

Koryo (Korea)

to earn 2nd Degree Black Belt

#	+	Move	Stance	Action
	N	<ready>	Ready	Bring both hands, open, to slightly above head level,
				palms forward. This is a "look to heaven".
1	W	CCW (90*)	L back	Dual middle knifehand blocks
2		<Forward>		R- low side kick
		without dropping kicking leg...		R- high side kick
		<drop>	R front	R- high knifehand strike (palm down)
		<fixed>	R front	L- middle reverse punch
		<Shift>Lf	R back	R- inward middle forearm block
3	E	CW (180*)	R back	Dual middle knifehand blocks
4		<Forward>		L- low side kick
		without dropping kicking leg...		L- high side kick
		<drop>	L front	L- high knifehand strike (palm down)
		<fixed>	L front	R- middle reverse punch
		<Shift>Rf	L back	L- inward middle forearm block
5	N	CCW (90*)	L front	L- low knifehand/forearm block
		<fixed>	L front	R- reverse open hand thrust
				(done with the inner edge of the hand between thumb
				and first finger, and done as a strike to the throat)
6		<Forward>		R- front kick
		<Land>	R front	R- low knifehand/forearm block
		<fixed>	R front	L- reverse open hand thrust (as above)
7		<Forward>		L- front kick
		<Land>	L front	L- low knifehand/forearm block
		<fixed>	L front	R- reverse open hand thrust (as above) <Yell!>
8		<Forward>		R- front kick
		<Land>	R front	Knee break (grab opponent's heel with the right hand at
				belt level. Then pull that hand into your chest while, at
				the same time, pushing down-ward on the attacker's knee
				with the left hand.)
9	S	CW (180*)	R front	Middle forearm spreading blocks (double outside middle)
10		<Forward>		L- front kick
		<Land>	L front	Knee break (as above)
		<fixed>	L front	Middle forearm spreading blocks
11	W	Pivoting on the Lf,..		
				CW (90*), withdrawing the right foot behind you into ...
			L horse (chest faces N)	L- outward knifehand block (R fist is @ belt)
12		<fixed>	Horse	R middle hook punch

				(draw it across your body and into the palm of the
				left open-hand)
		<Forward>	Crossing the Rf over the Lf, and chambering both	
			fists to the right hip...	
				L- high side kick
		Drop the left foot in front of you, then rotate...		
	E	CW (180*)	R front	L- low reverse spear thrust
				(R-fist at L-shoulder to block)
		<fixed, but pulling back slightly>		R- down block
13		<Forward>	L front	L- middle inward palm block
14		<Forward>	R horse	R-elbow strike
			(chest faces N) (supporting your right fist in your left palm)	
15		<fixed>	Horse (chest-N)	R-middle knifehand block
				(L-fist chambered @ belt)
16		<fixed>	Horse (chest-N)	L-middle hook punch
				(as above)
		<Forward>	Crossing your Lf over the Rf, and chambering both fists to the left hip...	
				R- high side kick
		Drop the right foot in front of you, then rotate...		
	W	CCW (180*)	L front	R- low reverse spear thrust
				(as above)
		<fixed, but pulling back slightly>		L- down block
17		<Forward>	R front	R- middle inward palm block
18		<Forward>	L horse	L- elbow strike
			(chest faces N) (supporting your left fist in your right palm)	
19	N	Slide your left foot inward and adjacent to the right foot...		
		Raise both hands (open) above your head in an arcing motion		
		Then, bring them down into a		L- low hammerfist strike
				(into the right palm) <SLOWLY & EXHALING!>
20	S	Pivot CCW (180*) on the Rf...		
			L front	L- outward knifehand strike (to your attacker's neck)
		<fixed>	L front	L- low knifehand/forearm block
21		<Forward>	R front	R- inward knifehand strike (head/neck level)
		<fixed>	R front	R- low knifehand/forearm block
22		<Forward>	L front	L- inward knifehand strike (again, head/neck level)
		<fixed>	L front	L- low knifehand/forearm block
23		<Forward>	R front	R- open hand thrust (to attacker's throat)
				<Yell!>
	N	Pivot 180* CCW on the right foot, pulling the left foot back into the right foot,		
				and into the "Ready" position.