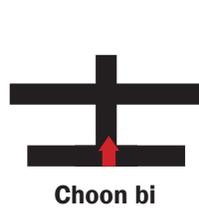


# Koryo Poomse (page 1 of 2)



**1**

Slowly and powerfully bring both knife hands up from waist to eye level, palms up, fingers pointing toward each other while inhaling.

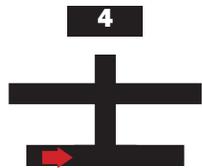
Turn palms down, slowly at first, then push out while exhaling. Forcefully complete the movement with both arms out in front, knife-hands pointing up and out.

**2**

With right foot fixed, turn 90° to the left while sliding your left foot into a right back stance. Execute a middle section left double knife hand block (left hand out front)

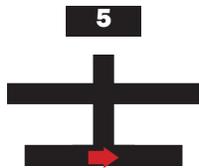
**3**

Pivot on left foot. Turn 90° to the left. Bring right foot around, execute a low side kick followed by a side kick to the upper body. Drop right leg into a right forward stance while executing a single knife hand (right hand) to the neck. Keeping the same stance, execute a left middle punch. Move right foot into a back stance (right foot forward). Execute a right out-to-in block.



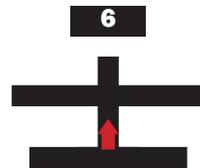
**4**

Look right. Pivoting on left foot, turn 180° to the right into a right back stance. Execute a middle left double knife hand block (right hand out front).



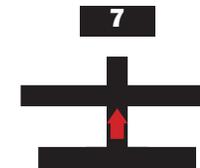
**5**

Pivot on right foot, turning 90° to the right, bring left leg around, execute a low side kick followed by a middle side kick. Drop left leg into a left forward stance while executing a single knife hand (left hand) to the neck. Keeping the same stance, execute a right middle punch. Move left foot into a back stance (left foot forward). Execute a left out-to-in block.



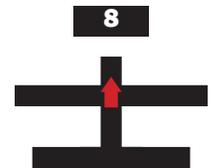
**6**

Look left, pivoting on left foot, turn 90° to the left into a left forward stance. Execute a low knife hand with left hand followed by an arc hand strike with right hand.



**7**

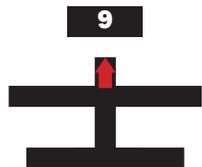
Execute a high right front snap kick. Drop right leg into a right forward stance. Execute a low knife hand with right hand followed by an arc hand strike with left hand.



**8**

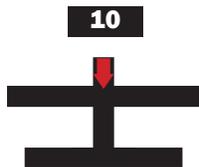
Execute a high left front snap kick. Drop left leg into a left forward stance. Execute a low knife hand with left hand followed by an arc hand strike with right hand.

**Ki-ap!**



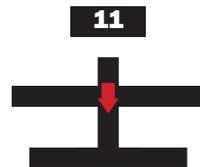
**9**

Execute a high right front snap kick. Drop right leg into a right forward stance. Execute a left hand knee break (assisted with right arm).



**10**

Pivoting on right foot, turning 180° to the right, bring left leg around and step down and back into a right forward stance. Execute double outer body blocks (fists crossing in front of you).



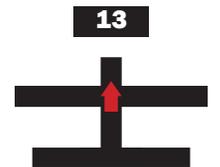
**11**

Execute high left front snap kick. Drop left leg into a left forward stance. Execute a right hand knee break (assisted with left arm). Bring left foot back into natural stance. Execute double outer body blocks (fists crossing in front of you).



**12**

Pivoting on left foot, turning 180° to the right, bring right leg around and step down and back into a left forward stance. Execute a middle section left single knife hand block (left hand out front).



**13**

Keeping right foot fixed, execute right punch to the palm of the left hand.

# Koryo Poomse (page 2 of 2)

14



Step forward with right foot. Bring left foot from behind and execute side kick (with left foot). Drop left foot while turning body 180° to the right, ending in a right forward stance. Execute spear finger lower thrust with left hand.

15



Slide right foot back into natural stance and execute right arm low block.

16



Step forward with left foot into left natural stance. Execute left hand low palm block.

17



Pivoting on left foot, turn 180° to the left and move right foot forward into a horse stance. Execute reinforced left elbow strike. Keeping same stance, execute middle knife hand with right hand followed by left punch to the palm of the right hand.

18



Step forward with left foot. Bring right foot from behind and execute side kick (with right foot).

19



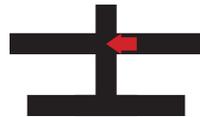
Drop right foot while turning body 180° to the left, ending in a left forward stance. Execute spear finger lower thrust with right hand.

20



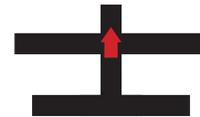
Slide left foot back into natural stance and execute left arm low block.

21



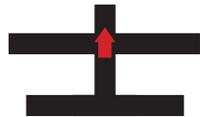
Step forward with right foot into right natural stance. Execute right hand low palm block.

22



Pivoting on right foot, turn 180° to the right and move left foot forward into a horse stance. Execute reinforced left elbow strike.

23



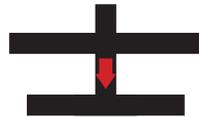
Keeping right foot fixed, move left foot toward right foot into a ready stance. Raise both hands above the head and, moving in a wide downward circular motion, bring both hands down in front of the abdomen, ending with a left-handed fist against an open right-handed palm.

24



Pivoting on right foot, turn 180° to the left while bring left foot around into a left forward stance. Execute a outer knife hand strike to the neck and a low knife hand strike (use left hand for both strikes).

25



Step forward with right foot into right forward stance. Execute outer knife hand strike to the neck and a low knife hand strike (use right hand for both strikes).

26



Step forward with left foot into left forward stance. Execute arc hand strike to the neck with left hand followed by low knife hand (use left hand for both strikes). Execute outer knife hand strike to the neck. **Ki-yap!**

27



Pivoting on right foot, turn 180° to the left, bringing left foot around to original position bringing both knife hands up from waist to eye level and slowly and pushing hands forward.

