

1 KORYO FORM

Footwork	Stance	Face	Action
START	Natural stance	Front	Sphere pushing ready position
1 Left foot steps slightly left	Right back stance	Left	Turn left and left double knife hand body block
2 Right foot steps forward	Right forward stance	Left	Right double side kick, right reverse chop to neck
3 Same stance	Right forward stance	Left	Left body punch
4 Right foot steps slightly back	Left back stance	Left	Right body block
5 Right foot steps backward	Left back stance	Right	Turn right and right double knife hand body block
6 Left foot steps forward	Left forward stance	Right	Left double side kick, left reverse chop to neck
7 Same stance	Left forward stance	Right	Right body punch
8 Left foot steps slightly back	Right back stance	Right	Left body block
9 Left foot steps to front	Left forward stance	Front	Turn to front, left low knife hand block, right throat attack
10 Right foot steps forward	Right forward stance	Front	Right front kick, right low knife hand block, left throat attack
11 Left foot steps forward	Left forward stance	Front	Left front kick, left low knife hand block, right throat attack (yell)
12 Right foot steps forward	Right forward stance	Front	Right front kick, right hand leg trap, left open hand knee strike
13 Left foot steps forward and slightly right	Right forward stance	Back	Pivot 180° right, double inside body block
14 Left foot steps forward	Left forward stance	Back	Left front kick, left hand leg trap, right open hand knee strike
15 Left foot steps one foot back	Left front stance	Back	Double inside body block
16 Right foot crosses behind	Horse riding stance	Left	Left outside knife hand block
17 Same stance	Horse riding stance	Left	Right punch across body (to left hand)
18 Right foot crosses over left, then left foot steps forward	Right forward stance	Right	Left side kick, and (turning) left spear hand to groin with right hand to left shoulder
19 Right foot steps slightly back	Right front stance	Right	Right hammer fist to groin (left hand grabbing)
20 Left, then right foot steps forward	Left front stance Horse riding stance	Right	Left palm down block, then assisted right elbow attack
21 Same stance	Horse riding stance	Right	Right outside knife hand block
22 Same stance	Horse riding stance	Right	Left punch across body (to right hand)
23 Left foot crosses over right, then right foot steps forward	Left forward stance	Left	Right side kick, and (turning) right spear hand to groin with left hand to right shoulder
24 Left foot steps slightly back	Left front stance	Left	Left hammer fist to groin (right hand grabbing)
25 Right, then left foot steps forward	Right front stance Horse riding stance	Left	Right palm down block, then assisted left elbow attack
26 Right foot draws in to left foot	Feet together	Front	Hands lift and circle slowly, left hammer fist to right hand
27 Left foot steps to back	Left forward stance	Back	Left reverse chop to neck, left low knife hand block
28 Right foot steps to back	Right forward stance	Back	Right chop to neck, right low knife hand block
29 Left foot steps to back	Left forward stance	Back	Left chop to neck, left low knife hand block
30 Right foot steps to back	Right forward stance	Back	Right throat attack (yell)
END Pivot left 180° on right foot	Natural stance	Front	Sphere pushing finish position