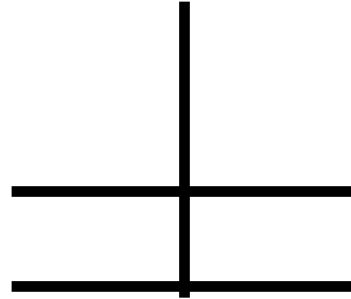


POOMSE KORYO

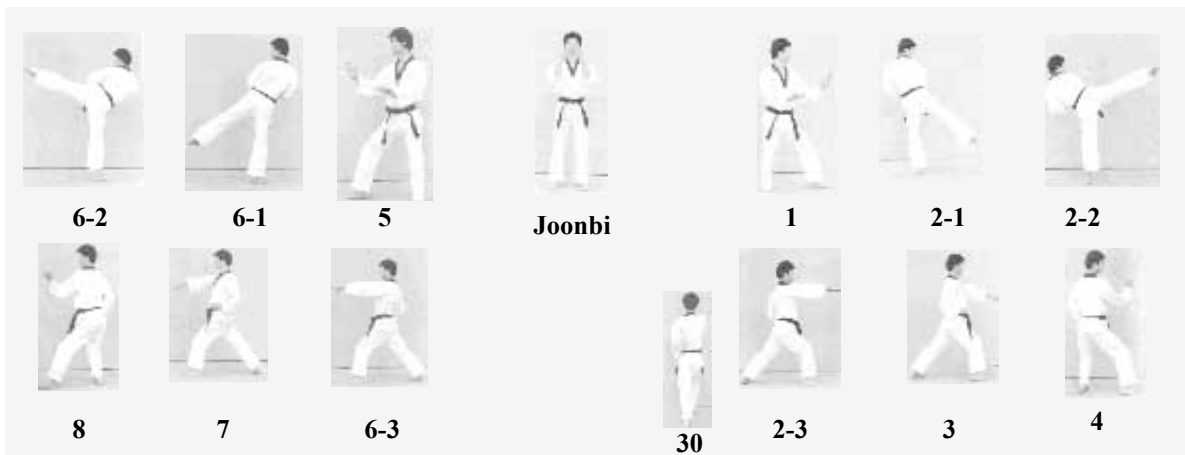


Koryo poomsae symbolizes "seonbae" which means a learned man, who is characterized by a strong martial spirit as well as a righteous learned man's spirit. The spirit had been inherited through the ages of Koguryo, Palhae and down to Koryo, which is the background of organizing the Koryo poomsae. The new techniques appearing in this poomsae are kodeum-chagi, opeunsonnal bakkat-chigi, sonnal arae-makki, khaljaebi mureup nullo-kkokki, momtong hecho-makki, jumeok pyojeok-jireugi pyonsonkkeut jecho-tzireugi, batangson nullo-makki, palkup yop-chagi, mejumeok arae pyokeok-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.

