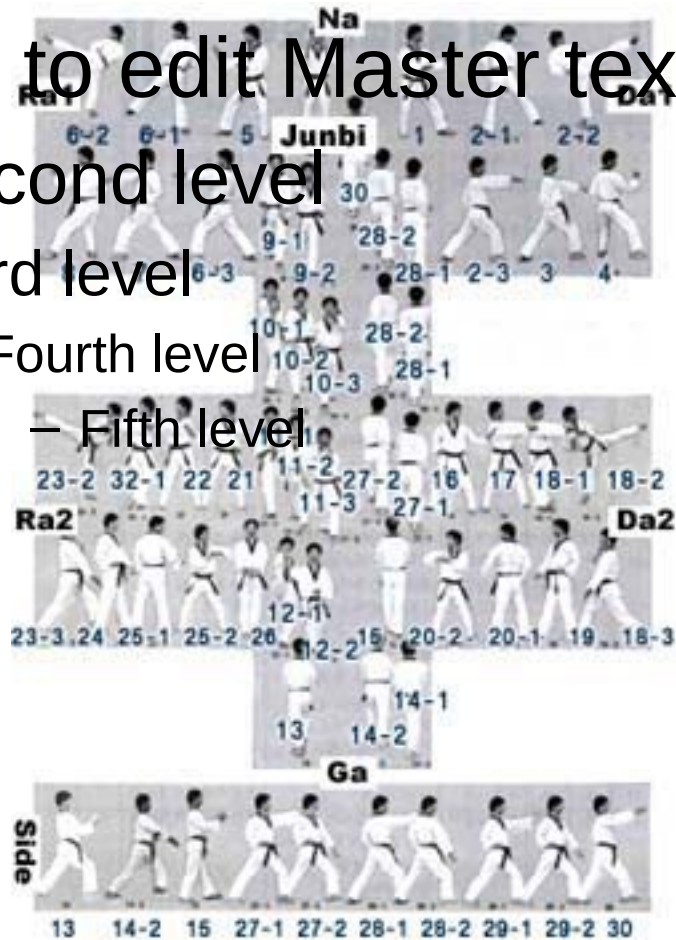


Poomsae Koryo

- Click to edit Master text styles
 - Second level
 - Third level
 - Fourth level
 - Fifth level



Poomsae Koryo

junbi Kibon junbi-seogi naranhi-seogi

1. oreun dwitkubi, sonnal momtong-makki
2. oreun apkubi. sonnal bakkat-chigi (2-1, 2-2 and 2-3)
3. Oreun apkubi momtong baro-jireugi
4. wen dwitkubi momtong-makki
5. wen dwitkubi sonnal momtong-makki
6. wen apkubi kodeup yop-chag sonnal bakkat-chigi
7. wen apkubi momtong baro-jireugi
8. oreun dwitkubi momtong-makki
9. wen apkubi hanssonal arae-makki khaljaebi
10. oreun apkubi ap-chagi wen hanssonal arae-makki

11. wen apkubi wen hannonnal arae-makki khaljaebi
12. knee breaking)
13. oreun apkubi ap-chagimureup-kkeokki
14. anpalmok momtong hecho-makki
15. wen ap-seogi anpalmok momtong hecho-makki
16. juchum-seogi wen hannonnal momtong yop-makki
17. oreunjumeok pyojeok-jireugi
18. oreun apkubi apkkoa-seogi yop-chagi pyonsonkkeut
arae jecho-tzireugi
19. oreun ap-seogi arae-makki
20. juchum-seogi batangson nullo makkioleunpalkup yop-
chigi

21. juchum-seogi oreun hannonnal momtong yop-makki
22. juchum-seogi wenjumeok pyojeok-jireugi
23. wen apkubi apkkoa-seogiyop-chagipyonsonkkeut arae jecho-tzireugi
24. juchum-seogi oreun batangson nullo makki wenpalkup yop-chigi
25. moa-seogi modumbal wenmejumeok arae pyojeok-chigi
26. wen apkubi hannonnal bakkat-chigi hannonnal arae-makki
27. oreun apkubi oreun sonnal mok-chigi hannonnal arae-makki
28. oreun apkubi oreun sonnal mok-chigi hannonnal arae-makki
29. wen apkubi oreun sonnal mok-chigi hannonnal arae-makki
30. oreun apkubi khaljaebi
- keuman naranhi seogi tongmilgi junbi-seogi