

Black Belt (1st Dan) – Koryo Poomsae (Pg 1/3)

Turn to your left, (*L-Shape back stance*) double knife hand chop

Right leg side kick, Middle High

Forward stance, right hand chop, left hand punch

Pull back right leg, (*horse stance*) right hand inner block

Turn to your right, (*L-Shape back stance*) double knife hand chop

Left leg side kick, Middle High

Forward stance, left hand chop, right hand punch

Pull back left leg, (*horse stance*) left hand inner block

Left leg behind, (*forward stance*) left hand low chop, right hand grab

Close your hand, right leg front kick (*forward stance*), right hand low chop, left hand grab

Close your hand, left leg front kick (*forward stance*), left hand low chop, right hand grab

Close your hand, right leg front kick (*forward stance*), left hand knee press

Left leg step forward, turn one round (towards right side), (*forward stance, with right leg in front*) double hand outer block

Guarding block, front kick, (*forward stance*), right hand knee press

Black Belt (1st Dan) – Koryo Poomsae (Pg 2/3)

Right leg behind (*horse stance*), left hand single knife hand chop

Left hand twist, right hand punch

Right leg cross in front left leg

Pull back both hands + left leg side kick (*do together in 1 single execution*)

Forward stance (*facing right side*), left hand groin strike

Pull back right leg (*easy stance*), right hand low block

Left leg step forward (*easy stance*), left hand tap

Right leg step forward (*horse stance*), right hand elbow strike

Right hand single knife hand chop (*horse stance*)

Right hand twist, left hand punch

Left leg cross in front right leg

Pull back both hands + right leg side kick (*do together in 1 single execution*)

Forward stance (*facing left side*), right hand groin strike

Pull back left leg (*easy stance*), left hand low block

Right leg step forward (*easy stance*), right hand tap

Left leg step forward (*horse stance*), left hand elbow strike

Black Belt (1st Dan) – Koryo Poomsae (Pg 3/3)

Close your right leg (*shift in right leg and close without gap*), palms facing outside (*8 counts, @4th count, clench left fist with right hand still open*)

Left leg behind (*forward stance*), left hand high outer chop, left hand low outer chop

Right leg forward stance, right hand high inner chop, right hand low outer chop

Left leg forward stance, left hand high inner chop, left hand low outer chop

Right leg forward stance, right hand neck grab
"SHOUT"

Stay there wait for "Paroh". (*Close left Leg, move forward and "Chun Bi*)