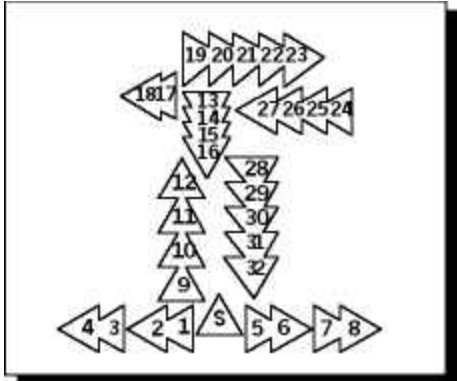


Koryo



1st Dan

S Start & finish, **Joonbe** (ready position), execute **tungeon pushing block** (open both hands and turn palms up, slowly raise hands to face level while inhaling, then turn palms outward and slowly push out while exhaling).

1. Turn left 90° into **LBS** (left back stance), **left double knife hand middle block**.
2. Pivot 180° to the left, **double side kick** with right leg, (fast low kick, slow middle kick).
3. Land right foot forward into **RFS** (right front stance), **outside right knifehand strike** to neck; without stepping, **left middle reverse punch**.
4. Pull right foot back into **RBS** (right back stance), **right inside middle block**.
5. Turn 180° to the right into **RBS**, **right double knifehand middle block**.
6. Pivot 180° to the right, **double side kick** with left leg, (fast low kick, slow middle kick).
7. Land left foot forward into **LFS** (left front stance), **outside left knifehand strike** to neck, without stepping, **right middle reverse punch**.
8. Pull left foot back into **LBS**, **left inside middle block**.
9. Turn 90° to left into **LFS**, **left single knifehand down block**, then without stepping, **right tiger mouth strike** to the throat.
10. **Right front kick**, step into **RFS**, **right single knifehand down** block, then without stepping, **left tiger mouth strike** to throat.
11. **Left front kick**, step into **LFS**, **left single knifehand down block**, then without stepping, **right tiger mouth strike** to throat.
12. **Right front kick**, step into **RFS**, execute **knee break** (left tiger mouth strike to knee while lifting opponent's leg with right hand).
13. Turn 180° to the right into **RFS** facing S, **double forearm middle block**, palms facing in.
14. **Left front kick**.
15. Step into **LFS**, execute **knee break**. (shout!)

16. Pull left foot back into **left cat stance**, **double forearm middle block**, palms facing in.
17. Pivot on the left foot 180° to the right into **SS** (saddlelock stance), **left single knifehand middle block**, maintain stance, **right cross- body punch** using left hand as target.
18. Step right foot over left into **x-stance**, pull fists into right side block, **left side kick**.
19. Step left foot down into low **RFS**, **left spearhand** (palm up) to groin, bring right palm to left shoulder.
20. Pull right foot back into **natural stance**, **right down block**.
21. Pivot 180° on right foot into **LBS**, **right low palm block**.
22. Pivot 180° on the left foot into **SS**, **right elbow strike** with left palm on right fist, then **right single knifehand strike**, maintain stance and perform **left cross body punch** to right palm.
23. Step left foot over right, left side block with fists, **right side kick**.
24. Step right leg out into **LFS**, **right spearhand** to groin, bring left palm to right shoulder.
25. Pull left foot back into **natural stance**, **left low palm block**.
26. Pivot 180° on the left foot into **RBS**, **right low palm block**.
27. Pivot 180° on the right foot into **SS**, **left elbow strike** with right palm on left fist
28. Slowly pull right foot to left foot, raise both hands above head then slowly lower them in a wide circular motion and execute a **left hammer fist** to right palm.
29. Turn 180° to the left into **LFS**, **left knifehand strike** to the neck then **left low knifehand block**.
30. Step into **RFS**, **right knifehand strike to the neck** then **right low knifehand block**.
31. Step into **LFS**, **left knifehand strike to the neck** then **left low knifehand block**.
32. Step into **RFS**, **right tiger mouth strike** to the throat, (shout!). Turn 180° to the right and finish with **tungeon pushing block**.