POOMSE KORYO'S POOMSE-LINE

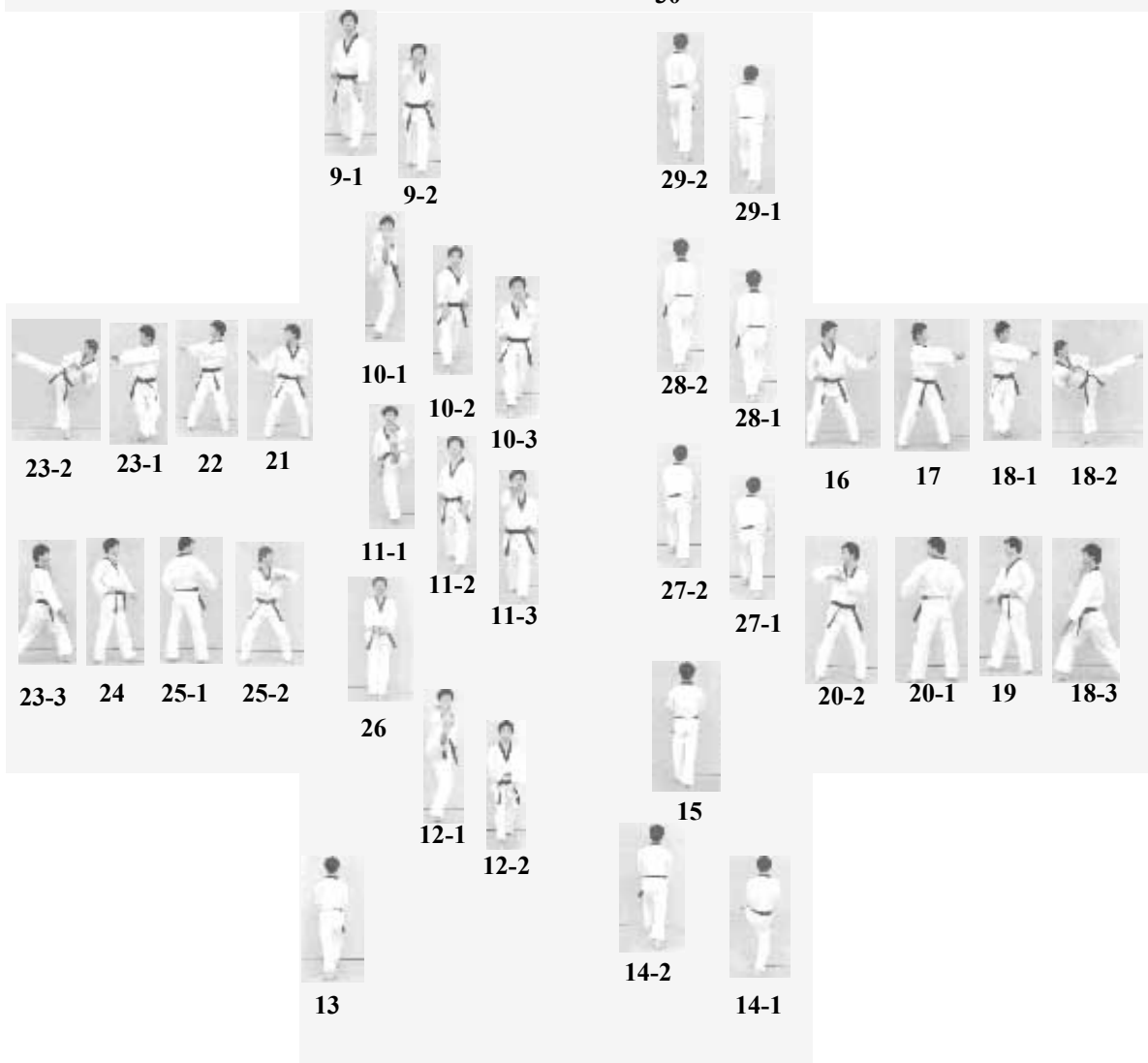
Na

Ra1



Da1

Ra2



Da2

Ga

Side
view



POOMSE KORYO

Order	Eye dir.	Positon	Stance	Action	Name of Poom
junbi	Ga	Na	naranhi-seogi		tongmilgi junbi-seogi (pushing-hand ready stance)
1	Da1	Da1	oreun dwitkubi	Put forth foot	Sonnal momtong-makki (hand blade trunk blocking)
2	Da1	Da1	oreun apkubi	R.F. kodeup yop-chagi, put forth	Sonnal bakkat-chigi (hand blade outer hitting)
3	Da1	Da1	oreun apkubi	same position, stance	momtong baro-jireugi (trunk right punch)
4	Da1	Da1	wen dwitkubi	L.F. remains, R.F. slightly pulled	momtong-makki (trunk blocking)
5	Ra1	Ra1	wen dwitkubi	R.F. moved, turn around	sonnal momtong-makki (hand blade trunk blocking)
6	Ra1	Ra1	wen apkubi	L.F. kodeup yop-chagi, put forth	sonnal bakkat-chigi (hand blade outer hitting)
7	Ra1	Ra1	wen apkubi	same position, stance	momtong baro-jireugi (trunk right punch)
8	Ra1	Ra1	oreun dwitkubi	R.F. remains, L.F. slightly pulled	momtong-makki (trunk blocking)
9	Ga	Ga	wen apkubi	turn, wen hanssonal arae-makki	khaljaebi (arc hand)
10	Ga	Ga	oreun apkubi	R.F. ap-chagi. forth. wen hanssonal arae-makki	ditto
11	Ga	Ga	wen apkubi	L.F. ap-chagi, forth. wen hanssonal arae-makki	khaljaebi, j°kihapj±
12	Ga	Ga	oreun apkubi	R.F. ap-chagi. forth	mureup-kkeokki (knee breaking)
13	Na	Na	ditto	L.F. put forth. turn rightward	anpalmok momtong hecho-makki (inner wrist trunk push blocking)
14	Na	Na	wen apkubi	L.F. ap-chagi, forth	mureup-kkeokki (knee breaking)
15	Na	Na	wen ap-seogi	L.F. pulled slightly	anpalmok momtong hecho-makki (inner wrist trunk push blocking)
16	Da2	Da2	juchum-seogi	L.F. axis, body turns rightward, step down	wen hanssonal momtong yop-makki (left one hand blade trunk side blocking)
17	Da2	Da2	ditto	same stance	oreunjumeok pyojeok-jireugi (right fist target punch)

