Poomsae Koryo  Koryo: Step by Step

Poomsae Koryo is the first of the Black Belt Dan Patterns. Poomsae Koryo is required for 2nd Dan Black Belt grade.

The 30 movements (50 techniques) represent a significant step forward and should be executed with restrained power and grace.

http://www.phoenixtaekwondo.net/tkdpoomsaeKoryo.html

Tongmilgi  Junbi
Back Stance  Double Knife Hand Block
Low Side Kick  Side Kick
Front Stance  Knife Hand Strike
Front Stance: Reverse Punch

Back Stance  Middle Block
Low Side Kick  Side Kick
Front Stance  Knife Hand Strike
Front Stance: Reverse Punch

Back Stance  Low Knife Hand Block
Front Stance  Arc Hand Strike (Kihap)
Front Stance  Front Kick
Front Stance  Knee Break
Turn 180 deg.

Front Stance  Front Kick
Front Stance  Wedging Block

Front Stance  Front Kick
Turn 90 deg.

Side Kick
Walking

Elbow Strike
Pressing Block

Low Spear Hand

Knife Hand Block

Hing

Koryo: Step by Step

Poomsae Koryo is the Erst of the Black Belt Dan Patterns. Poomsae Koryo is required for 2nd Dan Black Belt grade.

The 30 movements (50 techniques) represent a significant step forward and should be executed with restrained power and grace.

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Horseriding
Stance
Elbow Strike

Closed Stance
intermediate
8s

Closed Stance
Knee Break

Front Stance
Outer Knife
Hand Strike

Front Stance
Low Knife
Hand Block

Front Stance
Inner Knife
Hand Strike

Front Stance
Low Knife
Hand Block

Front Stance
Inner Knife
Hand Strike

Front Stance
Low Knife
Hand Block

Front Stance
Inner Knife
Hand Strike

Front Stance
Low Knife
Hand Block

Front Stance
Arc Hand
Strike (Kihap)

Tongmilgi
Junbi