Olgul Yop Chagi	Land in Oreun Apkubi	Oreun Sonnal Bakkat Chigi
3.		Oreun Apkubi	Momtong Baro Jireugi
4.		Switch to Wen Dwitkubi	Oreun Momtong Makki
5.	Turn 180° Right	Wen Dwitkubi	Sonnal Momtong Makki
6.	Wenbal Arae Yop Chagi then Wenbal Olgul Yop Chagi	Land in Wen Apkubi	Wen Sonnal Bakkat Chigi
7.		Wen Apkubi	Momtong Baro Jireugi
8.		Switch to Oreun Dwitkubi	Wen Momtong Makki
9.	Turn 90° Left	Wen Apkubi	Wen Hansonnal Arae Makki, Oreun Agwison Khaljaebi
10.	Step forward Oreunbal Ap Chagi	Oreun Apkubi	Oreun Hansonnal Arae Makki, Wen Agwison Khaljaebi
11.	Step forward Wenbal Ap Chagi	Wen Apkubi	Wen Hansonnal Arae Makki, Oreun Agwison Khaljaebi, Kihap
12.	Step forward Oreunbal Ap Chagi	Oreun Apkubi	Wen Agwison Mureupkkukki
13.	Turn 180° Right	Oreun Apkubi	Anpalmok Momtong Hechomakki
14.	Wenbal Ap Chagi	Wen Apkubi	Oreun Agwison Mureupkkukki
15.		Wen Ap Seogi	Anpalmok Momtong Hechomakki
16.	Moving right foot turn 90° Right	Juchum Seogi	Wen Hansonnal Momtong Yop Makki
17.			Oreun Jumeok Pyojeok Jireugi
18.	Oreun Apkkoa Seogi to Wenbal Yop Chagi	Oreun Apkubi	Wen Pyonsonkkeut Arae Jeochotzireugi
19.	Move right foot toward rear	Oreun Ap Seogi	Arae Makki
20.	Move left foot forward	Wen Ap Seogi	Batangson Momtong Nullo Makki
	Move Right foot	Juchum Seogi	Oreun Palkup Yop Chigi
21.			Oreun Hansonnal Momtong Yop Makki
22.			Wen Jumeok Pyojeok Jireugi
23.	Wen Apkkoa Seogi to Oreunbal Yop Chagi	Wen Apkubi	Oreun Pyonsonkkeut Arae Jeochotzireugi
24.	Move Left foot rearward	Wen Ap Seogi	Arae Makki
25.	Move Right foot forward	Oreun Ap Seogi	Batangson Momtong Nullo Makki
	Move Left foot forward	Juchum Seogi	Wen Palkup Yop Chigi
26.	Move Right foot inward	Moa Seogi	Wen Mejumeok Arae Pyojeokchigi
27.	Turn 180° Left moving Left foot	Wen Apkubi	Wen Hansonnal Bakkat Chigi, then Wen Hansonnal Arae Makki
28.	Moving forward	Oreun Apkubi	Oreun Sonnal Mok Chigi, then Oreun Hansonnal Arae Makki
29.	Moving forward	Wen Apkubi	Wen Sonnal Mok Chigi, then Wen Hansonnal Arae Makki
30.	Moving forward	Oreun Apkubi	Oreun Agwison Khaljaebi, Kihap
End	Move Left foot 90° Right	Tong Milgi Joonbi Seogi	

Remember Oreun = Right – Wen = Left

Stances (Seogi)

Koryo Ready Stance
Back stance
Long stance
Riding stance
Walking stance
Closed stance
Front cross stance

Tong Milgi Joonbi
Dwitkubi
Apkubi
Juchum Seogi
Ap Seogi
Moa Seogi
Apkoa Seogi

Blocks (Makki)

Double knife hand middle block
Outer wrist inside middle block
Single knife hand down block
Inner wrist middle section wedge block
Single knife hand middle block
Down block
Open palm, middle section, press block

Sonnal Momtong Makki
Bakkat Palmok Momtong Anmakki
Hansonnal Arae Makki
Anpalmok Momtong Hechomakki
Hansonnal Momtong Bakkat Makki
Arae Makki
Batangson Momtong Nullo Makki

Punches (Jireugi)

Opposite side punch to body

Momtong Baro Jireugi

Strikes (Chigi)

Outward knife hand strike
Arc hand strike to the neck
Targeted fist strike
Spear hand groin strike
Elbow side strike
Knife hand strike to the neck

Sonnal Bakkat Chigi
Agwison Khaljaebi
Jumeok Pyojeok Chigi
Pyonsonkkeut Jecheo Arae Jechotziruegi
Palkup Yop Chigi
Sonnal Mok Chigi

Kicks (Chagi)

Low side kick
Face level side kick
Front snap kick

Arae Yop Chagi
Olgul Yop Chagi
Ap Chagi

Special Techniques (Teuksoo Kisool)

Arc hand Knee break

Agwison Mureupkkukki