18	Ra2	Ra2	oreun apkubi	R.F. apkkooa-seogi, (change step), L.F. yop-chagi and steps down on i° Da $2j_{\pm}$, changed stance toward i° Ra $2j_{\pm}$	pyonsonkkeut arae jecho-tzireugi (flat finger tips underneath reverse thrusting)	
19	Ra2	Ra2	oreun ap-seogi	L.F. remains, R.F. pulled in slightly	arae-makki (underneath blocking)	
20	Ra2	Ra2	juchum-seogi	L.F. one step forward, batangson nullo makki, R.F. forth	oreunpalkup yop-chigi (right elbow side hitting)	
21	Ra2	Ra2	juchum-seogi	same position, stance	oreun hansonnal momtong yop-makki (right one hand blade trunk side blocking)	
22	Ra2	Ra2	juchum-seogi	same stance	wenjumeok pyojeok-jireugi (left fist target punch)	
23	Da2	Ra2	wen apkubi	L.F. apkkooa-seogi (by foot change), R.F. yop-chagi and steps down on i° Ra $2j_{\pm}$, stance toward i° Da $2j_{\pm}$	pyonsonkkeut arae jecho-tzireugi (flat finger tips underneath push-out punch)	
24	Da2	Ra2	wen ap-seogi	R.F. remains, L.F. pulled slightly	arae-makki (underneath blocking)	
25	Da2	Ra2	juchum-seogi	R.F. one step forward, oreun batangson nullo makki, L.F. put forth	wenpalkup yop-chigi (left elbow side hitting)	
26	Ga	Ga	moa-seogi	L.F. remains, R.F. to modumbal	wenmejumeok arae pyojeok-chigi (left fist underneath target hitting)	
27	Na	Na	wen apkubi	R.F. remains, turn leftward, hansonnal bakkat-chigi, then	hansonnal arae-makki (one hand blade underneath blocking)	
28	Na	Na	oreun apkubi	R.F. put forth, oreun sonnal mok-chigi	hansonnal arae-makki (i°)	
29	Na	Na	wen apkubi	L.F. put forth, oreun sonnal mok-chigi	hansonnal arae-makki (i°)	
30	Na	Na	oreun apkubi	R.F. put forth	khaljaebi, i° kihap $j_{\pm}$ (arc hand)	
keuman	Ga	Na	naranhi seogi	L.F. pulled, body turned leftward	tongmilgi junbi-seogi (pushing-hand ready stance)	