

Poomsae Koryo

This is the 1st Dan pattern and it has 30 movements

"Koryo is the name of the ancient Korean dynasty (A.D 918 – 1392) from which the English name for Korea was derived. This pattern is significant as it symbolizes the great fortitude displayed by the people who were persistently defeating the invading Mongolians who were sweeping Asia at the time. It represents the cultivation of a strong conviction, and unyielding spirit."

Movements

"Mountain" ready position

Left – Back stance, double knife-hand guarding block.

Low side kick, mid-section side kick – Long Stance, outside knife-hand strike, mid-section reverse punch, move front foot into back stance, inside hammer fist strike.

180 degree turn over right shoulder - Back stance, double knife-hand guarding block.

Low side kick, mid-section side kick – Long Stance, outside knife-hand strike, mid-section reverse punch, move front foot into back stance, inside hammer fist strike.

90 degree left turn – Long stance, low knife-hand block, reverse tiger strike.

Forward – Front kick - Long stance, low knife-hand block, reverse tiger strike.

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Forward – Front kick – Long stance, scooping block, reverse spear-hand strike over the block.

Forward, 180 degree turn – High stance, mid-section spreading block.

Forward – Front kick – Long stance, scooping block, reverse spear-hand strike over the block Pull back into High stance, mid-section spreading block.

90 degree turn to right (pivoting on front leg, therefore backing off) – Back stance, single knife-hand guarding block. Reach out with front hand, reverse punch into open hand.

Forward, crossed cat stance, assisted elbow strike behind.

Right hand, groin level knife hand strike & left leg, side kick to front.

Landing into long stance, facing reverse direction (right leg lead) – Left hand reverse low knife-hand strike (Right hand chambered over left shoulder). Pull back into High stance, low section "block".

Forward – High stance, pushing palm block.

Forward – Side-on Horse riding stance, assisted elbow strike. Twist front foot into – Back stance, single knife-hand guarding block.

Reach out with front hand, reverse punch into open hand.

Forward, crossed cat stance, assisted elbow strike behind.

Left hand, groin level knife hand strike & right leg, side kick to front.

Landing into long stance, facing reverse direction (left leg lead) – right hand reverse low knife-hand strike (Left hand chambered over right shoulder).

Pull back into High stance, low section “block”.

Forward – High stance, pushing palm block.

Forward – Side-on Horse riding stance, assisted elbow strike.

Left foot moves, to parallel stance – slow, wide, hammer-fist strike into left hand.

180 degree turn, over left shoulder – long stance, high outside knife-hand strike – low outside knife-hand strike.

Forward – Long stance, high inside knife-hand strike – low outside knife-hand strike.

Forward – Long stance, high inside knife-hand strike – low outside knife-hand strike.

Forward – Long stance, Tiger strike – Shout.

Application

“Mountain” ready position

This is to symbolise the mountain at the centre of Korea.

Left – Back stance, double knife-hand guarding block.

Defending a punch from your left-hand side, aimed at your ribs. The back-stance allows you to control the distance, avoiding the attack, without sacrificing your foot position for counter-attacking.

Low side kick, mid-section side kick – Long Stance, outside knife-hand strike, mid-section reverse punch, move front foot into back stance, inside hammer fist strike.

Holding onto your opponent’s arm, for balance, the first side kick is thrown to the knee. Injuring / breaking their knee will bring their head down to mid-section level, so the second kick is thrown at this height, which will now be to the face.

As you still hold their arm, they will still be in position for you to complete the counter-attack by stepping down into a long-stance, for maximum stability and power, throwing an outside knife-hand strike to the neck followed by a reverse punch to the face (still at mid-section).

Complete the counter-attack by moving your front foot slightly to the left, turning your stance into a back stance, opening up your hips, while throwing an inside hammer-fist strike to the side of the head.

180 degree turn over right shoulder - Back stance, double knife-hand guarding block.

Defending a punch from behind, aimed at your spine. Turn your head and body, to remove the target, then step backwards to complete the turn. Block using a double-knife hand guarding block, in back-stance, as above.

Low side kick, mid-section side kick – Long Stance, outside knife-hand strike, mid-section reverse punch, move front foot into back stance, inside hammer fist strike.

Holding onto your opponent's arm, for balance, the first side kick is thrown to the knee. Injuring / breaking their knee will bring their head down to mid-section level, so the second kick is thrown at this height, which will now be to the face.

As you still hold their arm, they will still be in position for you to complete the counter-attack by stepping down into a long-stance, for maximum stability and power, throwing an outside knife-hand strike to the neck followed by a reverse punch to the face (still at mid-section).

Complete the counter-attack by moving your front foot slightly to the right, turning your stance into a back stance, opening up your hips, while throwing an inside hammer-fist strike to the side of the head.

90 degree left turn – Long stance, low knife-hand block, reverse tiger strike.

Defending a front kick from your left-hand side. Close the distance, by using a long-stance, and attack your opponent's inner thigh or groin, with a low level outside knife-hand strike. Then attack the throat with a reverse tiger strike.

Forward – Front kick - Long stance, low knife-hand block, reverse tiger strike.

The front kick will move your opponent backwards, enough for you to step forward into a long-stance and attack the inner thigh / groin again, with a low level outside knife-hand strike. Then attack the throat with a reverse tiger strike.

