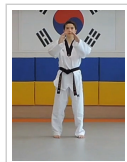


Poomsae Koryo Koryo: Step by Step

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.

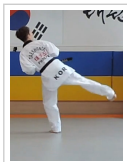
<http://www.phoenixtaekwondo.net/tkdpoomsaekoryo.html>



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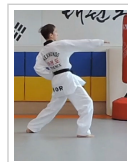
Back Stance
Double Knife
Hand Block



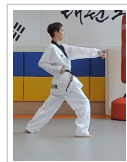
Low Side Kick



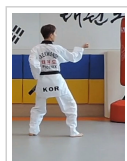
Side Kick



Front Stance
Knife Hand
Strike



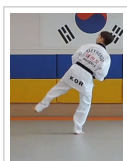
Front Stance:
Reverse Punch



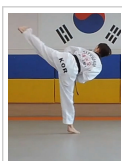
Back Stance
Middle Block



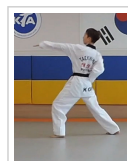
Back Stance
Double Knife
Hand Block



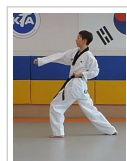
Low Side Kick



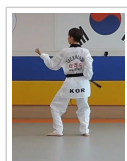
Side Kick



Front Stance
Knife Hand
Strike



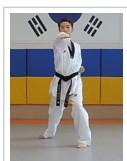
Front Stance:
Reverse Punch



Back Stance
Middle Block



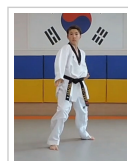
Front Stance
Low Knife
Hand Block



Front Stance
Arc Hand
Strike



Front Stance
Front Kick



Front Stance
Low Knife
Hand Block



Front Stance
Arc Hand
Strike



Front Stance
Front Kick



Front Stance
Low Knife
Hand Block



Front Stance
Arc Hand
Strike (Kihap)



Front Stance
Front Kick



Front Stance
Knee Break



Turn 180 deg.
Front Stance
Wedging Block



Front Stance
Front Kick



Front Stance
Knee Break



Walking
Stance
Wedging Block



Turn 90 deg.
Horseriding
Stance
Knife Hand
Block



Horseriding
Stance
Side Punch



Cross-Stance
Hinge



Side Kick



Front Stance
Low Spear
Hand



Walking
Stance
Low Block



Walking
Stance
Pressing Block



Horseriding
Stance
Elbow Strike



Horseriding
Stance
Knife Hand
Block



Horseriding
Stance
Side Punch



Cross-Stance
Hinge



Side Kick



Front Stance
Low Spear
Hand



Walking
Stance
Low Block



Walking
Stance
Pressing Block



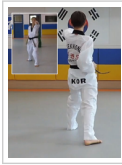
Horseriding
Stance
Elbow Strike



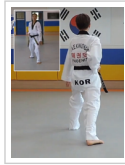
Closed Stance
intermediate
8s



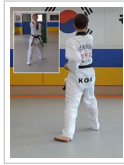
Closed Stance
Knee Break



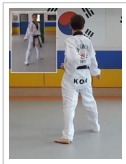
Front Stance
Outer Knife
Hand Strike



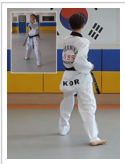
Front Stance
Low Knife
Hand Block



Front Stance
Inner Knife
Hand Strike



Front Stance
Low Knife
Hand Block



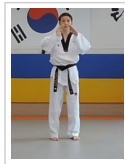
Front Stance
Inner Knife
Hand Strike



Front Stance
Low Knife
Hand Block



Front Stance
Arc Hand
Strike (Kihap)



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Junbi