Forward – Front kick - Long stance, low knife-hand block, reverse tiger strike.

The front kick will move your opponent backwards, enough for you to step forward into a long-stance and attack the inner thigh / groin again, with a low level outside knife-hand strike. Then attack the throat with a reverse tiger strike.

Forward – Front kick – Long stance, scooping block, reverse spear-hand strike over the block.

The front kick will, again, move your opponent backwards, enough for you to step forward into a long-stance. This time, attack the lead leg by lifting it behind the knee. Their knee will now be over your arm. While the knee is raised, attack the knee with a palm heel strike, to break or dislocate the kneecap.

Alternatively, this is can be an attack to the groin with a spear-hand strike.

Forward, 180 degree turn – High stance, mid-section spreading block.

The attack is now from behind you. Step forward, to avoid the attack, while turning to face the opponent. To keep control of the distance, the block is thrown in a high stance.

Forward – Front kick – Long stance, scooping block, reverse spear-hand strike over the block Pull back into High stance, mid-section spreading block.

As above, the front kick will, again, move your opponent backwards, enough for you to step forward into a long-stance. Attack the lead leg by lifting it behind the knee. While the knee is raised, attack the knee with a palm heel strike, to break or dislocate the kneecap.

Alternatively, this can be an attack to the groin with a spear-hand strike.

Return to a high-stance, with a mid-section spreading block.

90 degree turn to right (pivoting on front leg, therefore backing off) – Back stance, single knife-hand guarding block. Reach out with front hand, reverse punch into open hand.

Close range attack from your right-hand side. Backing off, while pivoting on the front foot, combined with the back-stance, gives you the distance to effectively block the strike.

After blocking the attack, reach forward, to hold your opponent's head, then punch into their face.

Forward, crossed cat stance, assisted elbow strike behind. Right hand, groin level knife hand strike & left leg, side kick to front. Landing into long stance, facing reverse direction (right leg lead) – Left hand reverse low spear-hand strike (Right hand chambered over left shoulder). Pull back into High stance, low section "block".

This whole section, although it is taught as a series of strikes, is in fact a throw.

Stepping forward into a cross cat-stance closes the space between you and your opponent. The assisted elbow strike behind, brings your opponent's torso into very close range, allowing you to execute the throw. The knife-hand strike behind allows you to open out your body, so you can drop your hip into the throw. The side kick is, in fact, a step across your opponent, so you can throw them over your leg. The spear-hand strike is the execution of the throw.

At this point, you are still holding your opponent's head, after the throw. Pulling back into a high stance, the low block is actually an outside hammer-fist strike to their head.

Forward – High stance, pushing palm block.

Defending a punch to your mid-section. The high-stance allows you to get close enough to execute the block without putting yourself into danger.

Forward – Side-on Horse riding stance, assisted elbow strike. Twist front foot into – Back stance, single knife-hand guarding block.

Drop under the attack, with a side-on horse stance and attack the ribs with an assisted elbow strike. Then defend by transitioning to a back-stance and defending with a single knife-hand guarding block.

Reach out with front hand, reverse punch into open hand.

After blocking the attack, reach forward, to hold your opponent's head, then punch into their face.

Forward, crossed cat stance, assisted elbow strike behind. Left hand, groin level knife hand strike & right leg, side kick to front. Landing into long stance, facing reverse direction (left leg lead) – right hand reverse low knife-hand strike (Left hand chambered over right shoulder). Pull back into High stance, low section "block".

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Forward – High stance, pushing palm block.

Defending a punch to your mid-section. The high-stance allows you to get close enough to execute the block without putting yourself into danger.

Forward – Side-on Horse riding stance, assisted elbow strike.

Drop under the attack, with a side-on horse stance and attack the ribs with an assisted elbow strike.

Left foot moves, to parallel stance – slow, wide, hammer-fist strike into left hand.

This is a strangle break. Both hands go through the centre of the strangle hold, keeping your elbows close. The circling motion initially locks your opponent's arms then, as you complete the hammer-fist into your open hand, it breaks your opponent's arms.

180 degree turn, over left shoulder – long stance, high outside knife-hand strike – low outside knife-hand strike.

Your opponent is attempting to turn you around, to face them as they attack. Go with the pull but attack with a left hand outside knife-hand strike to the neck, as you turn. Once settled into a long-stance, attack the inner thigh / groin with a low level outside knife-hand strike, also with the left hand.

Forward – Long stance, high inside knife-hand strike – low outside knife-hand strike.

The initial strikes will move your opponent backwards. Step forward and attack the neck or temple with an inside knife-hand strike, then attack the inner thigh / groin with a low level outside knife-hand strike, with the same hand.

Forward – Long stance, high inside knife-hand strike – low outside knife-hand strike.

The initial strikes will move your opponent backwards. Step forward and attack the neck or temple with an inside knife-hand strike, then attack the inner thigh / groin with a low level outside knife-hand strike, with the same hand.

Forward – Long stance, Tiger strike – Shout.

Complete the attack with a tiger strike to the throat.

As you return to the "mountain" ready position, execute the final part of the tiger strike, by gripping your opponent's windpipe.